

LEWISTON-PORTER CENTRAL SCHOOL DISTRICT

# COMMUNITY EDUCATION



**WINTER/SPRING 2024**



REGISTRATION NOW OPEN

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*Welcoming ALL Communities.*



# WELCOME



## A MESSAGE FROM THE SUPERINTENDENT

Dear Community Members:

We here at Lewiston-Porter Central School District are thrilled to once again, offer exciting and educational classes to our residents and surrounding communities for Winter/Spring 2024. We are proudly showcasing in this brochure, expanded and new class topics to which, over 50% are new to our program, adding a vast variety to choose from.

The Lewiston-Porter community has helped grow our program into one of the largest community education programs in Niagara County. Your continued support allows us to offer classes that will help you on your journey to be a lifelong learner. We couldn't have done it without you!

Our goal is, and has been, that the Community Education program at Lewiston-Porter will help you to explore your interests, pursue your passions, discover new talents and also give you an opportunity to build relationships with not only us, but other members of our community. We are confident that you and your family will enjoy the chance to engage in the many varied topics we will be offering this winter/spring.

We look forward to inviting you back to the Lewiston-Porter campus to explore what we have to offer!

Sincerely,

Paul J. Casseri

Superintendent of Lewiston-Porter Central School District

## BOARD OF EDUCATION

The Lewiston-Porter Board of Education is pleased to introduce our Community Education program for the Winter/Spring of 2024. The Fall Community Education classes were once again a huge success and we look forward to continuing to offer so many unique and enriching experiences to our community.

We believe that learning enhances our lives at any age. The Community Education program provides a large range of learning opportunities that reflect the needs and interests of our community members. This season we will offer over 120 class sessions for you to choose from. We warmly encourage you to explore all there is to offer, at Lewiston-Porter!

Never stop learning!

The Lewiston-Porter Board of Education

## 2023-2024 LEWISTON-PORTER BOARD OF EDUCATION

Danielle M. Mullen - President

Julie Donnelley - Vice President

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Jennifer A. Klemick

Joseph J. Palermo

April E. Saks

Jack G. Waugaman III

Community Education Coordinator - Anita Muzzi, [amuzzi@lew-port.com](mailto:amuzzi@lew-port.com)

Community Education Office Phone Number - (716) 286-7265

Building maps available on district website: [www.lew-port.com](http://www.lew-port.com)

# Early Bird **CLASSES**

## Beginning Yoga

Experience all the benefits of yoga including improved range of motion, balance, body awareness and relaxation. All the while, developing and understanding the body and mind connection. Learn proper alignment and positioning for basic yoga stretches and postures in a safe and comfortable atmosphere. Please bring a yoga mat or large towel to class.

*Tuesdays 2/13 - 4/16*  
*No class on 2/20, 3/5, 3/26 and 4/2*  
*10:30 a.m. - 11:30 a.m.*  
*\$54 per person*  
*CRC Multipurpose Room*

## Pilates for Beginners

Core strength is the foundation of how Pilates works. Strengthening the core develops stability throughout the entire torso. This is one of the ways Pilates helps many people alleviate back pain and improve stability. This mat based class will focus on the core principles of Pilates in a gentle and effective format. This class is appropriate for all fitness levels, but you must be able to get up and down from the floor. This class will run for 9 sessions. Please bring a mat to class.

*Thursdays 2/15 - 5/16*  
*No class on 2/22, 3/21, 3/28, 4/4 and 5/2*  
*10:30 a.m. - 11:30 a.m.*  
*\$91 per person*  
*CRC Multipurpose Room*

## Smartphones for Seniors

Whether you use a smartphone already or are just venturing out, this is the place to begin. This class will help you understand electronic devices we are almost forced to use (Androids, tablets iPhones, iPads). It's like someone gave you a great new tool that can make your daily life easier, but didn't show you how to use it. We will cover the device itself. From turning it on, to getting notifications to essential apps and changing settings, learn the essential Smartphone skills from us!

*Thursdays 3/7 - 3/21 or 4/18 - 5/2*  
*10:00 a.m. - noon*  
*\$50 per person*  
*CRC Staff Development Room*

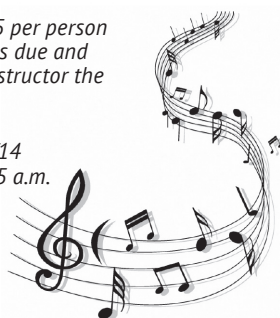


## Walk and Exercise Live to the Music

"Walk and Exercise Live to the Music" This class is designed for beginners. The steps are basic and very easy to learn. Come prepared to learn more about the positive effects of exercise on our bodies. This is a great class for those who need to burn calories and body fat while promoting cardiovascular health. If you are just beginning an exercise program, please check with your Dr. to be sure you are cleared to participate in mild exercise. We will be exercising to music and the beat of the music will count our steps adding up to a mile. We will also be doing a muscle strengthening segment with a stretch band. Bring your friends and exercise together!

*A supply fee of \$5 per person for stretch band is due and payable to the instructor the day of class.*

*Tuesdays 4/9 - 5/14*  
*10:30 a.m. - 11:15 a.m.*  
*\$38 per person*  
*CRC Gym*

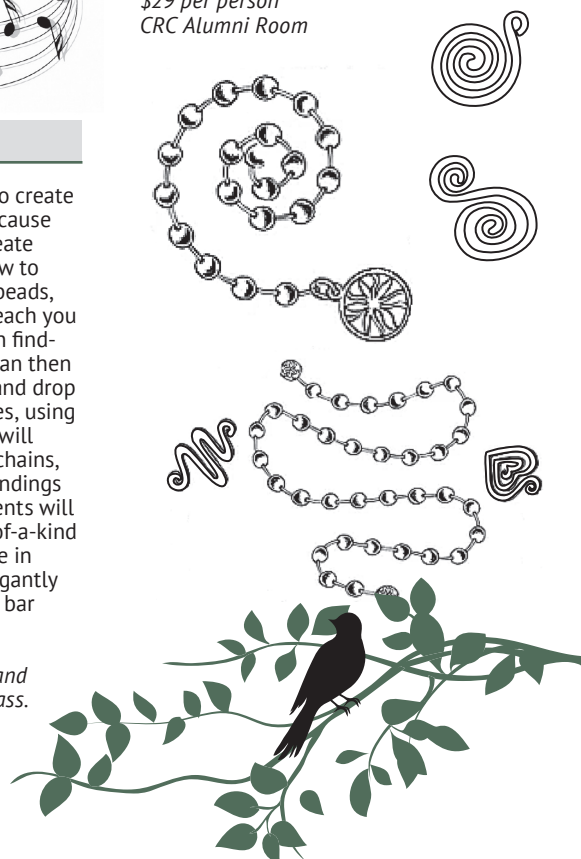


## Wire Bending

Have you ever wanted to learn how to create elegant handmade jewelry? Stuck because you can't find the right findings to create lovely designs? Join us in learning how to make unique jewelry using crystals, beads, and wires. This class is designed to teach you how to bend wires to create your own findings, charms, and beaded links that can then be used to create bracelets, dangle, and drop earrings, bar and lariat style necklaces, using only wires, no soldering or glue. You will learn several styles of links to make chains, bracelets, and dangles. In addition, findings like earwires and bail & clasps. Students will also be shaping wires to create one-of-a-kind charms. Tools will be provided for use in class. Students will leave with an elegantly finished gemstone charm necklace, a bar necklace, and 2 pairs of earrings.

*A supply fee of \$20 per person is due and payable to the instructor the day of class.*

*Thursday 3/14*  
*9:30 a.m. - noon*  
*\$19 per person*  
*CRC Alumni Room*



## Wire Weaving 101

Have you ever wanted to learn how to create elegant handmade jewelry without glue or soldering? Learn how to weave wires to create beautiful intricate wire jewelry, decorative ornaments and beautiful keepsakes for yourself or your loved ones. This class is designed to teach you how to weave wires into charms/pendants with no soldering or glue. You can use this technique to create beautiful, wired keepsakes to be treasured and cherished. Tools and supplies will be provided at the class.

Day 1: You will leave with an elegantly finished coiled pendant created with wires and beads.

Day 2: You will leave with a beautiful woven pendant created with wires and dangling beads.

*A supply fee of \$25 per person is due and payable to the instructor the day of class.*

*Thursday & Friday 4/18 - 4/19*  
*9:30 a.m. - noon*  
*\$29 per person*  
*CRC Alumni Room*



# Arts & Crafts

## Basic Woodcarving

This class will give you the skills needed to begin in the wonderful hobby of woodcarving. No experience necessary!!! This class really is for beginners! You will learn about knives, wood, and the basic cuts needed to get a solid start in woodcarving. Think Christmas gifts made by hand. If you've ever wanted to start woodcarving and just don't have a clue where or how to start, THIS IS YOUR OPPORTUNITY to learn the basics.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$40 per person is due and payable to the instructor the day of class. Students will receive a set of carving knives and wood.*

Wednesday 4/10 or Thursday 5/2  
6:00 p.m. - 9:00 p.m.  
\$17 per person  
HS 420

## Beginner Floral Arranging - Build Your Own Spring Bouquet

Do you love flowers? Bring that passion and interest to our bouquet building workshop! We will be learning about the elements of a traditional arrangement. What exactly makes it stand out and look professional? We will talk about complementary color combinations and tips for long lasting flowers, so that you can make your own floral arrangements at home that much better! In class you will be creating your own ten stem fresh floral masterpieces in a vase from a mobile bouquet bar on site to take home with you.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$35 per person is due and payable to the instructor the day of class. Fee covers cost of flowers and vase.*

Monday 4/29  
7:00 p.m. - 8:30 p.m.  
\$17 per person  
MS 411

**We warmly welcome  
residents of other  
school districts  
to attend our classes.**

**Come see what  
Lew-Port has to offer!**

## Chinese Characters and Basic Chinese Calligraphy

Come and join us for this fun hands-on Chinese writing class! In this class, you will begin to learn how to write the characters in your name, and other characters related to the root meaning of your name. We will explore the pictographic characters, characters that assemble the objects in nature and in our lives, and the derivation through stages. Last, we will practice simple Chinese calligraphy using a paintbrush and rice paper. Chinese characters are one of the most ancient writing systems in world history. Many Asian languages originate from here. It dates back to 3,000 years ago when in the Shang Dynasty, people carved on oracle bones, gradually developed into modern simplified characters commonly known as the official language in Mainland China. We hope you will enjoy the activities while learning about the fundamental essence of a very traditional language.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 per person is due and payable to the instructor the day of class.*

Mondays 2/26 - 3/18  
6:00 p.m. - 7:00 p.m.  
\$27 per person  
MS 411



## Crochet - Beginner

Crochet in French means "to hook" and there's no doubt you will be hooked on this relaxing art. In this class, designed for the beginner through intermediate student, you will learn how to hold your hook properly, learn and practice stitches, why gauge is so important, how to read a pattern, the beauty of yarn and techniques to make your crocheted pieces beautiful. Each student will start their instruction with a beginner project. Please bring a "K" hook, and a 4-ply skein of yarn to class. Students will complete a project together.

Students aged 8 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Tuesdays 4/9 - 4/30  
6:00 p.m. - 8:00 p.m.  
\$33 per person  
HS Library



## Crochet- Intermediate

Let's get ready to take it up a notch! Now that you have learned the basics, it's time for a short review before you learn to read patterns, gauge and more techniques for starting and finishing projects. You will also learn the basics for making clothing, like sweaters.

Wednesdays 4/10 - 5/1  
6:00 p.m. - 8:00 p.m.  
\$33 per person  
HS Library



# Arts & Crafts

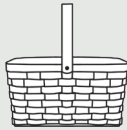
## Divided Basket

Join us in this basket making class where you will create a wooden-based basket with a divider in the center. This project makes a perfect pencil basket or use for brushes, remotes, cell phone or anything else that needs to be neatly organized. Lots of accent colors to choose from! You will find this basket to be the perfect size to sit on your desk or side table. A perfect beginner basket!

Students aged 12 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A Supply fee of \$30 per person is due and payable to the instructor the day of class.*

Thursday 4/11  
6:30 p.m. - 9:00 p.m.  
\$11 per person  
MS 411



## Spring Wall Basket

Dress up your door for spring or Easter with this unique woven wall basket. You will learn a continuous weave basket pattern, combined with a twined center pattern, in your choice of two colors. Fill your new basket with seasonal florals and choose a beautiful decorative spring bow to add as an accent. There will be a selection of florals at class at no extra charge, so your completed basket will be ready to display!

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A Supply fee of \$45 per person is due and payable to the instructor the day of class.*

Saturday 3/16  
9:00 a.m. - noon  
\$11 per person  
HS 420

## Large Utensil Basket

Bring your mom or best friend to make this versatile basket. The project has a wooden base and is large enough to hold kitchen utensils or your hair dryer and brushes. It also makes a great sleeve for a glass vase to display your Mother's Day flowers too! You will be instructed on how to weave this basket, but you will have full artistic freedom to choose your design and color options.

*A Supply fee of \$35 per person is due and payable to the instructor the day of class.*

Saturday 5/4  
9:00 a.m. - noon  
\$11 per person  
MS 411

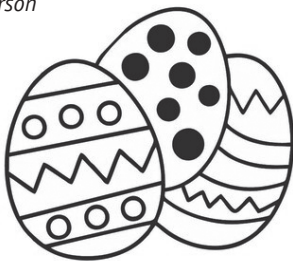
## Glittering Easter Egg Centerpiece

Get ready to put some bling onto your Easter table! Join us for a fun morning of paint and glitter! You'll be creating a lovely centerpiece consisting of sparkling Styrofoam eggs, nestled in a tray with Easter grass.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$6 is due and payable to the instructor at the beginning of class.*

Saturday 3/16  
9:00 a.m. - noon  
\$14 per person  
HS 415



## Introduction to Ceramic Hand Building

It's time to get your hands dirty! A fun class learning the basics to hand building ceramic! We will go over building methods of both coil and slab building. From there, you will dig into the clay to build your very own creation! After class, each piece will be fired and glazed for you, and will be ready in approximately four weeks.

Students aged 8 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$25 is due and payable to the instructor the day of class.*

*Finished project pick up dates/times at the district with the instructor are: For the 4/18 class (5/2, 5/9 or 5/30). For the 5/2 class (5/30). Pick up times for all dates are 5:00 p.m.-5:30 p.m.*

Thursday 4/18 or 5/2  
6:00 p.m. - 9:00 p.m.  
\$25 per person  
HS 420

## Introduction to Underglazing Pottery

Join us as we learn different techniques on how to apply underglaze to pottery. Underglaze is a paint-like material. It is applied to create stunning designs and patterns, before the final glaze firing. You will receive two pre-made ceramic pieces to create your very own designs on. After class, each piece will get fired twice and will be completed in four weeks.

Students aged 8 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$30 is due and payable to the instructor the day of class.*

*Finished project pick up dates/times at the district with the instructor are: For the 4/11 class (5/2, 5/9 or 5/30). For the 5/9 class (5/30). Pick up times for all dates are 5:00 p.m.-5:30 p.m.*

Thursday 4/11 or 5/9  
6:00 p.m. - 9:00 p.m.  
\$25 per person  
HS 420

## Attention Business Owners and Organizations!

Did You know that the Community Education Department can provide you space for your next workshop, class or meeting?  
Please call 286-7299, ext. 8237 for more information!

More Arts & Crafts >>>

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center • CRC - Community Resource Center (District Office Building)

Register online at <https://lew-port.coursetorm.com/> or [lew-port.coursetorm.com](https://lew-port.coursetorm.com/)



# Arts & Crafts

## Gourd Birdhouse - Apple Style with Roof

In this class you will learn about the history and variety of gourds, growing and processing, their many uses, and proper care and maintenance. You will also understand the types of birds that are attracted to gourd birdhouses and where to place them for maximum interest. Then, you will create your own birdhouse! Note: Gourds vary in size, shape, texture, and color.

This birdhouse is comprised of two different gourds. The base of the house will be a single gourd that has been cut and partially prepared. A second gourd will be cut to create a roof. You will select your gourd, drill drainage holes, sand and prep it for use, assemble it, then stain/paint/decorate it, and prepare it for hanging. As part of the process, you can collect the seeds for planting if desired. Select from stencils provided or use your own creativity and artistry to create the perfect birdhouse. Note: A coat of polyurethane will be needed to prepare for outdoor use. This step is not included in class. When properly treated and maintained, your birdhouse can last for 10 years or more.

Gourds make great gifts for Mother's Day or for that favorite gardener or bird lover in your life. This is a great activity to do with the kids or grandkids! All supplies are provided; however, participants may bring any beads, stone chips, or other desired embellishments to incorporate into the project. Please wear suitable clothing for painting/staining.

Students aged 5 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$30 is due and payable to the instructor on the day of class.*

Saturday 4/27  
9:00 a.m. - noon  
\$11 per person  
HS 415

## Gourd Birdhouse - Bottle Style

Did you know that birds actually love to make their nest in a gourd? Gourds make excellent homes, and birds are naturally attracted to them. Your unique, hand-crafted birdhouse will have a variety of birds flocking to call it home! In this class, you will learn about the history and variety of gourds, growing and processing, their many uses, and proper care and maintenance. You will also understand the types of birds that are attracted to gourd birdhouses and where to place them for maximum interest. Then, you will create your own

birdhouse! Note: Gourds vary in size, shape, texture, and color.

You will select your gourd, drill drainage holes, sand and prep it for use, stain/paint/decorate it, and prepare it for hanging. As part of the process, you can collect the seeds for planting if desired. Select from stencils provided or use your own creativity and artistry to create the perfect birdhouse. Note: A coat of polyurethane will be needed to prepare for outdoor use. This step is not included in class. When properly treated and maintained, your birdhouse can last for 10 years or more. Gourds make great gifts for Mother's Day or for that favorite gardener or bird lover in your life. This is a great activity to do with the kids or grandkids! All supplies are provided; however, participants may bring any beads, stone chips, or other desired embellishments to incorporate into the project. Please wear suitable clothing for painting/staining.

Students aged 5 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$20 is due and payable to the instructor on the day of class.*

Saturday 4/20  
9:00 a.m. - noon  
\$11 per person  
MS 411

## Gourd Succulent

Learn a little about the fascinating world of gourds and create a beautiful succulent planter to treasure for years. In this class we will discuss the history and variety of gourds, growing and processing, their many uses, and how to properly care for your gourd and succulents.

You will receive a gourd that has been cut and prepped for planting. You will drill drainage holes, then use sand paper to clean up any rough edges. Then it's time to stain/paint and decorate your planter either using stencils available or your own creative and artistic ability! Finally, you'll fill the gourd with soil and a variety of succulents. We will cover the basic theory of arranging plants and ensure you leave class with a stunning live work of art! Gourds make great gifts for Mother's Day or for that favorite gardener or bird lover in your life. This is a great activity to do with the kids or grandkids, or make a girl's night out of it and come have some fun!

All supplies are provided; however, participants may bring any beads, stone chips, or other desired embellishments to incorporate into the project. A coat of polyurethane will be needed to prepare for outdoor use. This step is not included in class. When properly treated and maintained, your birdhouse can last for 10 years or more. Please wear suitable

clothing for painting/staining.

Students aged 5 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$30 is due and payable to the instructor on the day of class.*

Friday 5/3  
6:30 - 9:00 p.m.  
\$11 per person  
HS 414

## Long Ear Easter Bunny - No Sew Technique

This adorable bunny is very fun and easy to make! This project is a three-dimensional ornament with a cute face and a fluffy cotton-tail. Join us in learning the no-sew technique where all you do is fold, pin and push! Each kit comes with everything needed to make your festive bunny. The completed project can sit upright, or sit on a pretty tray or bowl. Makes a fun gift too!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 is due to the instructor the day of class.*

Saturday 2/24  
9:00 a.m. - noon  
\$22 per person  
HS 415

## Peter Cottontail Bunny - No Sew Technique

This cheerful bunny is so cute and easy to make. Come learn the no-sew technique and be on your way to a new crafting hobby. All supplies are provided for this unique project, including bunny body, heads, arms and feet. The adorable tuxedo the bunny will be wearing will be in a springtime color. He stands about 10 inches high. This project can stand on its own, or become a mini centerpiece. Makes a fun Easter basket addition or gift too! As an added bonus, you will receive bonus instruction on how to make "Beatrice Bunny."

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 is due to the instructor the day of class.*

Saturday 3/2  
9:00 a.m. - noon  
\$27 per person  
HS 415



# Arts & Crafts

## Hummingbird Watercolor

If you've always wanted to paint with watercolors but weren't sure where to start, this class is for you! This delightful hummingbird painting is geared towards students with beginner to intermediate skill level. Learn about the materials used in watercolor painting and how to see the full potential of your brushes, paint and paper. You will unlock your creativity so that you can develop your skills to paint a beautiful project that you will be able to frame and hang in your home, or give as a gift. Class includes everything you will need to create an 8x10 painting on premium watercolor paper.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 per person is due and payable to the instructor the day of class.*

Saturday 4/13  
9:00 a.m. - noon  
\$24 per person  
HS 414



## Rose Watercolor

Have you ever wondered how artists achieve some of the most awesome outcomes in a watercolor painting? Come join us for this easy, enjoyable Saturday morning paint class and find out! This class is designed for a beginner who wants to learn more about painting with watercolors. This class will include everything needed to create a beautiful 8x10 painting on premium watercolor paper. In addition, you'll be able to complete a painting you will be proud to show your family and friends. The paints being supplied are artist quality Winsor and Newton and Daniel Smith. Any paints leftover on your tray are yours to take home to practice with.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 is due to the instructor the day of class.*

Saturday 2/24  
9:00 a.m. - noon  
\$24 per person  
HS 414

## Spring Lilacs Watercolor

Grab a cup of coffee and friend or two and join us for this fun, creative, lilac watercolor painting class. Have you ever wondered how artists achieve some of the awesome outcomes in a watercolor painting? Come be a part of this easy, enjoyable Saturday morning paint class. This class is designed for a beginner who wants to learn more about painting with watercolors. Class includes everything you need to create a beautiful 8x10 painting on premium watercolor paper. The paints supplied are artist quality Winsor and Newton and Daniel Smith. The paints leftover on your tray are yours to take home and practice with.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 is due to the instructor the day of class.*

Saturday 5/11  
9:00 a.m. - noon  
\$24 per person  
HS 414

## Sunflower and Butterfly Watercolor

Start your Saturday off with a creative, watercolor painting class. Have you ever wondered how artists achieve some of the most awesome outcomes in a watercolor painting? Come join us for this enjoyable stress free morning paint class. This class is designed for a beginner who wants to learn more about painting with watercolors. This class includes everything needed to create an 8x10 painting on premium watercolor paper. You will be completing a painting that you will be proud to show your family and friends!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 is due to the instructor the day of class.*

Saturday 3/9  
9:00 a.m. - noon  
\$24 per person  
HS 414



## Introduction to Macramé - Plant Hangers

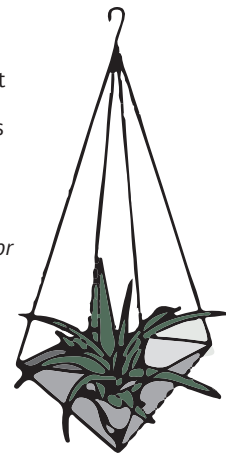
Join this macramé artist and plant enthusiast for a beginner level macramé class. Learn three basic knots, how to measure your cord, count knots, attach beads, construct your hanger, and leave with a finished piece! You will also have the knowledge to create more unique pieces at home. If you already have a plant/pot in mind you want to hang, please bring it with you so we can fit it into your new hanger. Your pot should ideally be between 4" and 8". You'll be provided precut cotton macramé cord, metal ring, choice of beads and instruction sheet. Please be aware that macramé requires repetitive and tedious hand and arm movements.



Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$15 per person is due and payable to the instructor the day of class.*

Saturday 3/16 or 4/27  
10:00 a.m. - noon  
\$22 per person  
MS 411



## Knitting-Beginner

So, you've always wanted to learn to knit? The waiting is over! Everything has a beginning and so it is with knitting. This skill can be so rewarding as a hobby or even a small business. Knitting can be a pleasure for gift giving, or just embellishing your wardrobe. Come relax with us while you learn a new crafting skill while meeting new people! Students will learn how to work with yarn, casting, knit and pearl stitches, all the while learning a basic pattern for scarf. All supplies are included in the supply fee.

*A supply fee of \$10 is due to the instructor the day of class.*

Wednesdays 4/10 - 5/1  
6:00 p.m. - 9:00 p.m.  
\$38 per person  
HS 415

More Arts & Crafts

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center • CRC - Community Resource Center (District Office Building)

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# Arts & Crafts

## Introduction to Needle Felting - Felted Mushroom

Celebrate the coming of spring by creating a fun and whimsical needle felted mushroom! Needle felting is the process by which loose wool fibers are used to create small sculptural forms with the use of a special barbed felting needle. It's magical! Learn the art of needle felting/dry felting with award winning fiber artist Suzanne O'Brien, and explore the many applications of this creative technique. Examples of finished product and other applications will be brought to class. The possibilities are endless!

Students aged 12 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$20 per person is due and payable to the instructor at class.*

Monday 3/18  
7:00 p.m. - 9:00 p.m.  
\$27 per person  
HS 415

## Introduction to Wet Felting - Tiny Felted Vessel

Every heard of felting, but not sure what it is? Wet felting is the process by which loose wool fibers transform into a non-woven textile with the application of soap, water and agitation. It's magical! Learn the art of felt making with an award winning fiber artist and learn how to make a tiny seamless felted wool bowl! Examples of larger projects and applications of this technique will be brought to class. The possibilities are endless! Students please bring an old bath towel and a plastic bag to class to bring wet project home.

Students aged 12 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$20 per person is due and payable to the instructor the day of class.*

Monday 2/26  
7:00 p.m. - 9:00 p.m.  
\$27 per person  
HS 415

## Introduction to Wet Felting - Felting a Flower

Ready for some flowers after a cold winter? Create a wool flower while we wait for the weather to warm up! Learn the art of felt making with an award winning fiber artist. Learn the technique of wet felting to make a felted flower with just wool, soap and bubble wrap! Wet felting is the process by which loose wool fibers transform into a non-woven textile with the application of soap, water and agitation. It's magical! Create beautiful, whimsical felt flowers in this beginner one session class. Examples of larger projects and applications of this technique will be brought to class. Students please bring an old bath towel and a plastic bag to bring wet project home.

Students aged 12 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$20 per person is due and payable to the instructor at class.*

Monday 3/11  
7:00 p.m. - 9:00 p.m.  
\$27 per person  
HS 415

## Painted Textured Art Glass for Beginners - Nature Inspired

Love the look of beautiful colored glass pieces in your window? In this class learn to make painted, stained, textured, glass artwork that will be displayed in your windows, and "wow" friends. Your art work can be simple or as complex as you want it to be. The goal of the class is to teach basic painting on glass, layering paint, and adding texture. Students will learn how to copy a pattern to the art piece, and color it with different types of glass paint. You will also be taught how to work with the tools and several of the techniques of glass art. Learn how to blend colors for an original work and template patterns for a beautiful springtime peace. Join us for one or more of the creative classes, showcasing nature!

*A supply fee of \$25 per person is due and payable to the instructor the day of each class.*

## Tree or Flower Themed

Wednesday 4/10  
6:00 p.m. - 9:00 p.m.  
\$22 per person  
HS 414

## Dragon Fly or Butterfly Themed

Wednesday 4/17  
6:00 p.m. - 9:00 p.m.  
\$22 per person  
HS 414

## Salamander or Sunrise

Wednesday 4/24  
6:00 p.m. - 9:00 p.m.  
\$22 per person  
HS 414

## Koi or Lily Pad on Water

Wednesday 5/1  
6:00 p.m. - 9:00 p.m.  
\$22 per person  
HS 414

## Family Scrapbook

Do you have family photos that are sitting in a box or just taking up space in your phone? Whether it's your wedding day, a celebration with a close friend, the birth of your children, or a fun adventure with your siblings, your memories deserve to be preserved and commemorated in a beautiful and meaningful way. That's where scrapbooking comes in! Rather than let those photos sit in your phone forever, you will create a cohesive, elegant scrapbook with step-by-step instructions so that you don't get overwhelmed. Along the way you will also learn basic scrapbooking techniques such as: how to construct a simple layout, how to matte photos, where to place embellishments, how to incorporate journaling, and most importantly, you'll get to exercise your personal creativity! By the end of this course, you will walk out with a fully finished scrapbook and a new appreciation for your cherished moments.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*A supply fee of \$22 per person is due and payable to the instructor the day of class. Students please bring 20-30 4x6 size family photos and scissors. Bringing a 12x12 hardcover scrapbook album of your choice is optional as students will also have the option of ribbon binding the pages.*

Saturday 3/9  
9:00 a.m. - noon  
\$17 per person  
MS 411



# Arts & Crafts

## Stained Glass Classes

Want to learn an exciting new hobby? Then we have something for you! Join us for one or more of our stained glass classes. We'll take the time to share with you many years of glass crafting experience in one of our classes below. Projects are designed for the beginner on up. In each class, we will use precut glass, copper foil and solder to design your pieces. You will learn how to turn glass into beautiful unique art!

*A supply fee of \$20 is due and payable to the instructor the day of each class.*

### Heart American Flag

Show your patriotic spirit with this cute heart flag suncatcher. Created with vibrant red, blue and wispy white glasses.

Monday 4/15  
6:00 p.m. - 8:30 p.m.  
\$25 per person  
HS 414

### Trinity Celtic Knot

The Celtic knot is traditionally a symbol of everlasting love as the knot has no beginning and no end. You will create the special symbol using precut sparkling green glass.

Monday 2/26  
6:00 p.m. - 8:30 p.m.  
\$25 per person  
HS 414

### Playing Doggie Suncatcher

Everyone loves a cute puppy, especially one that is playing. When you display this in your window you will be reminded of the fun this little dog is having! This cute project is cut from wispy white glass and solid black glasses.

Monday 3/18  
6:00 p.m. - 8:30 p.m.  
\$25 per person  
HS 414

### Sitting Frog Ground Stake

How about a cheery frog to grace your spring and summer garden? We will create this cute frog in bright green wispy glass to accent your garden! This project is created with lead coming and outfitted with a stem to be placed on the included garden stake. You will give the frog some character by painting on a face with a paint marker. He will make you smile each time you look at him in your garden or planter.

Monday 5/13  
6:00 p.m. - 8:30 p.m.  
\$25 per person  
HS 414

## Tiling Backsplash and Design

Let's get ready to tile! It's time to learn how to tile your own backsplash and save money. Step-by-step instruction and hands-on learning during this informative DIY class. Students will learn about different kinds of tiles and applications, how to understand the measuring of tile sizes, spacing around outlets, safety tools, planning and hands-on tile cutting. Students please bring safety glasses, dust mask, gloves and a folder for handouts.

*A supply fee of \$20 per person is due and payable to the instructor the day of class.*

Wednesday 4/10  
6:00 p.m. - 9:00 p.m.  
\$27 per person  
MS 411

## Wire Wrapped Jewelry

The goal with the series of wire wrapping classes is not only to help you create beautiful, timeless pieces of jewelry, but also introduce you to unique stones and the healing that comes from working with these gorgeous pieces of art created by Mother Nature.

### Egyptian Style Graduated Coil Bracelet

Learn to make an elegantly finished Egyptian-style graduated coil bracelet, with beaded focal spiral graduated coin links. This technique can be used to make future projects such as chains, bracelets, and earrings. In addition, you will learn to make your own chain extender, clasp and beaded focal for your bracelet. Tools will be provided for use in class.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A Supply fee of \$20 per person is due and payable to the instructor the day of class.*

Thursday 4/11  
6:00 p.m. - 8:00 p.m.  
\$19 per person  
HS 415

### Wire Bending

Have you ever wanted to learn how to create elegant handmade jewelry? Stuck because you can't find the right findings to create lovely designs? Join us in learning how to make unique jewelry using crystals, beads, and wires. This class is designed to teach you how to bend wires to create your own findings, charms, and beaded links that can then be used to create bracelets, dangle and drop earrings, bar and lariat-style necklaces, using only wires, no soldering or glue. You will learn several styles of links to make chains, bracelets, and dangles. In addition, findings like earwires and bail & clasps. Students will also be shaping wires to create one-of-a-kind charms. Tools will be provided for use in class.

*continued on page 10*

More Arts & Crafts 

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center • CRC - Community Resource Center (District Office Building)

Register online at <https://lew-port.coursetorm.com/> or [lew-port.coursetorm.com](https://lew-port.coursetorm.com/)

# Arts & Crafts

Students will leave with an elegantly finished gemstone charm necklace, a bar necklace, and 2 pairs of earrings.

*A Supply fee of \$20 per person is due and payable to the instructor the day of class.*

Thursday 3/14  
9:30 a.m. - noon  
\$19 per person  
CRC Alumni Room

## Wire Weaving 101

Have you ever wanted to learn how to create elegant handmade jewelry without glue or soldering? Learn how to weave wires to create beautiful intricate wire jewelry, decorative ornaments and beautiful keepsakes for yourself or your loved ones. This class is designed to teach you how to weave wires into charms/pendants with no soldering or glue. You can use this technique to create beautiful wired keepsakes to be treasured and cherished. Tools and supplies will be provided at the class.

Day 1: You will leave with an elegantly finished coiled pendant created with wires and beads.

Day 2: You will leave with a beautiful woven pendant created with wires and dangling beads.

*A Supply fee of \$25 per person is due and payable to the instructor the day of class.*

Thursday & Friday 4/18 - 4/19  
9:30 a.m. - noon  
CRC Alumni Room

or

Thursday & Friday 5/2 - 5/3  
6:00 p.m. - 8:00 p.m.  
MS 411  
\$29 per person

## Wire Wrapped Crisscross Pendant

Learn how to wrap undrilled cabochons into gorgeous jewelry, decorative ornaments and beautiful keepsakes for yourself or your loved ones. This class is designed to teach you how to wrap hand-cut stones into pendants using only wires, no soldering or glue. You can use this technique to transform any "flattish" stone or found items into beautiful keepsakes to be treasured and cherished. You will leave with an elegantly finished pendant created with a beautiful hand-cut cabochon.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A Supply fee of \$20 per person is due and payable to the instructor the day of class.*

Thursday 4/25  
6:00 p.m. - 8:00 p.m.  
\$19 per person  
MS 411

## Wire Wrapped Rings

Take your wire-bending skills to the next level with two unique adjustable ring designs. You will learn to create both in one class. The first design you will make is a twisted rose and the second, a twisted band overlap design. For this class, a wire bending class is a prerequisite. Tools will be provided for use in class. You will leave with two elegantly finished adjustable rings.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A Supply fee of \$20 per person is due and payable to the instructor the day of class.*

Thursday 5/9  
6:00 p.m. - 8:00 p.m.  
\$22 per person  
MS 411

# Cooking

## Basic Cheese Making - Ricotta & Cream Cheese

Who knew making these cheeses would be so easy and come right out of your kitchen! You may never go back to store-bought again. With having control of the amount of moisture and salt used, you can customize the flavor of your cooking adventures! In this class, we will make ricotta, cream cheese, and a delicious herb cream cheese. Class size will be small for more individualized instruction. Early registration is recommended. Students must bring a glass candy thermometer, large saucepan, a package of cheesecloth, and a gallon of whole milk to class.

Students aged 10 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$4 per person is due and payable to the instructor the day of class.*

Friday 3/1  
6:00 p.m. - 8:30 p.m.  
\$26 per person  
MS 402

## Charcuterie!

In this class you will learn basic skills used to make your own grazing board! In addition, you will have a chance to sample new cheeses! You will also learn techniques of cutting different styles of cheeses, folding meats and different pairings you can use together. During the class, you will create your own 2-3 person grazing board that you can take home with you! A wonderful event to attend together with friends, or a night out! Class fee includes all supplies.

Students aged 16 and up are welcome to register when a parent or guardian is also registered and attends the same class.

Wednesday 3/13  
6:30 p.m. - 8:30 p.m.  
\$38 per person  
MS Cafeteria



## Cookies Galore!

Let's get ready to bake! This class is perfect for beginners and experienced bakers alike. You will learn how to make three different types of cookies: sugar cookie cut outs, molasses spice and our personal favorite, browned butter chocolate chip cookies! Each student will take home at least a dozen cookies per recipe. You will also receive the recipes to take home with you, to make over and over! (Trust us, you will want to!) Please bring a box to transport your cookies, baking pans and cooking utensils.

Students aged 6 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 per person is due and payable to the instructor the day of class.*

Friday 2/23  
6:00 p.m. - 9:00 p.m.  
\$27 per person  
MS 402

## Couples Date Night! Eggs Benedict with Hollandaise

Eggs Benedict is a breakfast classic for a reason, because it's perfection on a plate! This is a date night class because we're going to make the perfect hollandaise, and much like the tango, it takes two! What's better than a toasted English muffin, topped with slices of Canadian bacon, perfectly poached eggs, and dollop after dollop of rich, delicious hollandaise? Nothing, that's what! Round up your date (friend, relative, or the one you love!) and let's have some fun. Please bring a chef's knife, tablespoon (flatware, not measuring), metal balloon whisk, rubber spatula, med. mixing bowl, small cutting board, small sauce pot, large slotted serving spoon, (2) kitchen towels, oven mitts, large baking sheet, and (2) 4 cup size containers with lids to bring your sauces home in.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$12 per person is due and payable to the instructor the day of class.*

**This is a couple's class only, no individuals. Please register at the same time to ensure seating availability.**

Friday 4/26  
6:00 p.m. - 9:00 p.m.  
\$30 per person  
MS 502

## Heavenly Carrot Cake with Cream Cheese Frosting

Are you looking for the perfect dessert to "wow" your family with this Easter? In this class, you will learn how to make a decadent homemade carrot cake with cream cheese frosting. This dessert will surely become a holiday tradition in your family. In addition, you will also learn basic cake decorating techniques to personalize your creation. You can use these new skills for all of your future cake decorating needs. Each student will take home an 8" carrot cake to share (or not!). A cake box will be provided. This class is Easter Bunny approved!

*A supply fee of \$10 per person is due and payable to the instructor the day of class.*

Saturday 3/23  
9:00 a.m. - noon  
\$27 per person  
MS 502

## Homemade Chinese Chicken Pot Stickers

A unique cooking class awaits! Join us for this fun night out. Together, we will start from scratch with mixing flour for making the dough, cutting the vegetables and chicken for the filling, then making the wrapper using a dumpling roller, wrapping them up, then boiling the pot stickers. We will then cook the pot stickers in a frying pan. In this class, students will make chicken, scallion and water chestnuts for the fillings.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 per person is due and payable to the instructor the day of class.*

Tuesday 4/23  
6:00 p.m. - 8:30 p.m.  
\$30 per person  
MS 502

## Crescent Dough Pinwheels - 2 Ways!

Need a great appetizer, hors d'oeuvres, or delicious finger food? Then be introduced to The Crescent Dough Pinwheel, bound to become your new kitchen best friend! We'll be making two different variations: broccoli al pesto with a creamy lemon parmesan dip (vegetarian) and ham & cheese with honey mustard dip. The versatility of these pinwheels will change your appetizer game for sure. Perfect for any holiday, year round parties, or even as a meal with a lovely fresh salad. A great way to use up some leftovers, too. Let the pinwheel shape mesmerize you, and the deliciousness satiate your craving! Please bring a chef's knife, tablespoon (flatware, not measuring), metal balloon whisk, rubber spatula, med. mixing bowl, small cutting board, kitchen towel, oven mitts, large baking sheet, and 2 cup size containers with lids to bring your sauces home in.

Students aged 14 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

*A supply fee of \$12 per person is due and payable to the instructor the day of class.*

Friday 4/12  
6:00 p.m. - 9:00 p.m.  
\$30 per person  
MS 502

## Guacamole & Roasted Tomato Salsa

Learn how to make authentic Mexican guacamole & roasted tomato salsa from scratch! Fresh guac and salsa are delicious toppings for your tacos, quesadillas, and even chicken, steak or fish. They go great in a sandwich, atop your nachos and will make your taste buds jump for joy. You choose the level of heat you can tolerate and we'll even talk about variations and adaptations. You'll never use that store bought jarred stuff again! Please bring a chef's knife, table spoon (flatware, not measuring), metal balloon whisk, rubber spatula, med. mixing bowl, small cutting board, kitchen towel, oven mitts, large baking sheet, and (2) 4 cup size containers with lids to bring your food home in.

*continued on page 12*

More Cooking 



# Cooking

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attending the same class.

*A supply fee of \$12 per person is due and payable to the instructor the day of class.*

Friday 2/23  
6:00 p.m. - 9 p.m.  
\$30 per person  
MS 502

## Heart Shaped Charcuterie Class

Fall in love with charcuterie! In this class you will learn basic skills used to make your own heart shaped grazing board! In addition, you will have a chance to sample new cheeses! You will also learn techniques of cutting different styles of cheeses, folding meats and different pairings you can use together. During the class, you will create your own 2-3 person Valentine's Day themed grazing board that you can take home with you! A wonderful class to take together with friends for "Galentines" Day or as a fun romantic night out! Class fee includes all supplies.

Students aged 16 and up are welcome to register for this class when a parent or guardian is also registered and attending the same class.

Monday 2/12  
6:30 p.m. - 8:30 p.m.  
\$38 per person  
MS Cafeteria

## Chinese Pork Dumplings

Come and join us in making delicious homemade Chinese dumplings from scratch! You will start with mixing flour for making the dough, cutting the vegetables and meat for fillings, then making the wrapper using a dumpling roller, wrapping them up, then boiling them to eat. We will make pork and Napa Cabbage filling for this class. You can take home the dumplings, if any are left!

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*A supply fee of \$10 per person is due and payable to the instructor the day of class.*

Tuesday 4/16  
6:00 p.m. - 8:30 p.m.  
\$30 per person  
MS 502

**We warmly welcome  
residents of other school districts  
to attend our classes.**

**Come see what  
Lew-Port has to offer!**

## Lebanese Walnut Baklava

Who can resist the sweet, buttery decadent taste of baklava as you bite into it? In this class you will learn all the techniques to make rolled Lebanese baklava. Everything from making the walnut filling, rendering butter, handling phyllo dough, and making simple syrup, to the final product. Each student will leave class with 20-30 pieces of baklava, and a brush to take home for future use. Seating will be limited in this baker's delight!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attending the same class.

*A supply fee of \$12 per person is due and payable to the instructor the day of class.*

Wednesday 3/20 or 4/17  
6:00 p.m. - 9:00 p.m.  
\$27 per person  
MS 502

## Let's Get Smokin'

As the saying goes, "If it ain't smoked, it ain't food!" We agree! That's why we joined forces with the Brickyard BBQ's Head Pit Boss for this exclusive class. You'll be there to see and smell the delicious meats when they are pulled off the smokers in the morning. From there, witness and learn how raw meat prep is done before smoking, learn about dry rubs, brines, mops, sauces, smoking times & temperatures and types of woods used for different flavors. Class size will be limited, early registration is encouraged. Enter through the back door of the restaurant.

Students aged 16 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Saturday 3/2 or 5/4  
9:00 a.m. - 10:00 a.m.  
\$22 per person  
Class will be held at the Brickyard Pub & BBQ,  
432 Center St., Lewiston.



*You must register for this class through the district, no walk-ins at the site.*

## Mother's Day Charcuterie Class

Grab Mom and head to Lew-Port for this special Mother's Day edition of the charcuterie class. In this class you will learn basic skills used to make your own grazing board! In addition, you will have a chance to sample new cheeses! You will also learn techniques of cutting different styles of cheeses, folding meats and different pairings you can use together. During the class, you will create your own 2-3 person Mother's Day themed grazing board that you can take home with you. This class is a great Mother's Day gift to spend the morning with mom, or make your own board with friends to gift! All supplies are included in class fee.

Students aged 16 and up are welcome to register for this class when a parent or guardian is also registered and attending the same class.

Saturday 5/11  
10:30 a.m. - noon  
\$38 per person  
MS Cafeteria

## Pierogi Making for Two

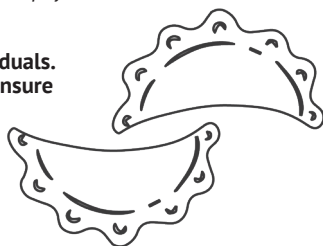
Strike up the polkas! It's time to grab a friend, relative or your spouse for this "flour intensive" night out! In this class you will learn hands-on techniques for rolling and cutting dough, filling and sealing, cooking and getting your pierogi freezer ready (if they last that long!). You and your cooking partner will make two dozen farmer cheese and two dozen potato and cheddar pierogi to split. Class size will be extremely limited, early registration is encouraged.

Students aged 12 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

A supply fee of \$28 per person, is due and payable to the instructor the day of class.

**This is a couple's class only, no individuals. Please register at the same time to ensure seating availability.**

Saturday 3/16  
9:00 a.m. - noon  
\$29 per person  
MS 402



## Quiche & Salad with Vinaigrette

Nothing says brunch like quiche! Now's your chance to learn how to make a creamy, decadent, and delicious classic quiche with it's perfect accompaniment, a fresh garden salad with a beautiful, bright vinaigrette dressing. Quiche is super versatile, easy to make, and it brings a level of sophistication and class to every table. Not only will you change your pre-game breakfast routine, you'll have the perfect dish for family weekends and summer get-togethers. Plus this dish will make you the star of the pot luck scene. Please bring a chef's knife, tablespoon (flatware, not measuring), metal balloon whisk, rubber spatula, med. mixing bowl, small cutting board, kitchen towel, oven mitts, and large baking sheet.

Students aged 14 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

A supply fee of \$12 per person is due and payable to the instructor the day of class.

Friday 3/1  
6:00 p.m. - 9:00 p.m.  
\$30 per person  
MS 502

## Sensational Scones

From tea time to family get-togethers, scones are the perfect treat to satisfy any sweet tooth. In this class you will learn how to make homemade scones from start to finish. This class is perfect for anyone who wants to give baking a shot! You will be making two different flavors and have a variety of flavors to choose from. Everyone will go home with a dozen scones and a new found love of baking! Come by yourself, with a friend or with a group!

Students aged 10 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$10 per person is due and payable to the instructor the day of class.

Saturday 3/16  
9:30 a.m. - noon  
\$27 per person  
MS 502

## Stuffed Peppers - 2 Ways!

Western New York has some seriously delicious regional food, and stuffed Hungarian peppers & clams casino definitely hit the bullseye. We're not just stuffing some peppers though, we're making FLAVOR BOMBS! Italian sausage stuffed banana peppers are so good on their own, but add them to a burger or sandwich, atop a chicken breast or fish, even a topping for pizza and you're really onto something! We're taking the classic clams casino to a new level by stuffing it into sweet peppers. A perfect anytime appetizer, or a savory addition to so many dishes! Please bring a chef's knife, table spoon (flatware, not measuring), metal balloon whisk, rubber spatula, med. mixing bowl, small cutting board, kitchen towel and large baking sheet.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$14 per person is due and payable to the instructor the day of class.

Friday 5/17  
6:00 p.m. - 9:00 p.m.  
\$30 per person  
MS 502

## Vanilla Obsession

Never again will you buy store bought vanilla! Guaranteed! Free yourself of the cost and bland flavors, not to mention additional additives and dyes. Homemade is always healthiest. Learn about different bean varieties, extract options, suppliers, storage and so much more! After taking this class, your baking projects will explode with flavor, and your family will rejoice! Join us and learn all there is to know, so that you too can start making vanilla extracts and vanilla sugar from your very own kitchen. It's so rewarding that you too will be obsessed! In class, you will be making both vanilla sugar and vanilla extract to take home. Students please bring a quart jar or container with lid, large bowl, small cutting board and paring knife to class. All imported vanilla beans, extract supplies and sugar are included in the supply fee.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

A supply fee of \$29 per person is due and payable to the instructor the day of class.

Friday 4/12  
6:00 p.m. - 8:30 p.m.  
\$27 per person  
MS 402

## Attention Business Owners and Organizations!

Did You know that the Community Education Department can provide you space for your next workshop, class or meeting?

Please call 286-7299, ext. 8237 for more information!

# Exercise

## Aqua Zumba

Make a splash in an aqua Zumba class! Known as the Zumba "pool party", this water aerobics class includes splashing, stretching, twisting, shouting, and laughing. All this, while providing you with a low-impact total body routine. This class is fun for all ages and suitable for all fitness levels. Integrating the Zumba formula and philosophy with traditional Aqua fitness principles. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief! Come join the party!

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

Thursdays 2/15 - 3/21  
7:30 p.m. - 8:30 p.m.  
\$44 per person  
HS Pool

## Beginning Yoga

Experience all the benefits of yoga including improved range of motion, balance, body awareness and relaxation. All the while, developing and understanding the body and mind connection. Learn proper alignment and positioning for basic yoga stretches and postures in a safe and comfortable atmosphere. Please bring a yoga mat or large towel to class.

Tuesdays 2/13 - 4/16  
No class 2/20, 3/5, 3/26, 4/2  
10:30 a.m. - 11:30 a.m.  
\$54 per person  
CRC Multipurpose Room

## Butts and Guts

Are you ready to tone and tighten your core and booty? This new class will focus on improving strength to your entire core using standing strength as well as mat work. Please bring a mat to class.

Students aged 16 and up are welcome to register when a parent or guardian is also registered and attends the same class.

Wednesdays 2/14 - 3/20  
or  
Wednesdays 4/10 - 5/15  
7:10 p.m. - 7:50 p.m.  
\$65 per person  
MS Fitness Room

## Beginner Line Dancing

Line dancing is one of the most fun country dances out there because you can do it anywhere and you do not need a partner! Line dancing is exactly what it sounds like: a group dance in which the dancers stand side-by-side in one or more lines as they perform a series of dance moves in unison. No matter what type of music you choose to dance to, line dancing can be a great workout. Depending upon your age and fitness level, you can expect to burn between 300-800 calories per hour line dancing! Come and learn basic line dances to some "cool" country and non-country songs. We will learn dances demonstrated in dance halls across Western NY., sure to get you out on the dance floor! Please bring a water bottle and dry shoes to class.

Students aged 13 and up are welcome to register when a parent or guardian is also registered and attends the same class.

Tuesdays 2/13 - 4/30  
No class 2/20, 3/26, 4/2  
6:30 p.m. - 7:30 p.m.  
\$60 per person  
PEC Small Gym

## Intermediate Line Dancing

After taking beginner line dancing, you will graduate to the challenge of the intermediate line dancing class. This class will teach you more intricate dances that are seen in the dance halls across Western New York and Canada. Be ready for some great exercise! The dances are fun while the music is a variety of country, pop and alternative. Students are asked to bring a water bottle and dry shoes to class.

**Prerequisite for students is attending the beginner line dance class or similar experience.**

Tuesdays 2/13 - 4/30  
No class 2/20, 3/26, 4/2  
7:35 p.m. - 8:35 p.m.  
\$60 per person  
PEC Small Gym

## Circuit Training

Strength training should be the cornerstone of any fitness routine. In this strength-based class we will mix and match different types of resistance training to give you a fun and effective full body workout. We will use TRX suspension trainers, free weights, machine weights, kettle bells and body weight exercises to help you tighten and tone your entire body. Led by a degreed and certified personal trainer, you can rest easy knowing you have a well-designed exercise program. This class is appropriate for beginners, but you must be able to get up and down off the floor.

Students aged 16 and up are welcome to register when a parent or guardian is also registered and attends the same class.

Mondays 2/12 - 3/18  
No class on 2/19  
or  
4/15 - 5/13  
6:00 p.m. - 7:00 p.m.  
\$65 per person  
MS Fitness Room

## Intro to Okinawan Karate and Personal Fitness

In this class, you will learn basic history of Uechi Ryu Karate Do, work on flexibility, development of a strong core, effective blocks/strikes for self-defense, and the Sachin Kata. Your instructor has more than 30 years' experience, is a 4th degree black belt who lived and trained in Okinawa and Nagasaki, Japan for over 10 years. Students should wear workout clothing. This class meets for 22 sessions, two classes per week. Instructor will email curriculum guide, students will need Facebook access for supplementary training at home. Students please wear workout clothing or karate gi.

Students 14 years old and up may register for this class if a parent/guardian is also registered and attends the same class.

**Prerequisite: Complete a medical Par-Q (survey) at first class**

Mondays and Wednesdays 2/12 - 5/15  
No class 2/19, 3/25, 3/27, 4/1, 4/3, 4/8  
6:15 p.m. - 7:30 p.m.  
\$172 per person  
PEC Big Gym



## Pilates for Beginners

Core strength is the foundation of how Pilates works. Strengthening the core develops stability throughout the entire torso. This is one of the ways Pilates helps many people alleviate back pain and improve stability. This mat-based class will focus on the core principles of Pilates in a gentle and effective format. This class is appropriate for all fitness levels, but you must be able to get up and down from the floor. This class will run for 9 sessions. Please bring a mat to class.

Thursdays 2/15 - 5/16  
No class on 2/22, 3/21, 3/28, 4/4 and 5/2  
10:30 a.m. - 11:30 a.m.  
\$91 per person  
CRC Multipurpose Room

## Pilates

Core strength is the foundation of how Pilates works. Strengthening the core develops stability throughout the entire torso. This is one of the ways Pilates helps many people alleviate back pain and improve stability. This mat-based class will focus on the core principles of Pilates in a gentle and effective format. This class is appropriate for all fitness levels, but you must be able to get up and down from the floor. This class will run for 5 sessions. Please bring a mat to class.

Mondays 2/12 - 3/18 or 4/15-5/13  
No class on 2/19  
7:10 p.m. - 7:50 p.m.  
\$54 per person  
MS Fitness Room

## Gentle Flow Yoga

A slow, gentle practice that links mind, body, and breath. We begin by centering and grounding, build toward a sequence of poses tailored to your goals, and end with a guided systematic relaxation. Modifications offered to suit all levels, including beginners. Come join us to improve balance, build strength, and promote steadiness and ease throughout the body and mind. Please bring a yoga mat and water bottle to class.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Tuesdays 2/27 - 4/16  
No class 3/26, 4/2  
6:00 p.m. - 7 p.m.  
\$36 per person  
PEC Auditorium

## Mobility for Golfers

Join our Community Golf Mobility Course and elevate your golf game to new heights. This specialized program is designed exclusively for golf enthusiasts, focusing on refining your swing, boosting flexibility, and enhancing your on-course performance. With the guidance of a skilled instructor, you will delve into crucial aspects like improving hip mobility for a smoother swing and fostering wrist flexibility for precision shots.

But there's more to this course than just mobility techniques. A certified nutrition coach will also provide valuable insights into nutrition for golfers. Learn how the right dietary choices can optimize your energy levels, concentration, and overall endurance on the green. This holistic approach, combining enhanced mobility techniques with personalized nutritional guidance, will empower you to achieve your golfing potential. Join us in this Golf Mobility Course and set yourself on a path to golfing success!

Mondays 2/12 - 3/18  
No class 2/19  
6:00 p.m. - 7:00 p.m.  
\$65 per person  
PEC Auditorium

## Tai Chi

Tai Chi is a popular internal martial art. It trains the body, mind and spirit to seek their balance, inner strength and tranquility through gentle movements and graceful postures. Tai Chi originated from ancient China for self-defense purposes and gradually evolved into an art of meditation with mental and physical health benefits. There are many trendy forms of Tai Chi being worldly practiced such as 8 forms, 24 forms and 42 forms etc. For each class you will start with a basic meditation technique routine and then practice the movements in the forms (beginning with the basics). Tai Chi is for everyone, no matter if you are practicing it for reducing stress, gaining balance, or for entertaining performances. Students will have the rare opportunity of learning from an experienced Tai Chi instructor from China, in Yang Style.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Mondays 2/12 - 5/13  
No class 2/19, 3/25, 4/1, 4/8  
7:15 p.m. - 8:15 p.m.  
\$64 per person  
PEC Small Gym



# Exercise

## Walk and Exercise Live to the Music



"Walk and Exercise Live to the Music" This class is designed for beginners. The steps are basic and very easy to learn. Come prepared to learn more about the positive effects of exercise on our bodies. This is a great class for those who need to burn calories and body fat while promoting cardiovascular health. If you are just beginning an exercise program, please check with your Dr. to be sure you are cleared to participate in mild exercise. We will be exercising to music and the beat of the music will count our steps adding up to a mile. We will also be doing a muscle strengthening segment with a stretch band. Bring your friends and exercise together!

A supply fee of \$5 per person for stretch band is due and payable to the instructor the first day of class.

Tuesdays 4/9 - 5/14  
10:30 a.m. - 11:15 a.m.  
\$38 per person  
CRC Gym

## Zumba

Zumba classes are high calorie dance parties, a total body workout! Known as "exercise in disguise", we combine all elements of fitness, cardio, muscle toning, balance and flexibility. You will leave class with boosted energy and feeling incredible! Zumba is for everyone and everybody. All fitness levels welcome. There is a wide variety of music, so come out and join the party! Please wear sneakers and bring a water bottle to class.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Thursdays 2/22 - 3/21  
6:00 p.m. - 7:00 p.m.  
\$38 per person  
PEC- Big Gym

# Financial

## Budgeting 101

As of January 2023, 60% of United States adults, including more than 4 in 10 high-income consumers, live paycheck to paycheck. This is no way to live! This course will teach the basic fundamentals necessary to develop a budget and begin the process of moving from a paycheck to paycheck survival existence to a thriving sense of freedom from all the financial stress and anxiety. Topics include: budget development, cash flow management, and debt reduction.

Students aged 12 and up are welcome to register when a parent or guardian is also registered and attends the same class. This class may end early depending on student input.

Wednesday 3/13 or 5/8  
6:00 p.m. - 9:00 p.m.  
\$12 per person  
CRC Staff Development Room

## Investment Planning

Join *The Financial Guys* as they break down the basics of investing. They will explain the three phases of your investing life: Hire, Retire and Expire. Learn how your planning for each affects your future goals and retirement. Pre-registration for this event is required and seating is limited. Please register early to ensure your spot.

Wednesday 5/8  
6:00 p.m. - 7:00 p.m.  
Free - Prior Registration is required.  
HS 112

## Medicare 101 - Understanding Your Options

Medicare is confusing! What are parts A, B, C and 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? See how this education will help you understand how the Medicare program works. We will provide a general overview of the variety of Medicare Insurance products that are available to beneficiaries.

Thursday 4/18  
Tuesday 3/12 or 5/14  
6:00 p.m. - 7:30 p.m.  
Free - Prior registration is required.  
CRC Staff Development Room



## Social Security Optimization

Whether you are single, married, widowed or divorced, The Financial Guys, certified social security claiming strategists, will inform you about the many facets of this powerful benefit and empower you to make a decision that's right for you. Make sure you are fully informed when making your claim for your retirement income.

Wednesday 4/17  
6:00 p.m. - 7:00 p.m.  
Free - Prior registration is required.  
HS 112

# Health & Wellness

## Basic First Aid

Accidents do happen, be ready to react when they strike. Every family should know the basics when it comes to first aid. The skills you will learn in this comprehensive class include: stopping bleeding situations, splinting broken bones, identifying and treating someone who is having an allergic reaction, burns and treatment, choking, along with other medical emergencies. A First-Aid card from the American Heart Association will be emailed to all students after the class is completed.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Monday 2/12  
6:00 p.m. - 9:00 p.m.  
\$38 per person  
HS 106

## Female Hormone Health: Learning to Understand and Manage Your Hormones

Many women struggle with their hormone health. The years leading up to menopause, and even after, can be tumultuous at best. Inside of this workshop we will discuss the "main players" in hormone health for women approaching natural menopause, or experiencing forced medical menopause. You will gain a better understanding of insulin resistance, menopausal arthritis, sleep disruptions, brain fog, hot flashes and more. The menopause transition can feel out of control and confusing, but knowledge is power and you can reclaim control.

Tuesday 2/27  
6:30 p.m. - 7:30 p.m.  
\$19 per person  
HS 108

## Fire Cider Workshop

The first written record of using plants as medicine that has remained intact dates back 5,000 years! In this class we'll talk about the health benefits of some of these historical healing plants that are used to make Fire Cider. Then we will each make our own batch to take home, infuse, & strain! This is a pungent & savory blend of herbs and foods infused into raw apple cider vinegar with the "mother." It's extremely valuable to have on hand during the damp, cold, winter months (or anytime really!). The traditional Fire Cider recipe we know & love today is used as a remedy to support the immune system during the winters. The beauty of herbs is that each one has multiple properties, so this blend is beneficial for many other ailments that we will discuss! Students must bring cutting boards and knives to cut herbs in class.

Students aged 12 and up are welcome to register for this class when a parent or guardian is also registered and attending the same class.

A supply fee of \$20 per person is due and payable to the instructor the day of class.

Thursday 2/22  
6:30 p.m. - 8:00 p.m.  
\$22 per person  
MS 502

## Gut Health for Weight Loss

You probably have no idea how many bodily systems your gut is involved in. Your gut influences your hormone balance, your metabolism, your sleep, your mood and mental state, your immunity, and MORE. Inside of this workshop you'll learn about what overall gut health looks like, common symptoms of gut imbalances, what exactly is the microbiome and how it is affecting you, and most importantly what you can do to balance your gut and begin to feel better.

Students aged 16 and up are welcome to register for this class when a parent or guardian is also registered and attending the same class.

Thursday 4/11  
6:30 p.m. - 7:30 p.m.  
\$19 per person  
MS 602

## Making Glycerites from Herbs of the Season

Every plant has its own season where it is bountiful and thriving, especially in our climate. During this time of year the earth is reawakening, and if you spend some time outside, you'll find many herbs that are nourishing & supportive. During this class, we will talk about some of the plants that you can find outside right now including their beneficial properties and ways to use them. Sustainably foraged, fresh herbs will be provided for each of us to work with as we transform them into our own glycerites! A glycerite is an extraction of the active compounds from the plant into our base (vegetable glycerin and water mixture). Having this makes it easier and more accessible to receive the healing qualities of certain plants, especially in a pinch. You can use this knowledge to make glycerites (or any types of extracts) out of any other herbs that you may find throughout the year! Students must bring cutting boards and knives to cut herbs to class.

Students aged 12 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

*A supply fee of \$15 per person is due and payable to the instructor the day of class.*

Thursday 5/16  
6:30 p.m. - 8:00 p.m.  
\$22 per person  
HS 402

## The Toxic Effects of Sugar

Do you struggle with the harmful effects of sugar addiction? Have you ever taken a moment to look at the amount of added sugar in your food (i.e. there is more sugar in 3 Tbsps. of ketchup than 1 glazed donut). Inside of this workshop, we will be diving deep into how added sugars are keeping you stuck, why ditching sugar should be the first step in any health and weight loss journey, and how to be sure you are successful at your own "sugar detox." This workshop is perfect for you if you find yourself raiding the kitchen each night, in search of those Cadbury eggs you hid from your kids, or you often need that afternoon pick-me-up in the form of a quick Starbucks run, or even that trip to see if anyone brought donuts to the break room this morning. If you've been battling stubborn belly fat and nothing you've tried seems to be making a difference, then this class is for you!

Students aged 16 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Thursday 2/15  
6:30 p.m. - 7:30 p.m.  
\$19 per person  
HS 108

# Health & Wellness

## Wrecking Ball Revelations: Transformation After Trauma & Navigating Healing After Narcissistic Abuse

"I love you but..." This is something a typical narcissist might say as everything is too conditional to them. It's important to know for those who deal with narcissists on a regular basis, struggle with consistent emotional pain, you may not understand what's happening or you're made to feel you're overly sensitive, and unaccepting. How does their behavior make you feel? If you're thinking about this class, you felt the effects of the "Wrecking Ball." Relationships with narcissists make people feel like they're: going crazy, lost and unsure of things they counted on, out of control, confused and helpless, disrespected and disregarded, overwhelmed, filled with shame, and experiencing a devastation they didn't know was possible. If you're in a relationship with a narcissist or if you want to learn how to avoid them in the future, this class may be the right answer for you. Some people can leave and eliminate the toxicity from their life. I hope this course sets you on the right path to healthy mental and emotional place and better relationships. This class is also perfect for you if you thought about 1:1 coaching but aren't ready for the commitment.

Students aged 16 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

Wednesday 3/20  
6:00 p.m. - 8:00 p.m.  
\$22 per person  
HS 414



## Kids Paint Party

Calling all artists! Join us for a fun evening of painting on canvas. You will be guided through instruction and leave with an awesome masterpiece! All supplies included. Please bring a smock or wear old clothes, and get ready for a fun night out!

Students aged 6-12 are welcome to register.

*A supply fee of \$8 per person is due and payable to the instructor the day of class.*

Thursday 3/7 or 4/25  
6:00 p.m. - 8:00 p.m.  
\$24 per person  
HS 414

## Attention Business Owners and Organizations!

Did You know that the Community Education Department can provide you space for your next workshop, class or meeting?

Please call 286-7299, ext. 8237 for more information!



# Learning & Leisure

## Angels and Spirit Guides and You!

Have you ever wondered about angels? What are they really? Can anyone call upon them? Will they help anyone with any problem? How can someone connect with them? All these questions and more will be addressed in this non-religious, three-hour class. The instructor has been speaking and receiving answers from angels for decades. He will help you to know your angels, archangels and spirit guides better so that you may work more closely with them and experience their love and joy. All your questions about these beings, as well as any related subject matter will be answered. Come join us!

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Monday 3/4  
6:00 p.m. - 9:00 p.m.  
\$32 per person  
MS 602



## Bullet Journaling for Fun & Organization

Have you ever used or created a bullet journal? Part function, part creativity, this class will walk you through the many uses of bullet journaling (calendar, habit tracking, project planning, goal setting, etc.). We will use markers, stencils, pens, washi tape and create your journal. Each person's supply fee will also include a bag of materials to take home.

Students aged 13 and up are welcome to register for this class when a parent/guardian is also registered and attending the same class.

A supply fee of \$10 per person is due and payable to the instructor the day of class.

Thursday 2/22  
6:00 p.m. - 8:00 p.m.  
\$11 per person  
CRC Staff Development Room

## Change Your Mind, Improve Your Life

In this class you will be taking an in-depth analysis of how and why your world is the way it is and the correlation between that and your mind. During the presentation in various demonstrations you will learn how to see auras, know how to protect yourself against the negative energy of others, discover your inner blocks to your own happiness, have your energy measured, learn how to send energy to another and what it's like to receive it and most importantly, you will understand how you influence the world around you in a very substantial way! This class is not only informative, but it's fun. Come and join us! (Class formerly titled, Change your Mind, Change Your Life)

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

Tuesday 4/9  
6:00 p.m. - 9:00 p.m.  
\$32 per person  
MS 602

## Defensive Driving Course

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

Students aged 15 and up are welcome to register for this class when a parent or guardian is also registered and attending the same class.

Tuesday/Thursday 3/12 and 3/14  
6 p.m. - 9:00 p.m.  
\$50 per person  
HS 113



## Exploring Past Lives

In this seminar, we will discuss the concept of past lives and go into a meditation in which you will have the opportunity to experience one for yourself. The purpose for doing this is to receive help and insights to assist you in your present life. With your permission, the instructor will be able to help you in making sense of your experience. Meditative ability is helpful, but not required.

Wednesday 4/24  
6:30 p.m. - 9:00 p.m.  
\$32 per person  
MS 602

## How to Become a Poshmark Reseller - Learning the Basics

Do you have too many clothes and have no idea what to do with them? Do you have an entrepreneurial and creative spirit? Selling your items on Poshmark might be your answer! In this informative class, you will learn the basics of how to list, take pictures and maneuver your way through the Poshmark app. Soon you'll be on your way to starting a small business, or simply cleaning out your closet or household, all the while making money while doing it! Please bring a cell phone and/or laptop, pen/pencil to class.

Saturday 4/13  
9:00 a.m. - noon  
\$17 per person  
HS 108

## Introduction to Grant Writing

Grant writing is both an art and science. Funding is available for a wide variety of efforts, from both public and private entities. Writing the grant is only part of the process you will need to understand and learn how to do it. In this workshop, you will explore the many facets of successful grant writing skills, techniques, and abilities. You will also learn where and what to search for, and from whom, based on your interests. Come join in and get started!

Thursdays 4/11 - 4/25  
6:00 p.m. - 9:00 p.m.  
\$79 per person  
HS 106



## Introduction to Fly Fishing

Join us for an introduction to fly fishing! Topics include equipment, fly rod selection, stream new tactics, safety, basic entomology (bugs), knots, target species information, distinctions and resources. Warm water, cold water and saltwater fly-fishing opportunities will be discussed. Following a practical demonstration, each student will be given an opportunity to learn proper fly casting; the course will include casting instruction and practice. Students are encouraged to bring their own fly rods if they already have one. Loaner rods will be available for students who do not have their own. The course is structured for the beginner or novice angler. The instructor, is a lifelong Outdoorsman, a former Orvis Fly Fishing instructor and has been fly fishing for over 20 years. The course is 4 hours total two evenings that are two hours each in length. Class size will be limited for more individualized instruction. Early registration is highly recommended.

Students aged 12 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*Wednesdays 2/21 and 2/28  
or  
Tuesdays 3/12 and 3/19  
6 p.m. - 8 p.m.  
\$45 per person  
MS Gym*



## Intermediate Fly Fishing Tactics

Are you a beginner fly fisherman looking to take your fishing to the next level? Join us for an intermediate-level fly-fishing lecture. Topics include equipment, fly selection, how to rig your flies, situational casting & stream tactics, basic entomology, target species information, and resources. Warm water, cold water and some saltwater fly-fishing opportunities will be discussed. This course is structured for the beginning or novice angler.

Students aged 12 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*Wednesday 4/10  
6 p.m. - 8 p.m.  
\$27 per person  
MS 602*

## Introduction to Meditation

We all want to be happy and lead fulfilled lives. But too often we depend upon our minds to find this happiness and too often we are disappointed. The reason is that we are using the wrong tool for the job. To find true happiness we need to look within, for our hearts hold the answers to find true joy and commitment, not our minds. This is where meditation comes in. By learning how to quiet the mind, we can remove ourselves from the fear the mind creates and open us up to a whole new world of self-discovery and purpose. In this class we will learn the true benefits of the meditative experience as well as experience meditation itself. If you feel frustrated and discouraged in life, this is the class you've been waiting for!

*Monday 2/26  
6:30 p.m. - 9:00 p.m.  
\$32 per person  
MS 602*

# Learning & Leisure

## Meet Your Spirit Guides

Acknowledging our higher power and looking deep within ourselves, allows us to experience life in a much happier and more fulfilling way. Our Spirit Guides have a very important job. They help us to stay on our life's path, in order to complete our souls' journey. In turn, we grow, making it easier to connect with our higher self. The ability to recognize and understand when our Guides are communicating with us, is essential for our own personal growth and the ability to help ourselves and others. In this workshop we will learn how to identify who our Spirit Guides are, how to connect with each of them individually and the different ways with which they will communicate with us. Group discussion and guided meditation will open the doors necessary for us to walk down this new path with confidence, self-acceptance and compassion.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attending the same class.

*Saturday 3/16  
9:00 a.m. - noon  
\$27 per person  
HS Library*

## So, You Want To Be A Clown?

Have you ever thought about or dreamed of becoming a clown? This beginner hands-on interactive class will teach you the basics of make-up and costume, the different types of clowns and some history too! In this fun five-week class you will be introduced to the art of balloon animals, basic magic, juggling and plate spinning. By the end of this class you will know the best clown face for you and discover your own special clown character. A nominal fee for makeup will be discussed in the first class. In addition to personal clowning events, the three instructors have a combined experience of over 75 years of clowning.

Students aged 14 and up are welcome to register for this class when a parent or guardian is also registered and attends the same class.

*Wednesday 2/28-4/10  
No class 3/27, 4/3  
6:30 p.m. - 8:30 p.m.  
\$59 per person  
CRC Alumni Room*

## How to be a Vendor

Let's get ready to sell! Whether you want to make extra money or become a full-time vendor, this course will help you prepare. In class, we will discuss all you need to become successful and how to apply and find shows and festivals. You will learn about the types of shows and the different selling opportunities you have, more importantly, who are your target customers, and how to set prices.

*Saturday 3/16  
10:00 a.m. - noon  
\$32 per person  
HS 108*

More Learning & Leisure

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center • CRC - Community Resource Center (District Office Building)

Register online at <https://lew-port.coursestorm.com/> or [lew-port.coursestorm.com](https://lew-port.coursestorm.com/)

## Learning & Leisure



### So You Want To Buy a House

Home buying is one of the biggest decisions you make in your life and possibly the most stressful. However, with guidance and preparation, it can be the most rewarding. Join us in this informative class where we will discuss the most important topics in home buying.

Just a few things we will familiarize you on are: representation, pre-approval process, buyer consultation, selecting properties, viewing properties, making an offer, negotiating terms, accepting the contract, removing contingencies, funds for closing, and finally closing on your new home! Students please bring a pen, paper and questions to class.

Wednesday 4/10  
6:00 p.m. - 8:00 p.m.  
Free - Prior registration is required.  
CRC ALE Room

## Kid's After School

### Spanish For The Elementary Years

Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-5 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. **If you have taken a Spanish Club class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students!** Join the fun! Program is offered at dismissal at the PEC and IEC buildings.

Class fee is \$82. If you have any questions, contact The Enrichment Company at 1-833-436-7424.



**REGISTER ON LINE AT: [www.TheEnrichmentCompany.com](http://www.TheEnrichmentCompany.com)**  
**(Form can also be downloaded and mailed directly to The Enrichment Company -**  
**\*Do not send registration to schools)**

## Technology

### Smartphone for Seniors



Whether you use a smartphone already or are just venturing out, this is the place to begin. This class will help you understand electronic devices we are almost forced to use (Androids, tablets iPhones, iPads). It's like someone gave you a great new tool that can make your daily life easier, but didn't show you how to use it. We will cover the device itself. From turning it on, to getting notifications to essential apps and changing settings, learn the essential Smartphone skills from us!

Thursdays 3/7 - 3/21 or 4/18 - 5/2  
10:00 a.m. - noon  
\$50 per person  
CRC Staff Development Room



***We warmly welcome residents of other  
school districts to attend our classes.***

***Come see what Lew-Port has to offer!***

HS - High School • MS - Middle School • IEC - Intermediate Education Center • PEC - Primary Education Center • CRC - Community Resource Center (District Office Building)



Register online at <https://lew-port.coursetorm.com/> or [lew-port.coursetorm.com](http://lew-port.coursetorm.com)



# Test Prep & Certifications

## 4-Hour ACT Boot Camp

Get a jump start on your ACT test preparation! In 2024 the ACT will be offered both digitally and written. If you are planning to study any STEM program in college then the ACT test is for you! This comprehensive review course introduces students to the ACT test and includes classroom instruction/practice, test-taking strategies, testing information & study materials. 2024 ACT Spring Test Dates: February 19, April 13 & June 8. Students are welcome to bring a snack to class. Important: 96.3% of U.S. colleges still require or will consider SAT/ACT test scores when submitted. It is important that students continue to take the SAT/ACT tests and submit their scores when applying to colleges. Only 3.7% of U.S. colleges do not require SAT/ACT test scores.

*Tuesday/Thursday 4/9 and 4/11  
6:00 p.m. - 8:00 p.m.  
\$77 per person  
HS 113*

## 4-Hour SAT Boot Camp

The new SAT digital test is here! The new digital SAT test will be computer-based only, shorter test taking time, shorter reading and math questions and longer time allotted to answer the test questions. This comprehensive course introduces students to the digital SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test, practice questions in each subject and a complete review of what to expect on the new digital test. Course includes classroom instruction/practice, and workbook/study materials. 2024 SAT Spring test dates: March 9, May 5 & June 1. Students are welcome to bring a snack to class.

96.3% of U.S. colleges still require or will consider SAT/ACT test scores when submitted. It is important that students continue to take the SAT/ACT tests and submit their scores when applying to colleges. Only 3.7% of U.S. colleges do not require SAT/ACT test scores.

*Tuesday/Thursday 2/27 and 2/29  
6:00 p.m. - 8:00 p.m.  
\$77 per person  
HS 113*

## 9-Hour SAT Prep Course

The new SAT digital test is here! The new digital SAT test will be computer-based only, shorter test taking time, shorter reading and math questions and longer time allotted to answer the test questions. This 9-hour course offers an in-depth study of the digital SAT test. Course includes classroom instruction/practice, test-taking strategies, testing information, workbook/study materials and a simulated SAT test. 2024 SAT Spring test dates: March 9, May 5 & June 1. Students are welcome to bring a snack to class. Important: 96.3% of U.S. colleges still require or will consider SAT/ACT test scores when submitted. It is important that students continue to take the SAT/ACT test and submit their scores when applying to colleges. Only 3.7% of U.S. colleges do not require SAT/ACT test scores.

*Tuesday/Thursday/Tuesday 4/23, 4/25 and 4/30  
6:00 p.m. - 9:00 p.m.  
\$145 per person  
HS 113*

## Adult CPR-AED

Learn the skills of CPR, including rescue breathing using a barrier device. By taking this class, you will also be instructed on how to use an AED or Automated External Defibrillator. Learn skills and information that will be needed to assist a person whose heart has stopped beating properly, or who is not breathing. American Heart Association CPR cards will be sent to the student's personal email upon completion of the course and test.

Students aged 14 and up are welcome to register when a parent or guardian is also registered and attends the same class.

*Wednesdays 3/20 or 4/17  
6:00 p.m. - 9:00 p.m.  
\$54 per person  
CRC Staff Development Room*



## Notary Public Preparation

Becoming a Notary Public will expand your marketable skill set, be an asset on your resume and increase your value as an employee or in your community. Notaries have been an integral part of business and industry since 2750 BC to today. Enjoy alternate income opportunities becoming a NYS Notary Public. Items covered are: Practices and procedures, unauthorized practices of law, hands-on activities and practice tests. Students please bring a pen or pencil to class. Instructor will contact you with a supply list prior to class.

*A supply fee of \$5 per person, is due and payable to the instructor the day of class.*

*Saturdays 3/16 or 4/13  
9:00 a.m. - noon  
\$38 per person  
HS 106*



## Reiki Level 1 Certification Class

Become a certified Reiki healer! During this in-depth session, you will delve deeply into the ancient Japanese art of hands-on energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality, correct physical, mental and emotional imbalances. This course provides training, course materials, attunement and hands-on experience of advanced techniques useful for healing yourself, family, and friends or for establishing your own Reiki practice. Come experience the life-transforming power of Reiki!

*Monday 3/4  
6:00 p.m. - 9 p.m.  
\$149 per person  
MS Library*

## Community Education Registration is Open!

View the Registration Form on Page 23 or visit  
[lew-port.coursetorm.com](http://lew-port.coursetorm.com)

**For more information call (716) 286-7265**

# Community Education Policies

## ENROLLMENT

Class registration is on a first-come basis. We welcome anyone 18 years of age or older (exemptions are given from some instructors and listed in the class description.) to enroll in our Community Education Program. The enrollment deadline is one week prior to the start of class. Our program is open to the entire community; we encourage residents of other districts to enroll in our classes.

**By Mail:** Mail your completed form, including payment (check or money order), made payable to: Lewiston-Porter Central School District. Mail to: Lewiston-Porter Community Education Dept., 4061 Creek Road, Youngstown NY 14174. Please be aware there is a \$35 fee for returned checks.

**In Person:** 9 a.m. - 3 p.m. Monday - Friday, when school is in session, at the Lewiston-Porter Administrative Office, 4061 Creek Rd., Youngstown, NY 14174. Registration is on-going and accepted all semester.

**Online:** Registration is available for our classes at <https://lew-port.coursestorm.com/> or [lew-port.coursestorm.com](http://lew-port.coursestorm.com). Our third-party processing company will assess a \$2.49 non-refundable fee to each class registration.

**We do not allow walk-in registrations at the class locations.**

## REFUND POLICY

**Requests for refunds must be made in person or in writing and received no later than five (5) school business days prior to the start of class.** Weekends and days that the school is closed are not considered business days. Make requests to the Lewiston-Porter CSD Community Education Dept., 4061 Creek Road, Youngstown, NY 14174. **There will be a \$8 processing fee applied to all refunds by the district.** Please note that refund checks are issued twice a month by our business office. In addition, if you registered online and paid by credit card through our third-party provider, a \$2.49 fee per class will be assessed by them and deducted from your total amount due. Refunds are based on the class status on the date in which you cancel, in accordance with the refund policy deadlines outlined. A class status change on a future date, will not result in an additional refund.

Once registered, transfers of your registration and credit card payment, to another individual are prohibited. This policy is governed by both our third-party registration and credit card processing companies.

**Refunds will not be issued due to inclement weather if the district remains open for after-school activities.** Emergency closings due to weather or otherwise will be announced on local radio/ T.V. stations. If the school district is closed, then all evening activities on that day will be canceled.

## CANCELLATIONS

If the minimum enrollment is not met for a class to be held, you will be notified by phone or email within three business days of the class start date. You will be refunded for any class cancellations in full.

## INSTRUCTIONAL STAFF

Our instructors are here to share with you a skill, talent or expertise that they possess. The opinions shared by the instructors are not necessarily the opinions of the Lewiston-Porter Central School District. Instructors are not required to be a certified teachers, although many have certifications in their own fields of expertise.

## 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 remove you from enrollment for that semester. No refunds will be given.

## CHILD POLICY

Many of our instructors have opened their classes up for underage children to register for classes when a parent/guardian is registered and attends the same class. Children must be in the care and direct supervision of their parents/guardian at all times, this includes all areas of the school and the classroom they are receiving instruction in. At no time shall children be on district property if not registered in a class. Parents/guardians are also responsible for the behavior of their children at all times during instruction. Failure to abide by this policy will result in the removal of all parties involved from our program. There will be no refunds given in the event that this policy is enforced.

LEWISTON-PORTER COMMUNITY EDUCATION  
WINTER/SPRING 2024 REGISTRATION FORM

# Registration

**Please Print**

First Name:	Last Name:
Street Address:	
City:	State: Zip:
Student Email:	Contact Phone:

\*\* Please fill out a separate form for students who are attending a class with an adult/guardian, where applicable. Please submit forms together.

**By Mail: Please Mail your check or money order to: Lewiston-Porter CSD Community Education Dept., 4061 Creek Rd., Youngstown, NY 14174**  
**Online: Visit <https://lew-port.coursestorm.com/> or [lew-port.coursestorm.com](https://lew-port.coursestorm.com) to register online. \*Please note that service fees apply.**

Course Name	Date Course Begins	Class Fee	Total
1.		\$	\$
2.		\$	\$
3.		\$	\$
4.		\$	\$
5.		\$	\$
Please include your payment made payable to: <b>Lewiston-Porter CSD</b>			<b>Total Due</b> \$

I have read and will abide by the policies of the Lewiston-Porter CSD Community Education Program. I fully understand the policies, procedures and deadlines outlined on page 18. I also acknowledge that I am 18 years old or more.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### WAIVER AND RELEASE OF ALL CLAIMS

This agreement is between \_\_\_\_\_ and the Lewiston-Porter Central School District (including the Lewiston-Porter Central School District Community Education Program, its Community Education Coordinator, its Community Education instructors, and other related members, agents, authorized guests, and affiliated organizations.)

The participant will be participating in the following Community Education activities and/or classes: \_\_\_\_\_

I hereby state that \_\_\_\_\_ does not have any ailments or physical condition that would prevent or inhibit me/him/her from fully participating in the specified activities and/or classes. I understand that there is a risk of injury inherent in the foregoing community education classes and/or activities. I hereby accept and assume all risks inherent in the specified Community Education classes and/or activities. I undertake this activity at my own risk. I voluntarily assume full responsibility for any losses, property damage, or personal injuries sustained in the specified activities and/or classes. I further agree to hold harmless and indemnify the Lewiston-Porter Central School District from any and all claims, demands, actions and costs that might arise out of participation in the specified activities and/or classes.

In consideration for the opportunity to participate in the Lewiston-Porter Central School District Community Education Program, to the maximum extent permitted by law, I hereby release the Lewiston-Porter Central School District, its Board of Education members (in their official and unofficial capacities), its employees, and its volunteers from any and all liability, claims, costs, expenses, attorney fees, demands, actions, and causes of action, whatsoever, arising out of or related to any losses, damages, or injuries (including death) that may be sustained during participation in the Lewiston-Porter Central School District Community Education Program or while on the premises of where the classes and/or activities are conducted.

I further agree that the Lewiston-porter Central School District will not be liable to me for any damages, losses, personal injury or property damage, caused by or resulting from any cause whatsoever, including but not limited to the negligence of the Lewiston-Porter Central School District, the Lewiston Porter Central School District Community Education Program, its Community Education Coordinator, its Community Education instructors, or other related members, agents, authorized guests, or affiliated organizations.

Printed Name of Participant \_\_\_\_\_

Signature \_\_\_\_\_

(If participant is under the age of 18 years, parents/guardian's signature name)

Address \_\_\_\_\_

PhoneNumber \_\_\_\_\_ Date \_\_\_\_\_





Lewiston Porter CSD  
4061 Creek Road  
Youngstown, NY 14174  
(716) 754-8281

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Resident

**Are you a hobbyist, instructor or expert in your field?**

The Lewiston-Porter Community Education Department is currently recruiting instructors for our Fall 2024 Program. Please email Anita Muzzi at [amuzzi@lew-port.com](mailto:amuzzi@lew-port.com) for information on becoming part of our exciting team!

***We warmly welcome residents  
of other school districts  
to attend our classes.***

***Come see what Lew-Port has to offer!***