



CONTINUING EDUCATION SPRING 2020

IMPORTANT NOTES:

- Registration and payment with the Continuing Education Office are required BEFORE you will be permitted in class. Instructors will not accept course payment or registrations. They will accept lab fees ONLY, where noted. Please adhere to registration deadlines.
- Students of Continuing Education must be at least 21 years old.
- Registration is required for all classes, *even those that are free.*
- You will be notified if a course is cancelled. In these instances, you will receive a refund (less the processing fee, if you registered online).
- We accept payment by check or cash for mail-in or in-person registration. A credit card can be used with online registration ONLY. No phone registrations will be accepted.
- If you are 60 years of age or older, you are entitled to a senior discount, where noted.
- Classes will not run if Hamburg Central School District's day or evening activities are cancelled due to inclement weather. In the event of such closing, you should attend the next scheduled class. In the case of single classes, you will be notified of a rescheduled date.
- **Once class begins, there are no refunds except for verified medical conditions.**

ENTERING OUR SCHOOLS

As part of the district's ongoing security enhancements, only certain exterior school doors will be unlocked for Continuing Ed. participants to gain entry to evening/ weekend classes. At the four elementary schools, entry is through the main doors. At the Middle School, entry is on the parking lot side of the building, through door #14 near the cafeteria. At the High School, entry is through door #30 (gym door) off the Legion Drive parking lot. Thank you for your cooperation.

REGISTRATION

We encourage you to register by mail or online for our classes. There are also 24-hour secure drop slots in the front doors of the Administration Building in which registrations can be placed at any time. If you wish to enter the Administration Building to register in-person, please be aware that all visitors are required to show government-issued photo ID before being permitted inside.

MAIL REGISTRATION FORMS & CHECKS TO:

Hamburg Central Schools Administration Bldg.
Continuing Ed. Office

5305 Abbott Rd. Hamburg, NY 14075

Check payable to: Hamburg Central Continuing Ed.

REGISTER ONLINE:

Go to hamburgschools.org -> Community -> Continuing Education. Click on the link to create an account to register online or use your existing account. You can use your credit card with online registration. Please note: If you register online, there is a processing fee. This fee is non-refundable, even if the class is cancelled or you withdraw. You will receive a confirmation email when you successfully register online.

Please register early, as some classes fill quickly or may be cancelled if there is insufficient registration.

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ARTS & CRAFTS



PAINTING & DRAWING WORKSHOP (A1)

Vicki Warhol

Unleash your artistic potential! This workshop is for artists with basic understanding of watercolor, acrylics, oils, colored pencil or sketching. Enjoy painting subjects of your choice in the company of other painters. Learn new techniques and ideas. Please bring the supplies you want to work with in class: paintbrushes, pencils, pens, paints, sketchbook, etc.

Hamburg High School, Room 132

Dates: Wednesdays, March 25 - May 20

NO CLASS APRIL 15

Time: 6:30 - 9 pm

Cost: \$50 Seniors: \$30

Registration deadline: March 18

BUSINESS & FINANCE

SOCIAL SECURITY PLANNING FOR WOMEN (B1)

Elizabeth Evanisko

Participants will learn how women can maximize their Social Security retirement benefits. We will explore different claiming strategies and how they apply to you if you are single, married or widowed. We will be going over how your benefit will be impacted if a husband or ex-husband dies and what happens if you get divorced or remarried. For married women we will also address the importance of Social Security planning your retirement benefits with your spouse.

Hamburg High School, Room 123

Date: Monday, Feb. 10

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: Feb. 3



RISKONOMICS (B2)

Elizabeth Evanisko

This course will explore various risks individuals face with their savings both before and during retirement. We will look at strategies to generate income to meet your retirement income needs and not outlive your assets. We will discuss the biggest risks retirees face today, the common pitfalls of retirement as well as how to efficiently take retirement distributions.

Hamburg High School, Room 123

Date: Wednesday, March 11

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: March 4



INVESTING FOR WOMEN (B3)

Elizabeth Evanisko

At this workshop, we will discuss various threats to a woman's financial future and the building block approach of savings insurance and investments. We will then focus on nine long-term strategies including diversification, taking advantage of tax breaks and systematic investing.

Hamburg High School, Room 123

Date: Monday, April 20

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: April 13

NOTARY PUBLIC TRAINING COURSE (B4)

Notary Public Central

The objective of this course is to educate individuals with legal terminology, and concepts and clauses contained in the framework of the NYS notary booklet. The cost includes study guide, notary fact sheet, practical exam, sample forms, notary public application and NYS exam schedule. Students are required to bring pen and highlighter.

Hamburg Middle School, Room 125

Date: Thursday, April 2

Time: 6 - 9 pm

Cost: \$80

Registration deadline: March 26

BUSINESS & FINANCE (CONT.)

FIRST TIME HOME BUYER (B5)

Christopher Ricci

A perfect class for the first time home buyer or for someone who has purchased in the past — things have changed. We will examine the entire purchasing process starting with how to obtain your mortgage pre-approval, estimating your monthly payment, how to house hunt, the contract process, how inspections work and how the closing process works. The better you're prepared, the more successful your house hunting process will be. Other highlighted topics during the presentation: Common mistakes buyers make, how to overcome financial obstacles and when is the best time to buy.

Hamburg Middle School, Room 123

Date: Tuesday, March 10

Time: 7 - 9 pm

Cost: Free

Registration deadline: March 3

STRAIGHTFORWARD WAY TO PROTECT AND PRESERVE YOUR MONEY & INCOME FROM MEDICAID AND A NURSING HOME EVENT (B6)

Les Robinson, CLTC

Discussion will include: Protecting your personal choices and financial independence, removing the hidden financial threats to your money by Medicaid inflation, understanding the consequences of having or not having a plan on your money and income stream, how to avoid Medicaid spend down mistakes, long-term care options, maintaining eligibility, reducing the emotional and financial burden on your family, protecting your money and income from a Medicaid or long-term care event, avoiding impoverishing your spouse from a Medicaid or nursing home event.

Hamburg High School, Room 123

Date: Tuesday, May 5

Time: 6 - 8 pm

Cost: Free

Registration deadline: April 28



SOCIAL SECURITY PLANNING 101 (B7)

Paul Hutchings

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

Hamburg Middle School, Room 125

Date: Wednesday, Feb. 5

Time: 6 - 7:30 pm

Cost: Free

Registration deadline: Jan. 29

COLLEGE 101: PLANNING & PAYING (B8)

Paul Celuch - College Assistance Plus

In this presentation, parents will learn tips about the college search, scholarships, the college financial process & New York's Free Tuition Program for public and private colleges. Most importantly, we will discuss what parents can do to help their children minimize student loan debt. This presentation is ideal for parents of students in Grades 9-12.

Hamburg Middle School, Room 125

Date: Wednesday, Feb. 12

Time: 6:30 - 7:30 pm

Cost: Free

Registration deadline: Feb. 5



COLLEGE 102: A FINANCIAL LOOK AT THE COLLEGE JOURNEY (B9)

Paul Celuch - College Assistance Plus

An educational presentation offering 10 strategies to help control the cost of college. Topics will include merit scholarships, student loans, selectivity, EFC, financial aid and more.

Hamburg Middle School, Room 125

Date: Tuesday, April 7

Time: 6:30 - 7:30 pm

Cost: Free

Registration deadline: March 31

MUSIC

INTRODUCTION TO ACOUSTIC GUITAR, BANJO, MANDOLIN OR UKULELE (M1)

Peter Miranda

Have you always wanted to play a stringed instrument? These classes are intended to provide the opportunity to learn to play guitar, banjo, mandolin or ukulele. With regular attendance and practice, you should soon be able to play many of the folk songs that are part of our musical heritage. Completing this course prepares you to participate in Acoustic Music Jam. You may enroll in either or both music classes to sing along or try your newly-learned skills. Students are expected to provide their own instruments. If you do not have an instrument, contact the instructor (549-0864) for assistance.

Hamburg Middle School, Band Room 134

Dates: Wednesdays, Feb. 5 - April 8

NO CLASS FEB. 19

Time: 6:30 - 7:30 pm

Cost: \$50 Seniors: \$35



Registration deadline: Jan. 29

ACOUSTIC MUSIC JAM (M2)

Peter Miranda

Do you play acoustic guitar, banjo, mandolin or any other acoustic folk instrument? If you enjoy playing or singing folk music, you are invited to join us for an acoustic music jam. Music choices include traditional and modern folk, old-time country and bluegrass music. The music is paced for beginners, as well as experienced musicians. If you can't play an instrument, come and sing. Students are expected to provide their own instruments. If you do not have your own instrument, contact the instructor (549-0864) for assistance. Play lists and music sheets will be provided via email. A limited number of song sheets will be available for those who do not have internet access.

Hamburg Middle School, Band Room 134

Dates: Wednesdays, Feb. 5 - April 8

NO CLASS FEB. 19

Time: 7:30 - 9:30 pm

Cost: \$50 Seniors: \$35

Registration deadline: Jan. 29

SPECIAL INTEREST

CHAKRA AROMATHERAPY (SI1)

Pam Toole, RN, BSN, Reiki Master

In this class, participants will learn about the 7 Chakras and what each individual Chakra represents. We will review how to impact personal health through the Chakra system and what to do to keep them balanced and clear. Using aromatherapy is one way to assist in achieving balanced Chakras. The class will make essential oil salt inhalers for each chakra. Each person will leave with 7 Chakra essential oil salt inhalers and the knowledge of what you can do to assist in balancing and keeping one's own Chakras balanced. All supplies will be provided.

Hamburg Middle School, Room 125

Date: Monday, March 23

Time: 6 - 8 pm

Cost: \$10

Lab Fee: \$15 payable to instructor

Registration deadline: March 16



REIKI LEVEL 1 PRACTITIONER TRAINING (SI2)

Pam Toole, RN, BSN, Reiki Master

Reiki is a spiritual healing art with its roots in Japanese origin. The word Reiki comes from the Japanese word (Rei) which means "Universal Life" and (Ki) which means "Energy." Reiki is not affiliated with any religion or religious practice. It is not massage nor is it based on belief or suggestion. It is a subtle and effective form of energy work using spiritually guided life force energy. Reiki is the energy that flows through all living things. Course overview: Preparing a safe space, history of Reiki, Chakra system and energy, attunement to Reiki level 1, hand placement demonstration and practice, Reiki for yourself, others and animals, self healing meditation, daily practice and guidance. Upon course completion you will receive a training manual, Usui Reiki First Degree Certification, level 1 attunement and ongoing mentoring.

Hamburg High School, 123

Dates: Saturday, March 7

Time: 9 am - 2 pm

Cost: \$145

Registration deadline: Feb. 29

LEARN TO SCUBA DIVE (SI3)

Professional Scuba Inc. of Hamburg

Classes are taught by the staff of Professional Scuba of Hamburg, which is a PADI dive center. All instructors and assistant instructors are PADI certified. Students must supply mask, snorkel, fins and boots by the third class. All other required equipment is provided for student use in class. Participants can begin the registration process at the shop. Questions? Call Professional Scuba at 648-3483 or email proscuba@verizon.net.

Hamburg High School, pool

Dates: Mondays, Feb. 3 - April 20*

* Students attend 8 of the 10 scheduled sessions.

NO CLASS FEB. 17; APRIL 13

Time: 6 - 9 pm

Cost: \$50

Lab fee: \$225 payable to Professional Scuba

Registration deadline: Jan. 27

A MINDFUL EATING PROGRAM: "SAVOR THE MOMENT" (SI4)

Annette DeNies, LMSW

"Savor the Moment" is a powerful mindful-eating program that nourishes not only our body, but also our heart. Mindful eating is simply being fully present while we eat. It is not directed by charts, pyramids or scales, rather by your own inner experience. Through mindfulness practices we will become more aware of our bodies, our response to food, and our cues to hunger and satisfaction. During our time together we will become familiar with the seven kinds of hunger, our eating behaviors and how to work with our food cravings.

Hamburg High School, Room 123

Dates: Thursday, April 2

Time: 7 - 9 pm

Cost: \$40

Registration deadline: March 26

MINDFULNESS: "A COMING HOME" (SI5)

Annette DeNies, LMSW

Come, as we explore the mind and its relationship to our health and well-being. This two-day

session includes guided mindfulness meditation, mindful hatha yoga and mindful eating. No previous meditation experience required.

Hamburg High School, Room 127

Dates: Tuesday, April 21 & Thursday, April 23

Time: 7 - 9 pm

Cost: \$60

Registration deadline: April 14

BOATING SAFETY COURSE (SI6)

US Coast Guard Auxiliary - Hamburg

This class is taught by local qualified US Coast Guard Auxiliary instructors. Successful completion of this 10-hour course satisfies the NYS requirement for PWC (Jet Ski) operators and the recently signed law that by 2025, all New York operators of power boats must complete an approved boater safety course. Class book and other materials will be supplied.

Hamburg Middle School, Room 123

Dates: Thursdays, Feb. 6 - March 12

* Students must attend ALL scheduled sessions.

NO CLASS FEB. 20

Time: 7 - 9 pm

Cost: \$10

Lab fee: \$30 payable to US Coast Guard Auxiliary
3-2 Hamburg

Registration deadline: Jan. 30

WELLNESS & FITNESS

YOGA: FOR MENTAL, PHYSICAL & EMOTIONAL WELLNESS (FN1)

Emily Hoffman

Find your peaceful side. Try yoga for mental and emotional well-being. Learn basic yoga techniques over this 8-week session. Beginners welcome. Bring a yoga mat and water bottle.

Hamburg High School, Room 127

Dates: Wednesdays, Feb. 12 - April 8

NO CLASS FEB. 19

Time: 6:30 - 7:40 pm

Cost: \$80 Seniors: \$75

Registration deadline: Feb. 5



WELLNESS & FITNESS (CONT.)

YOGA: CHAIR (FN2)

Emily Hoffman

Try yoga for mental and emotional well-being. Class will begin in a chair and move to standing using the chair as a prop. Learn basic yoga techniques over this 7-week session. Beginners welcome. Bring a yoga mat and water bottle.

Hamburg High School, Room 127

Dates: Wednesdays, Feb. 26 - April 8

Time: 5:30 - 6:15 pm

Cost: \$65

Registration deadline: Feb. 19

ZUMBA® (FN3)

Carol Clark

Looking for a fun workout class? Dance your way into fitness with Zumba®, a Latin inspired fitness class that combines high energy moves and easy to follow dance combinations. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone the body and maximize fat burning. You don't have to know how to dance to do Zumba®. Zumba® creates a party-like atmosphere. It's a one-of-a-kind combination of dance and exercise designed to put the fun back into fitness. All fitness levels are welcome. Come join the party!

Charlotte Avenue School, gym

Dates: Mondays, Feb. 3 - May 11

NO CLASS FEB. 17; APRIL 13

Time: 6:30 - 7:30 pm

Cost: \$60

Registration deadline: Jan. 27



ZUMBA GOLD® (FN4)

Carol Clark

Zumba Gold® is the Zumba® fitness program that's everything a traditional Zumba® class is, but in this class we take it a little easier.

The Zumba Gold® class introduces you to easy to follow Zumba® choreography that focuses on balance, range of motion and coordination. Zumba Gold® is great for active older adults, those returning to exercise, those who are just starting on their journey to a fit and healthy lifestyle, or someone who has an illness or injury and is medically cleared to exercise but needs a different pace.

Boston Valley School, gym

Dates: Tuesdays, Feb. 4 - May 12

NO CLASS FEB. 18; APRIL 14; MAY 5

Time: 6 - 7 pm

Cost: \$60

Registration deadline: Jan. 28

SPORTS

MEN'S BASKETBALL THURSDAYS (SP2)

Tom Ryan

Basketball for exercise and recreation.

Union Pleasant School, Pleasant Ave. gym

Dates: Thursdays, Feb. 6 - May 21

NO CLASS FEB. 20; APRIL 2, 9, 16

Time: 6:30 - 8:30 pm

Cost: \$28 Seniors: \$23

Registration deadline: Jan. 30



MEN'S VOLLEYBALL (SP4)

Tom Lardo

Enjoy volleyball for fun and exercise. Some instruction will be given.

Hamburg Middle School, gym

Dates: Thursdays, Feb. 6 - May 7

NO CLASS FEB. 20; APRIL 9, 16

Time: 7:30 - 9:30 pm*

Cost: \$23 Seniors: \$13

Registration deadline: Jan. 30



** Volleyball times will be adjusted in the event of home sports games.*

SWIMMING

SUNRISE SWIM (SW1)

No instructor

Take an early morning leisure swim. Registrants swim lengths of the pool at their own pace. For your safety, we adhere to a swimmer: lifeguard ratio. Registration fee includes both days. Class limit: 25.

Hamburg High School, pool

Dates: Tuesdays & Thursdays, Feb. 4 - May 14

NO CLASS FEB. 18, 20; APRIL 9, 14, 16

Time: 6:15 - 7:15 am

Cost: \$30 Seniors: \$20

Registration deadline: Jan. 28



SWIM FOR HEALTH (SW2)

No instructor

This program of leisure swim is for adults who like to enjoy the recreational benefits of a pool. For your safety, we adhere to a swimmer: lifeguard ratio. The registration fee includes both days. Class limit: 25.

Hamburg Middle School, pool

Dates: Tuesdays & Thursdays, Feb. 4 - May 12

NO CLASS FEB. 18, 20; APRIL 9, 14, 16

Time: 5:30 - 6:30 pm

Costs: \$30 Seniors: \$20

Registration deadline: Jan. 28

DEEP WATER WORKOUT (SW3)

Mary Jo Lardo

This fitness program provides a no-impact but challenging cardiovascular workout. The class will use flotation devices to assist in a total body workout. Kick, tread and scull your way to a fit body. You will find this class especially challenging to the abs and thighs. Participants must be comfortable in deep water with no support. Class limit: 25. Hurry! This class usually fills up quickly.

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, Feb. 3 - May 13

NO CLASS FEB. 10, 17, 19; APRIL 13, 15; MAY 11

Time: 5 - 6 pm

Cost: \$50 Seniors: \$40

Registration deadline: Jan. 27

AQUA AEROBICS (SW4)

Stephanie Lardo

This is an easy-going, low-impact water aerobics class. It includes stretching, quick cardio and some light arm workouts. Participants should be comfortable in the water. Class limit: 25. Hurry! This class usually fills up quickly.

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, Feb. 3 - May 13

NO CLASS FEB. 10, 17, 19; APRIL 13, 15; MAY 11

Time: 6 - 7 pm

Cost: \$50 Seniors: \$40

Registration deadline: Jan. 27

MASTER SWIMMING

Wendy Ryan

This class is for competitive swimmers - past, present & future - who would like to improve their efficiency and conditioning using the four basic competitive strokes. If you are unable to consistently swim break-free laps, this course is not for you.

SUNDAYS MASTER SWIM (SW5)

Hamburg High School, pool

Dates: Sundays, Feb. 2 - May 17

NO CLASS FEB. 16, 23; APRIL 12, 19

Time: 10:30 am - noon

Cost: \$44 Seniors: \$39

Registration deadline: Jan. 26

TUESDAYS MASTER SWIM (SW6)

Hamburg Middle School, pool

Dates: Tuesdays, Feb. 4 - May 12

NO CLASS FEB. 18; APRIL 14

Times: 6:30 - 8 pm

Cost: \$44 Seniors: \$39

Registration deadline: Jan. 28



THURSDAYS MASTER SWIM (SW7)

Hamburg Middle School, pool

Dates: Thursdays, Feb. 6 - May 7

NO CLASS FEB. 20; APRIL 9, 16; MAY 14

Time: 6:30 - 8 pm

Cost: \$38 Seniors: \$33

Registration deadline: Jan. 30



Please complete a SEPARATE registration form and payment for each person and each class. Copies or 3x5 cards are acceptable. Be sure to include the correct course number.

Checks or cash are accepted in-person. Checks can also be mailed to the below address. Credit cards can be accepted through our online registration system.

REGISTER BY MAIL:

Hamburg Central Schools
Continuing Ed. Office
5305 Abbott Rd.
Hamburg, NY 14075

CHECKS PAYABLE TO:

Hamburg Central Cont. Ed.

REGISTER ONLINE:

hamburgschools.org > Community > Continuing Education.
Create an account and pay, click the registration link.

CONTACT US:

Reach us by email at:
conted@hcsdk12.org or call
646-3200, ext. 7212, from
9:30 a.m.-12:30 p.m., Mon.-Fri.

NO CLASSES

WHEN SCHOOL IS CLOSED:

FEB. 16 - 23
APRIL 9 - 19

WEATHER CLOSINGS:

When school is closed due to inclement weather, all night classes are cancelled as well. Monitor local TV stations throughout the day for closing information or visit the school district website at:

hamburgschools.org

Hamburg Continuing Education - SPRING 2020

Please fill out completely and print legibly.

Name _____

Street _____

Town/Zip _____

Phone number(s) _____

Email for notification - PLEASE PRINT CLEARLY

Course # _____ Course name _____

I am 21 years of age or older Yes ☐

Senior citizen discount? Yes ☐ No ☐

FOR OFFICE USE:

Date rcvd. _____

Check # _____

Class fee _____

Sr. discount Y N

Hamburg Continuing Education - SPRING 2020

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Class fee _____

Sr. discount Y N

Hamburg Continuing Education - SPRING 2020

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Name _____

Street _____

Town/Zip _____

Phone number(s) _____

Email for notification - PLEASE PRINT CLEARLY

Course # _____ Course name _____

I am 21 years of age or older Yes ☐

Senior citizen discount? Yes ☐ No ☐

FOR OFFICE USE:

Date rcvd. _____

Check # _____

Class fee _____

Sr. discount Y N