

# HAMBURG CENTRAL SCHOOL DISTRICT



## CONTINUING EDUCATION SPRING 2022

### **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.
- You **will NOT be notified** if you have successfully registered.
- You **will be notified** if you have been closed out or if a course is cancelled. In these instances, you will receive a refund.
- We accept mail-in and drop-off payment by check or cash. A credit card can be used with online registration ONLY. No phone registrations will be accepted.
- Students of Continuing Education must be at least 21 years old.
- Registration is required for all classes, *even those that are free.*
- 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 security protocol, 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

Please make checks payable to: Hamburg Continuing Ed.

#### **REGISTER ONLINE:**

Go to [hamburgschools.org](http://hamburgschools.org) -> Community -> Continuing Education and follow the instructions. 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.

**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 23-May 18

**NO CLASS APRIL 13**

Time: 6:30 - 9 pm

Cost: \$50 Seniors: \$30

**Registration deadline: March 16**

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## **ROVING GLASS CLASS**

*Gail Schneider*

Create a beautiful handmade stained glass picture using stained glass, glue, nippers, 6" round circle and wood mount for your finished piece. You will have the opportunity to make three different glass creations through the spring. Materials are included for each class for which you register.



## **DRAGONFLIES (A2)**

Hamburg Middle School, Room 125

Date: Tuesday, Feb. 8

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

**Registration deadline: Feb. 1**

## **SUNFLOWER (A3)**

Hamburg Middle School, Room 125

Date: Tuesday, March 8

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

**Registration deadline: March 1**

## **CHICKADEES (A4)**

Hamburg Middle School, Room 125

Date: Tuesday, April 5

Time: 6 - 8 pm

Cost: \$35 Seniors: \$25

**Registration deadline: March 29**

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# **BUSINESS, FINANCE & LAW**

## **SOCIAL SECURITY PLANNING 101 (B1)**

*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 you make the best Social Security decision.

Hamburg Middle School, Room 125

Date: Wednesday, March 9

Time: 6-7:30 pm

Cost: Free

**Registration deadline: March 2**

## **BUSINESS, FINANCE & LAW (CONT.)**

### **SOCIAL SECURITY PLANNING FOR WOMEN (B2)**

*Jeffrey Gelormini*

Social Security for many is a key part of a retirement income plan and it's important to know the facts to make the right decision. We will be exploring the basics of Social Security so you can understand how much you will receive and how taking it early or delayed will affect the amount you receive throughout your lifetime. We will be doing a deep dive into the factors you should consider if you are single, married, divorced or widowed and how to coordinate your own benefit with a spouse or widow benefit if applicable.

Hamburg High School, Room 123  
Date: Tuesday, March 15  
Time: 6 - 7:30 pm  
Cost: Free

**Registration deadline: March 8**

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### **BUYING A HOME IN TODAY'S MARKET (B3)**

*Christopher Ricci*

Perfect class for the first-time homebuyer or for someone who wants a refresher on how the process looks today as opposed to even just a few years ago. 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 prepared you are, the more successful you will be in finding the right home. Other highlighted topics during the presentation: common mistakes buyers make, how to overcome financial obstacles, strategies to make a more competitive offer and the best time to buy.

Hamburg Middle School, Room 123  
Date: Thursday, March 17  
Time: 7 - 9 pm  
Cost: Free

**Registration deadline: March 10**

### **SAVVY IRA PLANNING (B4)**

*Jeffrey Gelormini*

In this workshop, you will learn strategies for savvy IRA planning. These include reviewing the six rollover options for your retirement plan funds, how the SECURE Act changed IRA planning, three common required minimum distribution mistakes, the difference between indirect and direct rollovers, and how to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security and financial plans.

Hamburg High School, Room 123  
Date: Thursday, March 31  
Time: 6 - 7:30 pm  
Cost: Free

**Registration deadline: March 24**



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### **INVESTING FOR MINORS (B5)**

*Paul Hutchings*

Have you ever said, "I wish I would have started investing sooner?" Planning for the future is one of the best ways to invest; unfortunately most don't get started until later in life. Take a step to change that by investing for the next generation. If you're a parent, grandparent, aunt or uncle this class will provide you with the tools needed to invest for education, short-term goals and even retirement for the children in your life. In addition, you'll learn about the potential benefits for both the child and you.

Hamburg Middle School, Room 125  
Date: Wednesday, April 6  
Time: 6:30 -7:30 pm  
Cost: Free

**Registration deadline: March 30**



## **BUSINESS, FINANCE & LAW** **(CONT.)**

### **TAKING AN INCOME IN RETIREMENT (B6)**

*Jeffrey Gelormini*

At this workshop, you will learn the four key components to your financial plan, how to evaluate your financial goals, and the future risks to your financial plan. We will then do a deep dive into the “bucket strategy” for income distribution and discuss how to evaluate different types of investments to reach the goals of each bucket.

Hamburg High School, Room 123

Date: Wednesday, April 6

Time: 6 - 7:30 pm

Cost: Free

**Registration deadline: March 30**

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### **HOW TO PROTECT YOUR MONEY FROM MEDICAID AND A NURSING HOME (B7)**

*Les Robinson, CLTC*

Long-Term Care and Medicaid are the biggest threat to your retirement security. This planning system works to bring together Retirement and Long-Term Care Planning to protect you from losing your money, income and independence to Long-Term Care and Medicaid Event. Topics discussed will include: protecting your personal choices and financial independence, removing the hidden financial threats to your money, understanding the consequences of having or not having a plan for your money and income stream, avoiding spend down mistakes, maintaining Medicaid eligibility, long-term care options and developing a safe and secure plan.

Hamburg High School, Room 123

Date: Tuesday, May 3

Time: 6 - 8 pm

Cost: Free

**Registration deadline: April 26**



## **MUSIC**

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

*Peter Miranda*

Have you always wanted to play the guitar or other stringed instruments? These classes are intended to provide individuals 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 the course prepares you to participate in Acoustic Music Jam. If you wish, you may enroll in either or both music classes to either 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 (716-549-0864) for assistance.

Hamburg Middle School, Room 134

Dates: Wednesdays, Feb. 2 - April 20

**NO CLASS FEB. 16 & 23; APRIL 13**

Time: 6:30 - 7:30 pm

Cost: \$55 Seniors: \$40

**Registration deadline: Jan. 26**

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### **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 so that beginners, as well as more experienced musicians, can participate. The atmosphere is informal, relaxed and great fun! 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 (716-549-0864) for assistance. Play lists and music sheets will be provided via email, so please be clear when writing your email on your registration form. A limited number of song sheets will be available for those who do not have internet access.

Hamburg Middle School, Room 134  
Dates: Wednesdays, Feb. 2 - April 20  
**NO CLASS FEB. 16 & 23; APRIL 13**  
Time: 7:30 - 9 pm  
Cost: \$55 Seniors: \$40  
**Registration deadline: Jan. 26**

## **SPECIAL INTEREST**

### **SCUBA DIVING (SI1)**

*Professional Scuba Inc. of Hamburg*

Classes are taught by the staff of Professional Scuba of Hamburg. Professional Scuba is a PADI 5 Star dive center and all of its instructors and assistant instructors are PADI certified. Students need to supply mask, snorkel, fins and boots by the third class. The rest of the required equipment is provided for student use through the class along with all the student materials. Students can stop in the shop to register and complete the initial paperwork. Start your adventure now. Professional Scuba, 5777 Camp Rd., Hamburg/716-648-3483/proscuba@verizon.net

*Note: The location and time for this instruction will change after the first five classes, as shown below.*

Dates: Mondays, Feb. 7 - May 2  
Cost: \$50  
Lab fee: \$375 payable to Professional Scuba  
**Registration deadline: Jan. 31**

Dates: Mondays, Feb. 7 - March 14  
**NO CLASS FEB. 21**

Hamburg Middle School, pool  
Time: 7 - 9 pm

Dates: Mondays, March 21 - May 2  
**NO CLASS APRIL 11 & 18**

Hamburg High School, pool  
Time: 6 - 9 pm

### **USING THE WEB TO GATHER HEALTH INFORMATION (SI2)**

*Frank M. Painter, D.C.*

This two-session class in a computer lab will be an introduction to using online search tools to gather reliable health information. The first class will review basic techniques for creating effective search strategies and will include a list of accurate health-related websites for your convenience. The second class will focus on refining your skills and answering specific questions. The complete class is available on a "thumb drive" (USB device) so you will not need to take notes. **Prerequisite:** Basic familiarity with operating a computer and simple word processing.

Hamburg Middle School, Room 129 A  
Dates: Tuesday, April 26 & Thursday, April 28  
*(Participants attend both days.)*  
Time: 6:30 - 8:30 pm  
Cost: Free  
Optional lab fee: \$5 for USB device, payable to instructor on night of class  
**Registration deadline: April 19**

## **WELLNESS & FITNESS**

### **ZUMBA® (FN1)**

*Carol Clark-Osuch*

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!

Armor Elementary School, gym  
Dates: Tuesdays, March 8 - May 10  
**NO CLASS APRIL 12**  
Time: 6 - 7 pm  
Cost: \$55  
**Registration deadline: March 1**



## SPORTS

### CO-ED VOLLEYBALL (SP3)

*Tom Lardo*

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

Hamburg Middle School, gym  
Dates: Tuesdays, Feb. 1 - May 10  
**NO CLASS FEB. 22; APRIL 12**  
Time: 7:30 - 9:30 pm\*  
Cost: \$28 Seniors: \$17  
**Registration deadline: Jan. 25**

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



### MEN'S VOLLEYBALL (SP4)

*Tom Lardo*

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

Hamburg Middle School, gym  
Dates: Thursdays, Feb. 3 - May 12  
**NO CLASS FEB. 24; APRIL 14**  
Time: 7:30 - 9:30 pm\*  
Cost: \$32 Seniors: \$18  
**Registration deadline: Jan. 27**

*\* Volleyball dates/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. The registration fee includes both days. Class limit: 25.

Hamburg High School, pool  
Dates: Tuesdays & Thursdays, Feb. 1 - May 12  
**NO CLASS FEB. 22 & 24; APRIL 12 & 14**  
Time: 6:15 - 7:15 am  
Cost: \$40 Seniors: \$30  
**Registration deadline: Jan. 25**

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### 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. 1 - May 12  
**NO CLASS FEB. 22 & 24; APRIL 12 & 14**  
Time: 5:30 - 6:30 pm  
Costs: \$40 Seniors: \$30  
**Registration deadline: Jan. 25**

**POOL TEMPERATURE:** The temperature of the High School and Middle School pools is maintained at 82 degrees, except during times of student interscholastic swim use, when the temperature may be reduced.

# SWIMMING (CONT.)

## 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. Students should purchase an aquatic belt or Styrofoam water weights. Class limit: 25. Hurry! This class usually fills up quickly.

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, Feb. 2 - May 9

**NO CLASS FEB. 16, 21 & 23; APRIL 11, 13 & 18**

Time: 5 - 6 pm

Cost: \$55 Seniors: \$45

**Registration deadline: Jan. 26**

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## 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. 2 - May 9

**NO CLASS FEB. 16, 21 & 23; APRIL 11, 13 & 18**

Time: 6 - 7 pm

Cost: \$55 Seniors: \$45

**Registration deadline: Jan. 26**



## 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.

## SATURDAYS MASTER SWIM (SW5)

Hamburg Middle School, pool

Dates: Saturdays, Feb. 5 - May 14

**NO CLASS FEB. 19 & 26; APRIL 9 & 16**

Time: 1 - 2:30 pm

Cost: \$37 Seniors: \$33

**Registration deadline: Jan. 29**

## TUESDAYS MASTER SWIM (SW6)

Hamburg Middle School, pool

Dates: Tuesdays, Feb. 1 - May 10

**NO CLASS FEB. 22; APRIL 12**

Times: 6:30 - 8 pm

Cost: \$39 Seniors: \$34

**Registration deadline: Jan. 25**

## THURSDAYS MASTER SWIM (SW7)

Hamburg Middle School, pool

Dates: Thursdays, Feb. 3 - May 12

**NO CLASS FEB. 24; APRIL 14**

Time: 6:30 - 8 pm

Cost: \$46 Seniors: \$41

**Registration deadline: Jan. 27**



**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 are accepted only with online registration.**

**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

**CONTACT US:**

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

**NO CLASSES**

**WHEN SCHOOL IS CLOSED:**

**Feb. 21-25  
April 11 - 18**

**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 2022**

*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 2022**

*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 2022**

*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