
**Attica's
Community
Education
Program
Guide**



EXERCISE



ART



EDUCATION

SPRING 2020



Walk-in Registration: January 27th

In the High School Main Lobby from 6:00-8:00pm. You will be able to register for any of our offerings at this time. Registration is also ongoing throughout the year with a minimum two days prior to the class.

Serving the communities of: Attica, Alexander, Bennington, Bethany, Darien, Java, Middlebury, Orangville, Sheldon, Wales and Wethersfield
(Residents and non-residents)

Follow us on Facebook
for the most up-to-
date information.



Attica Community Education is a self-supported program which offers courses to District and Non-District residents.

Registration

- ❖ No telephone registrations will be accepted.
- ❖ Late registration, after the start of the class may be accepted if space is available.
- ❖ You may mail or drop off your registration form along with payment to the Business Office located at 3338 East Main Street, Attica 14011 Attn: Community Ed Program between the hours of 8:00 a.m. – 4:00 p.m. **Checks payable to: Attica Central School District.**

No class confirmations will be sent! You will not be called unless your course is cancelled or to notify you of any changes. You may call the Community Education Coordinator if you wish to confirm your registration

Fees

- ❖ Fees are due at the time of registration. Please use a separate registration form and check for each course selection. Additional forms may be printed off from our website or picked up in the Business office.
- ❖ A 10% discount is being offered to community members 62 & over **with the exception of the Trips & Tours section.**
- ❖ Materials: Students are responsible for the cost of materials when they are required. Material Fees are payable to the instructor on the first night of the course. Please do not include material fees with your registration unless noted.
- ❖ Instructors will not accept registrations or payments.

Do you have a talent or skill you would like to share? Interested in teaching a course? We are always looking for new offerings. Please contact Karen Tomidy for further information.

Emergency Closing

In the event classes have to be canceled due to unforeseen emergencies or inclement weather, an announcement will be made on the local radio stations as soon as possible. Every effort will be made to reschedule class time that is canceled.

Holidays

Labor Day.....September 2
Columbus Day.....October 14
Veterans' Day.....November 11
Thanksgiving Recess.....November 27-29
Winter Recess.....December 23 - January 3
Martin L. King Jr. Day.....January 20 (Observed, no school)
Presidents' Recess.....February 17-19
Spring Recess.....April 6-13
Memorial Day.....May 25 (Observed, no school)

Missed Classes

There are many times that participants are not able to make classes for various reasons. That is unfortunate. We ask that you make every effort to keep your commitment. Continuing education is unable to reimburse participants for missed classes and any missed classes from one session cannot be carried over to the next session.

Course Cancellation

If your course is canceled due to insufficient enrollment, you will be notified and will receive a full refund by mail. Please keep in mind that the earlier you register, the better chance courses will not be canceled due to low enrollment. Once a class begins; there are no refunds except for verified medical conditions.

Contact Information

Emily Hirsch

Attica Central School Community Education
3338 East Main Street
Attica, NY 14011

Phone: 585 - 721 - 664 .

(Home)

(585)591-0400 Ex:1003

(School)

E-mail: EHirsch@atticacsd.org

Swim Lessons

Session I: February 6th- March 12th

***Registration Deadline is February 4th**

Session II: March 21st- May 2nd (No class April 11th)

*** Registration Deadline is March 19th**

Session I: Thursday's February 6th- March 12th

Level 1: A 40 minute class in which swimmers will learn how to feel comfortable in the water and safely enjoy it. Children will learn basic swimming skills with a float assistance and an introduction to rhythmic breathing through fun games and activities. Suggested ages are 3-5.

Fee: \$45

Thursdays: 6:00-6:40pm

Level 2: A 40 minute class where swimmers continue to practice and build upon basic swimming skills, and an introduction to safety strokes. Float assist may be individualized. Suggested ages 5-7.

Fee: \$45

Thursdays: 6:45-7:25pm

**CLASS SIZES ARE LIMITED!
PLEASE REGISTER EARLY!**

*“Swimming is
more than sport
but a lifeskill”*



Classes are based on suggested ages however the instructor may move a swimmer up or down a level based on confidence, skill level, and stamina. Each level is developed to build off the one before. To ensure continuous learning and practice.

Swim lessons Continued...

Session II: Saturdays March 21st- April 25th

Level 1: A 40 minute class in which swimmers will learn how to feel comfortable in the water and safely enjoy it. Children will learn basic swimming skills with a float assistance and an introduction to rhythmic breathing through fun games and activities. Suggested ages are 3-5.

Saturdays: 9:30-10:10 am, or 10:15-10:55 am

Fee: \$45

Level 2: A 40 minute class where swimmers continue to practice and build upon basic swimming skills, and an introduction to safety strokes. Float assist may be individualized. Suggested ages 5-7.

Saturdays: 10:05-10:45am, or 11:00-11:40am

Fee: \$45

Level 3: A 45 minute class where students will gain confidence, improve their strokes and gain additional aquatic skills. This class provides additional guidance to allow kids to refine their strokes and become more efficient swimmers.

Saturdays: 10:50-11:35 am

Fee: \$50

Parent/Child: A 30 minute class where both parent and child participate in fun games and songs to provide a comfortable swimming environment for the child. The skills practiced in this class include blowing bubbles, movement in arms and legs to mimic swimming strokes, comfortable floating on back with assistance and safety rolls. Suggested ages are 6 months-3 years

Saturdays: 9:30-10:00am

Fee: \$45

Water Aerobics

Session II: March 26rd-May 12th (No Class April 7th & 9th)

This one hour class will get your heart pumping and your body moving! Let the buoyancy of the water assist you in stretching, flexing and moving for better health. Excellent for your joints. Use of kickboards and noodles for a variety of exercises. Males and Females welcome.

Tuesday/Thursdays: 6:00-7:00pm

Location: Middle School Pool

Fee: \$70 for 12 classes or \$35 for 6 classes

Instructor: Marcia Garcea

*Registration Deadline is March 20th

Lap Swimming

The pool is open to adults 18+ who like to exercise through swimming laps.

Session I: February 3rd- March 18th (No Lap Swim February 17th & 19th)

Session II: March 23rd-May 11th (No Lap Swim April 6th, 8th & 13th)

Mondays/Wednesdays: 6:30-7:30pm

Location: Middle School Pool

Fee options:

-\$45 for 8 swim times per 6 week session

-\$60 per 6 week session (12 swim times)

-\$110 for both sessions (24 swim times)

*Registration Deadline for Session I is January 31st

Family Swim Nights

Come enjoy some family fun time in our pool with a Lifeguard on duty. This is an open swim for families. Children **must** be accompanied by an adult.

Dates:

Fridays : Feb. 7th, Feb. 28, March 13th, March 27th, April 3rd, April 17th and May 1st

Fee: \$3.00 per person or \$8.00 per family

Exercise

Cardio Kickboxing

Session I: February 3rd- March 16th (No class February 17th)

Session II: March 23rd- May 11th (No class April 6th & 13th)

Basic martial arts mixed into a cardio workout. Learn kicks and punches, build coordination and relieve stress, all while burning calories and achieving a whole- body workout. The first part of the class includes punching and kicking to music, then we introduce those techniques to the bag! All range of expertise welcome from beginner to expert. Choose from 1 of the 2, six week sessions or both!

Mondays: 6:30-7:30pm

Location: Chorus room 437

Fee: \$35 for 1, six week session or \$65 for both sessions

Instructor: Jessica Gugliuzza

*Registration Deadline for Session I is January 31st

**Registration Deadline for Session II is March 20th



"Go Girls Go!"

Gentle Yoga

Session I: February 3rd-March 16th (No class February 17th)

Start your week energized and centered! Focused on physical health and mental well-being, this class will use bodily postures (asanas), breathing techniques(pranayama), and meditation (dyana) to seek a sound, healthy body and a clear, peaceful mind. Provided in a safe, effective, compassionate, non-competitive environment welcoming to all, gentle yoga respects the varied nature of each student's body and range of motion. This class is perfect for someone just starting to learn yoga or an experienced practitioner looking to deepen and refine their practice. The only requirement is an ability to get up and down from the floor, with or without the help of a chair or wall. If you own a mat or any props, feel free to bring them.

Mondays 6:00-7:00 pm

Location: High School Auditorium

Fee: \$70

Instructor: Josselyn Borowiec

*Registration Deadline is January 31st

Arts and Crafts



February 5th Project On Wood

Paint Night with Local Artist Miranda Fix

Grab your loved ones and come on down for some painting fun. Our local artist Miranda Fix will lead instruction on these painting projects.

When: February 5th & April 3rd

Time: 6:00pm

Location: Art Pod

Fee: \$30

Follow us on Facebook to find out our project for our April 3rd date!

*Registration deadline Feb. 3rd

**Registration deadline April 1st

Sew Your Own Tote bag!

From beginners to advanced sewers, all are welcome to join in! If you have your own sewing machine you are encourage to bring it along, although it is not required.

When: April 17th

Time: 6:00 pm

Location: High School Library

Fee: \$30

Instructor: Faline Tyler

*Registration deadline April 15th



Safety Education

Babysitting Course For ages 11-14

iSafety Company

The Child and Baby-sitting Safety (CABS) course from the American Safety & Health Institute will teach students everything they need to be a great babysitter. This fun interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. As an American Safety & Health Institute trained babysitter, they'll gain confidence and valuable employment skills to impress parents. Students who successfully complete the program will receive a babysitter's text, first aid kit and certification card.

April 4th: 9:00 am-1:00 pm

Location: High School Library

Fee: \$52.00 Includes instruction book, certification card and first aid card.

*Registration deadline is April 2nd

Bring a Lunch

Adult, Child and Infant, CPR/AED Training

Adult, Child and infant CPR/AED training course gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illness, including how to use an Automated External defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. The course is held over one 3 hour training session. Students who complete the program will receive 2 year certification card.

Date: April 22nd 6:00-9:00 pm

Fee: \$50

Location: High School Library

* Registration deadline is April 20th

Are You Interested In Becoming A Lifeguard?

Our Friends at GLOW YMCA of Batavia will be coming to Attica to conduct a lifeguarding certification class in April. Dates to be announced. If interested Please contact Emily Hirsch at Ehirsch@atticacsd.org

Education

4-hour SAT Boot Camp

Get a jump start on your SAT test preparation! This comprehensive course introduces students to the SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test, and practice questions in each subject. Course includes: workbook/study materials and a free simulated SAT test.

Only \$65! Register through Attica Community Ed.

Students are welcome to bring a snack or lunch to class.

Fee: \$65

Dates: April 25th

Time: 10:00am-2:00pm

Location: CSE Conference Room (High School)

***Registration deadline is April 23rd**

4-Hour ACT Boot Camp:

Get a jump start on your ACT test preparation! The ACT Test is held in equal esteem as the SAT test by most colleges and universities. This comprehensive review course introduces students to the ACT test and includes: test-taking strategies, testing information, study materials and a free simulated ACT test.

Only \$65! Register through Attica Community Ed.

Students are welcome to bring a snack or lunch to class.

Fee: \$65

Date: May 16th

Time: 10:00am-2:00pm

Location: CSE Conference Room (High School)

***Registration deadline is May 15th**



Education Continued...

5 Hour Pre-Licensing Course James Korn

The NYS Vehicle & Traffic Code mandates each person applying for a new driver's license is required to qualify for the MV-278 Certificate by successfully completing the 5-hour course. Students must have a valid Learner's Permit and bring with them!

Tuesday, January 21

Tuesday, February 25

Tuesday, March 17

Tuesday, April 21

Tuesday, May 19

Tuesday, June 9

Time: 4-9:00 PM

Location: HS Library

Fee: \$30 Pre-registration required.

Small Engine Tractor Safety Course- Ages 8-13

A course for those ages 8-13 interested in learning safety tips and equipment; and how to operate lawnmowers and/or small tractors. Ending with an operating/driving test.

When: February 15th

Time: 9:00am-12:00pm

Location: High School Library

Fee: \$5

Instructor: Josh Carpenter

***Registration deadline is February 13th**

After School Tutoring

Tutoring services available on Tuesdays and Thursdays

Time: 3:30-4:30 pm for students in grades 5-8.

Location: Room 243 (MS)

Fee: \$15 per session per student

***Registration is ongoing**

Fitness Center

Get in shape with state of the art exercise equipment including:
Elliptical, treadmills, espresso bikes, free weights, kettle bells and
resistance weight training machines.

At the November 14, 2019 Board of Education meeting the board passed a resolution waiving the membership fee for Attica School District tax payers to utilize the district's fitness center effective December 1, 2019. This resolution came as a result of the district being awarded the recent School Climate Grant.

Hours of Operation

Monday – Thursday: 6:00 p.m. – 9:00 p.m.

Saturday Morning: 9:00 a.m. – Noon

Ages 18 and older

Open enrollment takes place throughout the year. When you are ready to join, complete the registration form, on your first visit. Our staff member will process your membership and you are ready to get fit. Entrance to the fitness center is located at Door #3 next to the Auditorium.

Fitness Center Registration Form

Name: _____

Address: _____

Phone Number: _____

E-Mail: _____

Emergency Contact: _____

Emergency Contact Phone Number: _____

Wellness

Hall Walking

Take advantage of our clean, dry, safe setting to walk with your friends, colleagues or family. There is no fee but registration is required.

When: Mondays-Fridays 4:00-9:00 pm

Saturdays 9:00 am- 12:00 pm

Location: enter door #3 next to the high school auditorium.

Essentail Oils

Feb 11th Valentine's Make n Take

Perfume, cologne, lotion

Time: 5:15-6:15 pm

Fee: \$32

Location: CSE Conference room (High School)

*Registration deadline is February 7th

Roller Blend Make n Take

Immune Booster, Sleep, Digestive Aid, Calm, Focus, Skin, Stress relief, Mood booster

March 19th

Time: 4:00-5:00pm

Fee: \$18 for 4 items or an additional item for \$5

Location: CSE Conference room (High School)

*Registration deadline is March 17th

Make n Take

Bug Spray or Roller, Calm, Sleep, Digestive Aid, Stress, Energy, Mood booster

May 13th

Time: 5:00-6:00pm

Fee: \$18 for 4 items or an additional item for \$5

Location: CSE Conference room (High School)

*Registration deadline is May 11th

Money Matters

It is a new year and a new financial you. Come join Dave Lyman as he discusses important topics for your financial future.

- 6 Ways to Cut the Cost of College

- Managing Your Lifestyle

- 5 Smart Investing Strategies

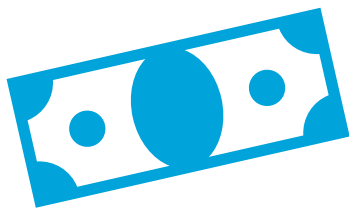
Learn what questions you should be asking and get answers to the ones you have been wondering about.

Dates: TBA

Fee: \$10 per class

Location: CSE Conference room (High School)

*Follow us on Facebook for upcoming dates. Or Contact Emily Hirsch for any additional questions. Phone: (585)721-6647 or e-mail: Ehirsch@atticacsd.org



Day Trips

WASHINGTON, DC - 12 HOURS - NO

HOTEL

SATURDAY MARCH 28, 2020

\$109.00

Travel to **WASHINGTON** with 2 rest stops. Arrive & depart from **UNION STATION** and "do your own thing" until 8:00 pm. To make the best of your time, each person will receive a map & some info with ideas on what to do in Washington with your confirmation.

THINGS TO DO:

- Visit the National Mall
- Visit Museums or Memorials
- Visit the Smithsonian
- Go on a Harbor Cruise
- Hop On Hop Off Double Decker Bus Tour
- Touring at Own Cost

YOU CHOOSE HOW YOU ENJOY WASHINGTON!

TRIP INCLUDES:

- Tour Host/Hostess
- Deluxe Motor Coach - Escort & Driver Tips are Additional
- Info to Help Plan Your Day

ST JACOBS SHOP OR QUILT SHOW VILLAGE SHOPPING OR QUILT, FIBRE & ART FESTIVAL

THURSDAY, MAY 28, 2020

\$65.00

MUFFIN & JUICE are included en route to our destination. Acquaint yourself with a gentler time in ST. JACOBS COUNTRY. Today, we visit the VILLAGE OF ST. JACOBS AND THE FARMERS MARKET. (on your own). Spend the remainder of the day exploring the unique 100+ Specialty Shops and restaurants. En route home, we will make a stop at the PEACE BRIDGE DUTY FREE STORE.

FOR QUILT & ART FESTIVAL RELATED ACTIVITIES, VISIT THESE LOCATIONS:

- **mennonite church** – Quilts for the World.
- **The School House Theatre** – stop in for Quilts, Tea & Dessert Squares - admission (on your own)
- **The Silos** - Contemporary Quilts
- **ST. JAMES LUTHERAN CHURCH** – The Trunk Show
- **QUILT ESSENTIALS**- Merchant Market – variety of vendors
- **Additional quilt & fibre art festival information & event schedule** will be provided on bus on the day of tour. For More information visit www.stjacobs.com/events (subject to change slightly)

PROOF OF CITIZENSHIP IS REQUIRED

Trips & Tours

We are pleased to announce the following trips and tours with Know How Tours. Plan a fun outing with family or friends and leave all the arrangements to us! Just show up, ready for adventure and enjoy the day. You will receive confirmation of your trip directly from Know How Tours. If a trip is canceled, you will receive a full refund directly from Know How Tours. With limited space in our brochure, you can visit their website @ www.knowhowtours.com for additional trips that we can offer. If you are interested in a trip that is not listed in our brochure, contact Karen at 591-0400 ext. 3001 to check availability. Pick up locations are either at Eastern Hills Mall **(EH)** 4545 Transit Road, Williamsville (behind Sears) or Tops Market **(TP)** 355 Orchard Park Road, next to K-mart in West Seneca. If you are interested in trips that are passing by the Flying J's rest area in Pembroke, Know How Tours may make an extra stop to pick up. Indicate on your registration form that you are interested in being picked up at Flying J's and they will notify you directly. Use the registration form below and mail along with your check payable to:

Attica Central School District
3338 East Main Street
Attica, NY 14011
Attn: Emily Hirsch

DAY TRIP REGISTRATION FORM – Spring 2020

Name _____

Phone # _____

Street: _____

City _____ State _____ Zip _____

Trip

Name _____ Cost _____

Pick up Point: Tops Plaza (TP) _____ or Eastern Hills Mall (EH) _____

Entrée Choice (If needed) _____

Special _____

Needs _____

For office use only:

Amount Paid _____ Check # _____

“NO DISCOUNT APPLIES TO TRIPS”

REGISTRATION FORM

1. For each course selected, complete and submit a separate registration form with corresponding payment. Payment is required with registration.
2. Make check(s) payable and send, or drop off, to:
Attica Central School District
3338 East Main Street
Attica, NY 14011
3. Registrations are processed on a first-come, first-served basis, so register early.
4. Participants must read and agree to the Community Education Program policies as detailed in the section below titled "Important Information"

IMPORTANT INFORMATION

Registration & Fees: No phone or email registrations will be accepted. Late registration may be available in some cases; contact the Community Education Director for more information. Payment is due upon registration. Material fees are payable to the instructor; do not submit material fees with your registration unless noted in the class description.

Withdrawals, Cancellations, Missed Classes and Refunds: If you wish to withdraw from a class, please contact the Community Education Director at least one week prior to the start of class. If a class is cancelled, you will be notified and issued a full refund. There are no refunds for missed classes and classes are not transferable to the next session. Refunds will only be issued to participants with a verified medication condition. If you have any questions, contact the Community Education Director.

Emergency Closings: In the event of the district closing due to weather or an unforeseen emergency an announcement is made on local radio stations; should this occur, Community Education classes will be cancelled and the above cancellation and refund policy applies. ***We encourage you to select "yes" to receiving Community Education updates via email/text on your registration form to be notified directly of emergency closings and class cancellations.***

Follow the Attica Community Education Facebook page to keep up on the latest news, closings, and cancellations.



Holidays: Community Education follows the Attica Central School District instructional calendar, which can be found online at www.atticacsd.org

COMMUNITY EDUCATION COORDINATOR - CONTACT INFORMATION

Emily Hirsch Email: EHirsch@atticacsd.org School: (585)591-0400 ex. 1003
Cell: 585-721-6647

REGISTRATION FORM – Community Education

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone to reach you: _____ Is text okay? Yes ☐ No ☐

Email: _____

Would you like to be notified of cancellations and updates via email ? Yes ☐ No ☐

Name of Class Registering For	Class Date or Session Selected	Fee
		\$

REGISTRATION FORM – Community Education

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone to reach you: _____ Is text okay? Yes ☐ No ☐

Email: _____

Would you like to be notified of cancellations and updates via email ? Yes ☐ No ☐

Name of Class Registering For	Class Date or Session Selected	Fee
		\$

REGISTRATION FORM – Community Education

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone to reach you: _____ Is text okay? Yes ☐ No ☐

Email: _____

Would you like to be notified of cancellations and updates via email ? Yes ☐ No ☐

Name of Class Registering For	Class Date or Session Selected	Fee
		\$

REGISTRATION FORM – Community Education

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone to reach you: _____ Is text okay? Yes ☐ No ☐

Email: _____

Would you like to be notified of cancellations and updates via email ? Yes ☐ No ☐

Name of Class Registering For	Class Date or Session Selected	Fee
		\$

REGISTRATION FORM – Community Education

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone to reach you: _____ Is text okay? Yes ☐ No ☐

Email: _____

Would you like to be notified of cancellations and updates via email ? Yes ☐ No ☐

Name of Class Registering For	Class Date or Session Selected	Fee
		\$

REGISTRATION FORM – Community Education

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone to reach you: _____ Is text okay? Yes ☐ No ☐

Email: _____

Would you like to be notified of cancellations and updates via email ? Yes ☐ No ☐

Name of Class Registering For	Class Date or Session Selected	Fee
		\$

REGISTRATION FORM – Community Education

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone to reach you: _____ Is text okay? Yes ☐ No ☐

Email: _____

Would you like to be notified of cancellations and updates via email ? Yes ☐ No ☐

Name of Class Registering For	Class Date or Session Selected	Fee
		\$

REGISTRATION FORM – Community Education

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best Phone to reach you: _____ Is text okay? Yes ☐ No ☐

Email: _____

Would you like to be notified of cancellations and updates via email ? Yes ☐ No ☐

Name of Class Registering For	Class Date or Session Selected	Fee
		\$