**TABLE OF CONTENTS**

When you receive our brochure, it’s time to register! Check out our NEW classes (in bold below)

<table>
<thead>
<tr>
<th>MONDAY PG</th>
<th>TUESDAY PG</th>
<th>WEDNESDAY PG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqua Aerobics ........................................ 7</td>
<td>Aerobic Workout ..................................... 7</td>
<td>Adobe InDesign-Beg ................................. 2</td>
</tr>
<tr>
<td>Bringing Positive to Life Pt. 1 ........................ 10</td>
<td>Art of Reflexology .................................. 9</td>
<td>Adobe InDesign-Adv .................................. 2</td>
</tr>
<tr>
<td>Intro to Computers ........................................ 2</td>
<td>Basketball for Kids ................................ 14</td>
<td>Adult/Infant/Child CPR/AED ......................... 9</td>
</tr>
<tr>
<td>Intro to Computers II ................................. 2</td>
<td>Chinese Mandarin Club K-5 ............................ 16</td>
<td>Aqua Aerobics ...................................... 7</td>
</tr>
<tr>
<td>Chinese Mandarin Club K-5 ............................ 16</td>
<td>College Financial Aid ................................. 6</td>
<td>ARC Toddler Aquatics ................................ 13</td>
</tr>
<tr>
<td>Creative Dance ........................................... 16</td>
<td>Culture Kids Club-Spanish ............................ 14</td>
<td>Ballroom Dancing .................................... 4</td>
</tr>
<tr>
<td>Golf Level I ............................................ 8</td>
<td>Driver Education ..................................... 6</td>
<td>Chinese Mandarin Club K-5 ............................ 16</td>
</tr>
<tr>
<td>Golf Level II ............................................ 8</td>
<td>Folk Jam .................................................. 5</td>
<td>Culture Kids Club-Spanish ............................ 14</td>
</tr>
<tr>
<td>Hip Hop Ages 7 - 12 ...................................... 16</td>
<td>Guitar, Intermediate ................................ 5</td>
<td>Digital Photography .................................. 2</td>
</tr>
<tr>
<td>Kung Fu Karate ............................................ 16</td>
<td>High School Equivalency ................................</td>
<td>Financial Freedom ................................... 11</td>
</tr>
<tr>
<td>Learn to Swim Grades K-5 ................................ 13</td>
<td>Italian for Travelers ..................................</td>
<td>Five Hr. Prelicensing .................................. 5</td>
</tr>
<tr>
<td>Open Quilting ............................................. 4</td>
<td>Italian for Travelers 2 ................................</td>
<td>Golf Level I ......................................... 8</td>
</tr>
<tr>
<td>Pilates ...................................................... 8</td>
<td>Kung Fu Karate ........................................</td>
<td>Golf Level III ........................................ 8</td>
</tr>
<tr>
<td>Real Estate 101 ............................................. 6</td>
<td>Notary Public Training ................................</td>
<td>Golf for Children ..................................... 15</td>
</tr>
<tr>
<td>Sit, Stretch &amp; Strengthen ................................ 9</td>
<td>Lacrosse (Indoors) .....................................</td>
<td>Karate - Kids ......................................... 15</td>
</tr>
<tr>
<td>Swim for Fitness ............................................ 8</td>
<td>Parent-Child Soccer ...................................</td>
<td>Karate - Parent/Child ................................ 8</td>
</tr>
<tr>
<td>Weight Loss w/ Hypnosis .................................. 11</td>
<td>Powerful Tools for Caregivers .........................</td>
<td>Kung Fu Karate ........................................ 16</td>
</tr>
<tr>
<td>Zumba ......................................................... 8</td>
<td>Private Pilot Ground School ...........................</td>
<td>Latin/Swing Dance ................................... 4</td>
</tr>
<tr>
<td><strong>PLEASE NOTE:</strong> Community Education will now be accepting online registrations for our classes. Please see Pages 3 &amp; 16 for more information or visit our website at <a href="http://www.frontier.wnyric.org">www.frontier.wnyric.org</a>.**</td>
<td><strong>New</strong></td>
<td><strong>Listings</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THURSDAY PG</th>
<th>FRIDAY PG</th>
<th>SATURDAY PG</th>
<th>DAYTIME PG</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobic Workout ........................................ 7</td>
<td>Culture Kids Club-Spanish ............................ 14</td>
<td>Babysitting ......................................... 14</td>
<td></td>
</tr>
<tr>
<td>Bringing Positive to Life Pt. 1 ........................ 10</td>
<td>Kung Fu Karate ........................................ 16</td>
<td>Bringing Positive to Life Pt. 1 ................... 10</td>
<td></td>
</tr>
<tr>
<td>Chinese Mandarin Club K-5 ............................ 16</td>
<td>Kung Fu Karate ........................................ 16</td>
<td>Bringing Positive to Life Pt. II .................... 10</td>
<td></td>
</tr>
<tr>
<td>Culture Kids Club-Spanish ................................ 14</td>
<td>SATURDAY PG</td>
<td>Still Life Drawing ................................... 7</td>
<td></td>
</tr>
<tr>
<td>Diet &amp; Disease Prevention ................................ 9</td>
<td>Babysitting ......................................... 14</td>
<td><strong>Listings</strong></td>
<td></td>
</tr>
<tr>
<td>Driver Education ........................................... 6</td>
<td>Bring Positive to Life Pt. 1 ..........................</td>
<td><strong>Academics</strong> ........................................ 1</td>
<td></td>
</tr>
<tr>
<td>Easy Chinese Mandarin .................................... 11</td>
<td>Bring Positive to Life Pt. II ........................</td>
<td><strong>Computer</strong> .......................................... 2-3</td>
<td></td>
</tr>
<tr>
<td>Excel 2010 Level I ......................................... 2</td>
<td>Still Life Drawing ................................... 7</td>
<td><strong>Crafts</strong> ............................................. 4</td>
<td></td>
</tr>
<tr>
<td>Excel 2010 Level II ........................................ 2</td>
<td><strong>Listings</strong></td>
<td><strong>Dance &amp; Music</strong> .................................... 4-5</td>
<td></td>
</tr>
<tr>
<td>High School Equivalency ................................ 1</td>
<td><strong>Listings</strong></td>
<td><strong>Driving</strong> ............................................ 5-6</td>
<td></td>
</tr>
<tr>
<td>Internet Basics ............................................. 3</td>
<td><strong>Listings</strong></td>
<td><strong>Finance</strong> ............................................ 6-7</td>
<td></td>
</tr>
<tr>
<td>Kung Fu Karate ............................................ 16</td>
<td><strong>Listings</strong></td>
<td><strong>Fine Arts</strong> ......................................... 7</td>
<td></td>
</tr>
<tr>
<td>Landlords Rights ......................................... 12</td>
<td><strong>Listings</strong></td>
<td><strong>Kids Corner</strong> ....................................... 13-16</td>
<td></td>
</tr>
<tr>
<td>Learn to Swim Grades K-5 ................................ 13</td>
<td><strong>Listings</strong></td>
<td><strong>Physical Education</strong> ................................ 7-9</td>
<td></td>
</tr>
<tr>
<td>Let’s Make a Quilt ......................................... 4</td>
<td><strong>Listings</strong></td>
<td><strong>Self Improvement</strong> ................................ 9-11</td>
<td></td>
</tr>
<tr>
<td>Little Sluggers ........................................... 15</td>
<td><strong>Listings</strong></td>
<td><strong>Special Interest</strong> ................................ 11-12</td>
<td></td>
</tr>
<tr>
<td>“Open” Dwg/Mixed Media ................................... 7</td>
<td><strong>Listings</strong></td>
<td><strong>Trips &amp; Tours</strong> .................................... 17-18</td>
<td></td>
</tr>
<tr>
<td>Pee Wee Floor Hockey ..................................... 15</td>
<td><strong>Listings</strong></td>
<td><strong>LISTING BY AREAS OF INTEREST</strong></td>
<td></td>
</tr>
<tr>
<td>Photoshop, Advanced ...................................... 3</td>
<td><strong>Listings</strong></td>
<td><strong>Academics</strong> ........................................ 1</td>
<td></td>
</tr>
<tr>
<td>Photoshop, Introduction .................................... 3</td>
<td><strong>Listings</strong></td>
<td><strong>Computer</strong> .......................................... 2-3</td>
<td></td>
</tr>
<tr>
<td>Soul Discovery ............................................. 10</td>
<td><strong>Listings</strong></td>
<td><strong>Crafts</strong> ............................................. 4</td>
<td></td>
</tr>
<tr>
<td>Spring Tango Tangerine Wreath ......................... 4</td>
<td><strong>Listings</strong></td>
<td><strong>Dance &amp; Music</strong> .................................... 4-5</td>
<td></td>
</tr>
<tr>
<td>Swim for Fitness ............................................ 8</td>
<td><strong>Listings</strong></td>
<td><strong>Driving</strong> ............................................ 5-6</td>
<td></td>
</tr>
<tr>
<td>Tai Chi Chuan .............................................. 9</td>
<td><strong>Listings</strong></td>
<td><strong>Finance</strong> ............................................ 6-7</td>
<td></td>
</tr>
<tr>
<td>Wills/Trusts/Estates ...................................... 7</td>
<td><strong>Listings</strong></td>
<td><strong>Fine Arts</strong> ......................................... 7</td>
<td></td>
</tr>
<tr>
<td>Youth Floor Hockey ....................................... 15</td>
<td><strong>Listings</strong></td>
<td><strong>Kids Corner</strong> ....................................... 13-16</td>
<td></td>
</tr>
<tr>
<td><strong>Listings</strong></td>
<td><strong>Listings</strong></td>
<td><strong>Physical Education</strong> ................................ 7-9</td>
<td></td>
</tr>
<tr>
<td><strong>Listings</strong></td>
<td><strong>Listings</strong></td>
<td><strong>Self Improvement</strong> ................................ 9-11</td>
<td></td>
</tr>
<tr>
<td><strong>Listings</strong></td>
<td><strong>Listings</strong></td>
<td><strong>Special Interest</strong> ................................ 11-12</td>
<td></td>
</tr>
<tr>
<td><strong>Listings</strong></td>
<td><strong>Listings</strong></td>
<td><strong>Trips &amp; Tours</strong> .................................... 17-18</td>
<td></td>
</tr>
</tbody>
</table>
HIGH SCHOOL EQUIVALENCY PREPARATION COURSE

This course prepares students (over 18) to obtain a GED (General Education Development) high school equivalency diploma from the New York State Education Department. Our classes are FREE. The GED Exam is also FREE! The classes are FREE, but you must pre-register to attend. Please call 646-9412 to register. Please bring a notebook, pen and pencil to class.

TUESDAY & THURSDAY

Starts: 1/2/13 Ms. Dodd
6:30-9:30 Mr. Krawczyk
FCLC Mr. Gelo
Rm. 100 Fee: None

THE NIAGARA FRONTIER RADIO READING SERVICE

Giving the Blind a Chance to Read

The Niagara Frontier Radio Reading Service (NFRRS) gives daily access of printer matter to thousands of blind and print-handicapped persons throughout Western New York and Southern Ontario’s Niagara Peninsula. Volunteers broadcast daily readings of newspapers, magazines, books and vital information to listeners, who are all provided “reading radios”. NFRRS has become a trusted friend to those who face each day without sight, helping them become active members of society, and improving their quality of life. All listeners are provided a special receiver, which looks like a table-model radio. The “receivers” are tuned only to the NFRRS broadcast signal and provide instant, 24/7 access to a wide variety of printed matter. If you, or someone you know, would benefit from our service, please call (716) 821-5555.

POWERFUL TOOLS FOR CAREGIVERS

These classes are for people helping older relatives and friends. Through six weekly sessions, caregivers learn to reduce stress, improve self-confidence, better communicate feelings and locate helpful resources. Attendees also learn how to increase their ability to make tough decisions and how to balance their life. This class is being offered at Elderwood Village at Rosewood, 76 Buffalo Street, Hamburg on Tuesday evenings beginning September 25th and running through Octoer 30th from 6:00 pm - 8:30 pm. The cost of the six-week program is $25.00 and includes a copy of The Caregiver Helpbook, but is covered in full for members of Blue Cross/Blue Shield of WNY and Independent Health. Pre-registration is required - Call Erie County Senior Services at 858-2177 or email caregiver@erie.gov for more information and to register.

AMERICAN RED CROSS SERVICES TO SENIORS PROGRAM

The Greater Buffalo Chapter of the American Red Cross is currently seeking volunteers for its Services to Seniors Program. The Ombudsman Program provides advocacy services responsive to the complaints and problems of residents living in long term care facilities. The LIFE Project provides in-home supportive services to seniors living independently. For more information, contact 878-2385.

PARENT CHILD CONNECTION

This program is a service that provides parenting enrichment opportunities by offering educational programs for the families of Hamburg, NY, and the surrounding communities. If you have any questions, please contact Nicole Dayka @ 646-9593. Please visit our website at www.parentchildconnection.org to view upcoming events and programs that are currently running in our area. All proceeds to benefit the Parent Child Connection.

ADULT ESL

English for Speakers of Other Languages

This course prepares foreign-born students to acquire the language skills they need to live and work in the United States. This is a FREE service provided by Erie 1 Boces. Classes are held at the Frontier Community Learning Center, 4540 Southwestern Blvd. in Hamburg. Mondays - Fridays from 8:00 am - 4:00 pm or Monday and Wednesday evenings from 5:30 - 8:30 pm in Room 171. This is an ongoing program. For more information or to register, please contact Kelly Koch at 472-1616. Please call to make an appointment for a placement test and to get started in the program.

MEMORY CAFÉ

What is a Memory Café? Memory Cafés are a place where family caregivers and their memory impaired loved ones can gather for shared fun activities. Refreshments are provided and friendships will be made in a low stress, dementia friendly setting. Join us for FREE Memory Café gatherings offered at two sites: Weinburg Campus & Total Aging in Place in Amherst and OLV Senior Neighborhood, 55 Melroy Avenue, Lackawanna. Walk-ins are welcome, but RSVP is appreciated for the FREE Memory Café gatherings. Call (716) 858-2177 or email caregiver@erie.gov for more information and to register. For more information on upcoming events for family caregivers: www2.erie.gov/seniorservices. This is a project of the Erie County Caregiver Coalition.

COMPEER

As a friend and mentor, you can support a child, adult or elder in their quest for optimal mental health and greater quality of life. You can make a difference! The demands are minimal, the rewards immeasurable. Contact Compeer today at 883-3331.

READING (LITERACY) PROGRAM

Receive free tutoring from a literacy volunteer for those who have limited reading abilities. Please call 876-8991 for more information.

SOUTHTOWNS TEACHERS’ CENTER

Southtowns Teachers’ Center is now located at the Frontier Community Learning Center located at 4540 Southwestern Blvd. in Hamburg, NY. Please stop by and check out our new location! Office hours are Monday through Thursday from 9:00 am - 4:30 pm. You can reach us at 649-6775.
INTRODUCTION TO COMPUTERS
(Beginner)
If you have little or no computer experience, this is the class for you! From turning on the machine to mastering commands, you’ll develop the fundamental skills necessary to become a proficient computer user. The class is fun and designed for people who want to understand the basics of these amazing machines. From here, the possibilities are endless! We encourage you to practice on your computer at home between classes to ensure your success in this class. This class is limited to 10 students.

MONDAY Ms. Piccirilli
Starts: 1/21 Sessions: 3
6:30-8:30 Fee: $70
High School GP: $50
Rm. 310 NR: $85

INTRODUCTION TO COMPUTERS II
(Some Computer Knowledge Helpful)
If you have already taken the Introduction to Computer class or have some basic knowledge of computers, this class is for you. You will learn more of the basic concepts of computers and more. This class is limited to 10 students.

MONDAY Ms. Piccirilli
Starts: 3/11 Sessions: 2
6:30-8:30 Fee: $70
High School GP: $50
Rm. 310 NR: $85

ADOBE INDESIGN - BASIC
(Some Computer Knowledge Helpful)
This class combines lessons of basic desktop publishing and graphics design. The class will consist of both lecture and hands-on computer tutorials to help the student develop the skills to create well designed, printer ready files. In this class, you will learn how to create a new document as well as importing and editing graphics.

WEDNESDAY Mr. Walter
Starts: 1/16 Sessions: 4
6:30-8:30 Fee: $70
High School GP: $50
Rm. 231 NR: $85

ADOBE INDESIGN - ADVANCED
(Some Computer Knowledge Helpful)
This class starts where the Basic class leaves off! Through both lecture and hands-on computer tutorials, you will continue to develop those skills needed to create well designed, printer ready files. Included in this class will be type and paragraph formatting, bullets, rules and page numbering as well as creating and editing tables. You should have previous experience in InDesign to ensure your success in this class.

WEDNESDAY Mr. Walter
Starts: 2/27 Sessions: 4
6:30-8:30 Fee: $70
High School GP: $50
Rm. 307 NR: $85

EXCEL 2010 - Level I
(Some Computer Knowledge Helpful)
This class covers the beginning spreadsheet concepts of Excel 2010 as they are used in the Windows environment. Students will learn to perform calculations in a worksheet, modify a worksheet, modify the appearance of the data within the worksheet, manage workbooks and print the spreadsheets.

THURSDAY Mr. Hilton
Starts: 1/23 Sessions: 2
6:30-8:00 Fee: $30* NR: $40
FCLC Rm. 114

EXCEL 2010 - Level II
(Some Computer Knowledge Helpful)
This class is an advanced course teaching intermediate spreadsheet skills. Upon completion of the course, the student will be able to use advanced formulas, organize worksheets and table data using various techniques, create and modify charts, analyze data using PivotTables, Slides and PivotCharts, insert and modify graphic objects in a worksheet and customize and enhance workbooks and the Microsoft Excel environment. Prerequisite: Excel 2010

THURSDAY Mr. Hilton
Starts: 2/28 Sessions: 4
6:30-8:30 Fee: $70
High School GP: $50
Rm. 231 NR: $85

DIGITAL PHOTOGRAPHY
We are offering a special computer class rate for those persons who have a Golden Pass. That price will be indicated by a GP under the class description. If you have any questions re: this pricing or how to obtain a Golden Pass, please call our office at 646-9412.

Computer Pricing for Golden Pass Holders

INTRODUCTION TO DIGITAL PHOTOGRAPHY
This course will introduce you to the basics of digital photography. The first part of the class will be understanding the digital camera and utilizing its features to take better pictures, including tips on purchasing a camera that’s right for you. The second part of the class will use elements of Adobe Photoshop so students can adjust their pictures and make them look more professional. Please bring your camera to the first class. Please note: This is a generic overview of digital cameras. If you are looking for information on your specific camera and its specific functions, this class might not meet your needs. Please contact our office at 646-9412 if you have any questions regarding the content of this course. *No Golden Pass

WEDNESDAY Mr. Webster
Starts: 1/23 Sessions: 2
6:30-8:00 Fee: $30* NR: $40
FCLC Rm. 114

*No Golden Pass
SELLING ON EBAY
(Some Computer Knowledge Helpful)
When selling on eBay, it’s important to take the time to learn about listing an item, how to communicate with buyers and completing the sale. Knowing key concepts and rules will help you become a successful eBay seller. Topics will include: seller registration including eBay and Paypal (bank account and credit card required), using eBay for research, picture options, listing and managing your item as well as receiving payment and shipping options. This class is limited to 12 students.

THURSDAY Mr. Walter
Starts: 2/28 Sessions: 4
6:30-8:30 Fee: $70
High School GP: $50
Rm. 307 NR: $85

SOCIAL NETWORKING
Facebook & Twitter
What is social networking? Do you wonder what people are talking about when they talk about Facebook and Twitter? Come to this class and find out! You will learn how to create an account, how to find people, updating your account as well as security and settings.

TUESDAY Mr. Matheny
Date: 3/5 Session: 1
7:00-9:30 Fee: $25
High School GP: $20
Rm. 231 NR: $35

WORD 2010 - Level I
(Some Computer Knowledge Helpful)
This course is designed for individuals new to word processing in the Windows environment. Students will learn how to identify and work with basic Word 2010 tools and feature, edit text in a Word document, modify the appearance of text, insert special characters and graphical objects, organize data in tables, proof a document, control the appearance of pages and print your document.

TUESDAY Mr. Hilton
Starts: 1/22 Sessions: 4
6:30-8:30 Fee: $70
High School GP: $50
Rm. 231 NR: $85

ADVANCED PHOTOSHOP
(Some Computer Knowledge Helpful)
This class picks up where the introduction class left off with lectures and hands-on lessons in color theory, drawing and painting, understanding color adjustments, adjusting image color and tone, filters and effects and working the type.

THURSDAY Mr. Walter
Starts: 2/28 Sessions: 4
6:30-8:30 Fee: $70
High School GP: $50
Rm. 307 NR: $85

WORD 2010 - Level II
(Some Computer Knowledge Helpful)
This course is a continuation of Word 2010 - Level I (above). Students will learn to manage lists, customize tables and charts, customize the formatting of a document using styles and themes, modify pictures, create customized graphic elements, insert content using Quick Parts, control text flow, use templates to automate document creation, use the mail merge function and use macros to automate common tasks. Prerequisite: Word 2010

TUESDAY Mr. Hilton
Starts: 2/26 Sessions: 4
6:30-8:30 Fee: $70
High School GP: $50
Rm. 231 NR: $85
Crafts, Crafts, Crafts

**Quilting with Kimberly Smith**
There will be an orientation on Monday, January 14th at 6:30 pm for all of Ms. Smith’s classes to review supplies and materials needed and overall designs. This session will be held in the Middle School in Room 133. It is not mandatory to attend.

**LET’S MAKE A QUILT**
If you have always wanted to quilt, this is the class for you! Several designs to choose from: Log Cabin, Deadend Irish Chain or Courthouse Step designs. These strip quilts are for the beginner or advanced person who sews. Make any color or size for that special baby or for your king-size bed. See orientation information above.

**THURSDAY**  Ms. Smith
Starts: 1/17  Sessions: 8
6:30-9:00  Fee: $90
Middle School  NR: $110
Rm. 133  No class 2/18

**OPEN QUILTING CLASS**
Have a quilt you have to finish or a design that you want to make? Then this is the class for you. Bring your idea and your quilt. See orientation information above.

**MONDAY**  Ms. Smith
Starts: 1/28  Sessions: 8
6:30-9:00  Fee: $90
Middle School  NR: $110
Rm. 133  No class 2/12

**SPRING TANGO TANGERINE FRONT DOOR WREATH**
This lush spring wreath starts with a twig base and is covered with greens, roses and gerbera daisies in silk. A small bird’s nest, bird and butterfly tucked in adds interest. The wreath is finished with a double bow. Your instructor will call you with a list of supplies to bring to class.

**THURSDAY**  Ms. Johnson
Date: 3/7  Session: 1
6:30-9:00  Fee: $12
FCLC  NR: $15
Rm. 116

**SPRINGTIME WALL HANGING**
In this beginner quilting class, you will use a log cabin block. This class experience will give you basic skills to complete other quilting projects. See orientation information above.

**TUESDAY**  Ms. Smith
Starts: 1/15  Sessions: 8
6:30-9:00  Fee: $90
Middle School  NR: $110
Rm. 133  No class 2/19

**Don’t throw us in the Trash!!**
Sometimes our brochure is mailed inside the Frontier District Newsletter. If that’s the case, there will be an announcement on the front cover to indicate our brochure is inside. So check for “US” before you toss it away!

**LATIN/SWING DANCE**
Energize with Latin and Swing dancing - a great way to meet new people, exercise, develop confidence, provide more fun at parties, dances and weddings. Basic instruction for Rumba, Mambo, Cha Cha and Swing. All ages are welcome!

**WEDNESDAY**  Allan & Joanne Smith
Starts: 1/17  Sessions: 8
6:30-7:30  Fee: $50*
FCLC  NR: $60
Gym  No class 2/20
*No Golden Pass discount given.
FOLK JAM
If you play acoustic guitar, banjo, fiddle, uke or mandolin and would like to play music with recreational players in a casual acoustic jam, this is the class for you! We will play traditional folk and Irish songs; old time country and bluegrass songs, too. We will play songs from Bill Monroe and Bob Dylan to Neil Young and Four non Blondes. Lyrics and chords will be provided. We will also learn how to play songs without paper in front of you. The instructor will guide you on how to “play more by ear” and less by written music. Please provide your email address and the instrument you play when you sign up. Music and additional information will be sent to you once you register. You must provide your own instrument. If you don’t have a guitar, contact the instructor to learn how to obtain one (867-4012). This is not a class to teach you how to play an instrument, but to give you an opportunity to play with others and guide you to become a more confident player in jam sessions. All levels of players are welcome. This class is open to anyone seventh grade and up.

TUESDAY  Mr. Panfil
Starts: 1/15 Sessions: 8
7:45-9:00 Fee: $46
Pinehurst
Rm. 157   No class 1/29 & 2/19

INTERMEDIATE GUITAR
If you have taken an intro or beginner guitar class in the past couple years and/or are pretty comfortable with the basic guitar chords (D,A,G,Em) then you are ready to take this class. We will introduce some new chords and reinforce your playing of the basic chords. If you have never taken a guitar class before, it would be better to wait until the spring session when the instructor will offer another beginners class. Come on and take the next step and let the guitar and music enrich your life. If you have any questions regarding this class, please feel free to contact the instructor at www.MarkPanfil.com. Class limit - 15 students. No class 1/29 & 2/19

TUESDAY  Mr. Panfil
Starts: 1/15 Sessions: 8
6:30-7:30 Fee: $36
NR: $48 Pinehurst  Rm. 157

ROCK & BLUES HARMONICA
Beginner Level
Have you always wanted to learn to play the harmonica but just never knew how to get started or find the time? This is your time and this is the place! The Rock & Blues Harmonica program is the break you’ve been waiting for. Whether your goal is to play simple “campfire” songs or to hit the stage with a blues band, this program will get you there! NO MUSICAL EXPERIENCE OR KNOWLEDGE NEEDED!! Players need to bring a 10 hole diatonic harmonica in the key of “C”. A notebook is also helpful. Students will learn to play clean single notes, simple melodies and start on the 12 bar blues progression.

TUESDAY  Mr. Carey
Starts: 1/15 Sessions: 8
6:30-7:45 Fee: $60*
NR: $75 FCLC  Rm. 121
No class 2/19 *No Golden Pass discount given on these classes.

Intermediate/Advanced Level
Students in this class will pick up where beginner class above left off and will end with students starting to blend notes and improve their improvisation skills. You should have attended a previous harmonica class with this instructor or have prior harmonica experience to attend this class.

TUESDAY  Mr. Carey
Starts: 1/15 Sessions: 8
7:45-9:00 Fee: $60*
NR: $75 FCLC  Rm. 121
No class 2/19 *No Golden Pass discount given on these classes.

DRIVING

5 HR. PRELICENSING COURSE FOR DRIVERS
This is a state-certified program that satisfies the NYS requirement of five hours of classroom training as a prerequisite for taking the road test to obtain a driver’s license. A valid permit with picture is required. You may mail in the registration, but please include a copy of your permit and a phone number. Call our office at 646-9412 for the date of the next class.

WEDNESDAY  Mr. Kensinger
4:30-9:30 Fee: $30
Session: 1 FCLC  Rm. 100

NYS POINT/INSURANCE REDUCTION PROGRAM
Save 10% off your automobile liability and collision insurance premium for three years and reduce 4 points on your driving record. Please make your $41. money order payable to Erie Community College/PIR. Tuition includes all course materials. Please bring a pen or pencil to class along with your driver’s license.

WEDNESDAY  ECC Staff
Starts: 3/6 Sessions: 2
6:30-9:30 Fee: $41* FCLC  Rm. 114
*Must be paid in the form of a money order.
No other form of payment will be accepted for this class. Please make your $41. money order payable to Erie Community College/PIR.

SINGING LESSONS FOR EVERYONE
Do what you love to do - BETTER! Learn to bring greater enjoyment and satisfaction to your signing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! The instructor, Jesse Wicher, is a professional singer and voice teacher. Lessons are 30 minutes of private instruction. 5-week session - flexible scheduling! Sessions: 5 Fee: $80

These lessons will take place in the Holistic Arts Studio located at 68 Reed Avenue in Lackawanna (off Ridge Rd. near OLV).
DRIVER EDUCATION

In this class, students from area high schools learn to be safe, defensive drivers. Satisfactory completion necessitates mandatory attendance of 24 hours of in-classroom instruction, 6 hours behind-the-wheel instruction as well as a minimum of 18 hours in-car observation. Those who successfully complete our program receive a New York State Senior Night License (MV-285). This enables 17-year-old students to drive after 9:00 pm. Many insurance companies give Senior Night License holders a premium reduction in their insurance costs. Students must have a learner’s permit or an operator’s license to participate in this program. **Students must attend every class. Students will be required to make up any missed road or classroom sessions at a cost of $25. per missed session before completion of the course. Any student that fails to make up any missed classes will not receive a senior Night License (MV-285) at the end of the course.** Enrollment is limited to 32 students per lecture class. However, additional classes may be added based on demand. This course is offered through AAA of Western New York. You may contact the office at 646-9412 for any additional information.

No classes the week of 2/18, week of 4/1, & 5/27

TUESDAY
Starts: 2/5
High School Fee: $475
Rm. 136 NR: $525
Lecture Time: 4:30-6:00
Sessions: 16 Lecture/Driving Sessions*

OR

THURSDAY
Starts: 2/7
High School Fee: $475
Rm. 136 NR: $525
Lecture Time: 4:30-6:00
Sessions: 16 Lecture/Driving Sessions*

*Our program consists of one 1-1/2 hr. classroom session and one 1-1/2 hr. driving session per week. Driving times will be scheduled once you are registered. Driving times are offered on Tuesday and Thursday from 3:00 pm - 4:30pm. Please indicate on your registration form which day you would like to drive. For information on driving times and availability, please contact the Community Ed office at 646-9412. Students are placed in groups of four for in-car instruction. *Please note: There will be a $10. replacement fee for any lost valid certificates.

REAL ESTATE 101

Join one of WNY’s most experienced brokers as we discuss the following questions: Want to maximize your equity? Wondering how to successfully sell your home on your own? What do closing costs cover? When is it really the right time to buy? How is fair market value determined? Who represents me during this process? How can I get into investment properties? What do I need to qualify for a mortgage? Come to this class to learn the answers to these questions and more!

Monday
Mr. Domanski
Date: 2/4
6:30-9:00
Sessions: 2

FCLC
Fee: $24
Rm. 115 NR: $28

SELECTING STOCKS TO BUY

Selecting leading stocks in leading industries is important to improve portfolio returns. You’ve followed advise, suggestions from television, radio and friends. Some haven’t worked out. Wouldn’t you like to have a basic list, screening process, checklist, anything, that will provide you with some guidelines? This course is for all levels of investors. You will learn several steps, checklists, and data sources for initial screening. If the stock passes these tests, this is a good equity for consideration for purchase. Bring some of your own stocks and give them ‘THE TEST’. If you wish to take control of your stock picking, decision-making process by using proven guidelines, then this course is for you.

Wednesday
Dr. Liegl
Starts: 2/6
6:30-8:30
Fee: $18

FCLC
NR: $23
Rm. 100

STRUCTURED INVESTING

Why do most active money managers have difficulty beating the market? What investment risks are worth taking? How can I effectively diversify my investments? How do I align my investments with my goals? What is the role of investor behavior and psychology in actual investment returns? Learn the answers to these questions and an investment approach based on 80+ years of financial market data, Noble Prize-winning economic research and studies of investor psychology and behavior.

TUESDAY
B. Castro, CFP
Date: 3/12
6:30-8:00
Fee: $10 NR: $12

FCLC
Rm. 114

UNDERSTANDING COLLEGE FINANCIAL AID

A workshop for parents of high school students. The workshop is designed to reduce the impact of college expenses on a family’s budget with a focus on helping parents understand the ins and outs of the confusing financial aid system. We will discuss many of the major changes in the financial aid system in recent years and its impact on the colleges your student may attend. Parents will also learn about the availability of college grants, scholarships, student loans, as well as recent enhancements to federal and tax incentives. With the current economic crisis affecting most college bound students, this is a must attend workshop.

TUESDAY
Mr. Jarosz
Date: 1/29
6:30-8:00
Fee: $10

FCLC
Rm. 114 NR: $12
“OPEN” DRAWING/MIXED MEDIA CLASS - BEGINNER OR INTERMEDIATE
In this class, you will learn the technique of “gird drawing”, a very easy and accurate method for any type of drawing or painting. You will learn the “Seven Elements of Art” and how to use them. Your choice of medium; colored pencils, graphite, watercolor pencils, ink or ink pencils, or a mixed media of the above materials. Please bring to class: drawing paper (larger than 8.5” x 11”), a ruler, a 2H pencil, pencil sharpener, eraser, and any other art supplies that you have. Also bring a picture at least 5” x 7” or larger and the instructor will have reference photos. At the end of the 10 weeks, you will have a completed drawing and will have learned many drawing skills. *Lab fee covers the cost of worksheet packet.

THURSDAY Ms. Roth
Starts: 1/17 Sessions: 10
6:30-8:30 Fee: $90 NR: $110
FCLC Rm. 116 Lab Fee: $3

STILL LIFE DRAWING
This course is drawing with pencils and charcoal. The learning and applications will build the foundations for drawing and all mediums. Each week will be a new subject and technique. Students will receive individualized attention and group work. Art discussions will be held each class. A supply list will be provided upon registration. *Note: please register early for this class to allow enough time to receive supply list and purchase materials. Ages 16 and up are welcome.

SATURDAY Ms. Bowman
Starts: 1/26 Sessions: 8
10:00-11:30 Fee: $54
FCLC NR: $66
Rm. 116 No class 2/16

PHYSICAL EDUCATION
1. To keep our gym floors at their best, please wear sneakers for any class that is held in a gym.
2. If you are using the locker room, please feel free to bring a lock to secure your valuables.
3. District pools are maintained at 82 F. to accommodate all groups that use the pool.

AEROBIC WORKOUT w/ Deb Ucci
Are you interested in this class, but don’t want to commit to the full program? Call our office at 646-9412 for more information.

Have fun with 20-25 minutes of aerobics, preceded by a warm-up and stretch period, ending with body toning and more stretching. Everyone works at their own pace-- low to high effort and impact. It is a total body workout with enough aerobics for heart health. Dress comfortably, wear sneakers with good support, a mat and hand and/or ankle weights (any weight comfortable for you) if you choose to accelerate toning. Nothing fancy here, just a good old-fashioned workout!

AQUA AEROBICS
This complete exercise program includes warm-up, exercise and cool down in the shallow end of the pool. The resistance of the water forces you to activate your muscles to the maximum degree.

MONDAY Ms. Janicki
Starts: 1/14 Sessions: 8
7:00-8:00 Fee: $36
Middle School NR: $48
Pool No class 1/21 & 2/18

WEDNESDAY Ms. Cahill
Starts: 1/16 Sessions: 8
7:00-8:00 Fee: $36
Middle School NR: $48
Pool No class 2/20
**GOLF LESSONS w/ Local Golf Pro, Peter Bilka**

**LEVEL I**
Learn the basics of golf with instruction under the guidance of a local Golf Pro. Please bring a 9 iron to the first class. This class is limited to 10 students.

**MONDAY** Mr. Bilka
Starts: 1/14 Sessions: 8
6:30-7:30 Fee: $36
Middle School NR: $48
Gym No class 1/21 & 2/18

**OR**

**MONDAY** Mr. Bilka
Starts: 1/14 Sessions: 8
8:30-9:30 Fee: $36
Middle School NR: $48
Gym No class 1/21 & 2/18

**WEDNESDAY** Mr. Bilka
Starts: 1/16 Sessions: 8
7:30-8:30 Fee: $36
Middle School NR: $48
Gym No class 1/21 & 2/18

**LEVEL II**
This class is designed for the novice player who needs to reinforce fundamentals. The program will include swing drills and video analysis. Please bring a blank videotape and a 9 iron to class. Class is limited to 10 students.

**MONDAY** Mr. Bilka
Starts: 1/14 Sessions: 8
7:30-8:30 Fee: $36
Middle School NR: $48
Gym No class 1/21 & 2/18

**LEVEL III**
90+ Players
Improve your score by reviewing fundamentals. Develop a smooth and balanced swing through drill and video analysis. Please bring to class a blank videotape and a 9 iron. Class is limited to 10 students.

**WEDNESDAY** Mr. Bilka
Starts: 1/16 Sessions: 8
8:30-9:30 Fee: $36
Middle School NR: $48
Gym No class 2/20

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**Bodyschaping by Sandy Manella & The Wellness Co.**
These classes are offered in partnership with The Wellness Co. The cost of your classes may be paid through your Health Insurance Plan. Please call 568-0246 for more information or to register for either of these classes. Frontier Golden Pass discount does not apply to these classes.

**PILATES**
(Pi-la-tees)
A unique, strengthening, stretching, breathing and balance program based on the teachings of Joseph H. Pilates. Pilates strengthens and tones muscles, improves posture, provides flexibility, balance and core strength, unites mind-body and creates a more streamlined shape. Bring a floor mat to class. **This class is offered through Bodyschaping by Sandy & The Wellness Company. For more information and to register, please call Bodyschaping by Sandy at 568-0246.**

No class 1/14, 2/18 & 2/20
MONDAY/WEDNESDAY
Sandy Manella & Staff**
Starts: 1/7 Sessions: 16
6:00-7:00 Fee: $84*
Middle School Gym**
*If you want to attend only one night per week, the cost is $56.

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**ZUMBA**
This program is a dynamic workout designed to be FUN and EASY to follow. The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest and you’ve got ZUMBA!! **This class is offered through Bodyschaping by Sandy & The Wellness Company. For more information and to register, please call Bodyschaping by Sandy at 568-0246.**

No class 1/14, 2/18 & 2/20
MONDAY/WEDNESDAY
Sandy Manella & Staff**
Starts: 1/7 Sessions: 16
7:15-8:15 Fee: $84*
Middle School Gym**
*If you want to attend only one night per week, the cost is $56.

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**SWIMMING FOR FITNESS**
This class allows you to work on your swimming skills by swimming laps or exercising. There is a limit of 10 swimmers for this class.

**MONDAY** Ms. Janicki
Starts: 1/14 Sessions: 8
8:00-9:00 Fee: $36
Middle School NR: $48
Pool No class 1/21 & 2/18

**OR**

**WEDNESDAY** Ms. Janicki
Starts: 1/16 Sessions: 8
8:00-9:00 Fee: $36
Middle School NR: $48
Pool No class 2/20

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**PARENT-CHILD KARATE**
Looking for a new, exciting activity to participate in with your child? Then this class is for you! Parent-child karate offers the opportunity for you to spend quality time with your child in a fun, yet disciplined environment while learning the art of karate. All that is required is a plain white or black t-shirt, comfortable clothing and the desire to participate. The time spent practicing between classes is sure to be rewarding. **The fee for this class covers both the parent and one child. Additional children may attend at an adjusted rate. Please contact the office for more information.**

**WEDNESDAY** Mr. Ristine
Starts: 1/16 Sessions: 8
7:00-8:00 Fee: $44*
**Pinheurst** NR: $56
Small Gym No class 2/20

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**YOGA**
Enjoy an invigorating hour of stretching, working with acupressure points, detoxifying your body and calming yourself. This class focuses on processing stress, balance, flexibility and strength. If any of these are a challenge, this is the class for you! Each posture has many physical, mental and emotional benefits. We will do a half hour of postures that will warm up your bodies, followed by strengthening postures, and finally, postures leading into final relaxation. No experience necessary! Great for all ages and ability levels. You will be amazed at what you are able to do and how great you feel afterwards. Bring a mat to class.

**WEDNESDAY** Ms. Brown
Starts: 1/16
Sessions: 5 6:30-7:30 Fee: $24
Middle School Back Gym NR: $28

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Frontier Community Education
SIT, STRETCH & STRENGTHEN
If you find traditional exercise is hard on your joints, this class is for you! This program starts with a 10-15 minute low impact aerobics. Using weights, tubing and bands, we will strengthen major muscle groups. Sitting and standing exercises using a chair can provide you with great results. You will experience a new way to work your abs and back from your chair. There will be a stretching segment to maintain or gain flexibility and good back health. Don’t be fooled by a chair; it’s a great full body workout. You will need to wear comfortable clothing, bring weights and a water bottle to class. Tubing and bands will be discussed at the first session. This class teaches the same principles in our class previously titled - ACE: Anyone Can Exercise.

MONDAY
Starts: 1/14
6:00-7:00
Fee: $36
NR: $48
FCLC Cafe
No class 1/21 & 2/18

OR

MONDAY
Starts: 1/14
6:00-7:00
Fee: $36
NR: $48
FCLC Cafe
No class 2/20

TAI CHI CHUAN
What is Tai Chi? T’ai Chi Ch’uan often translated “supreme ultimate fist or ultimate harmony”, commonly known as “T’ai Chi, Tai Chi, or Taiji, is a “soft” and “internal” Chinese martial art. It is a system of exercises with both physical and mental benefits that everyone can practice regardless of age and physical abilities. Every student learns to practice according to their ability and within their natural range of movements. This course will be an interactive hands-on experience including physical and mental conditioning as well as philosophy, attitude and character development. Carefully managed physical activity as a necessary component of training a martial art, known as “drills” will be a part of each class, which develops the skills in a habit. Tai Chi reduces stress, depression, hypertension and blood pressure and improves your flexibility, balance and posture as well as your strength, circulation and mental outlook. The instructor, Sifu Robert Gott, is the owner of the Red Dragon School of Martial Arts located at the McKinley Mall. For more information, please call 822-0222.

TUESDAYS & THURSDAYS
Starts: 1/14
7:00-8:00
Fee: $60

Red Dragon School / McKinley Mall
*These classes will be held at the Red Dragon School of Martial Arts located inside The McKinley Mall (near Sears).

THE ART OF REFLEXOLOGY
FOR SELF-HELP
Reflexology is a natural healing art based on the principles that there are reflexes in the feet, hands, face and ears that correspond to every part of the body. Through the application of pressure on these particular areas, reflexology serves to relax tension, improve circulation and promote natural function of the related areas of the body. This class will focus on the history, reflexology maps for the feet, hands, face and ears that correspond to every part of the body will be an interactive hands-on experience including practical self-help demonstrations and practice. This is a fun and interactive workshop provided to you with techniques you can begin to use immediately. The instructor is an ARCB certified reflexologist.

TUESDAY
Starts: 3/12
7:00-9:00
Fee: $35
FCLC
NR: $40
Rm. 115
*No Golden Pass discount given for this class.

DIET & DISEASE PREVENTION
Discussion on the latest regarding diet and disease prevention. Inflammation is the root cause of many diseases. You can prevent disease as well as change the course of disease by changing your diet. For more information and to register, please contact Jill O’Hara, RN, HHP at 548-5701.

THURSDAY
Ms. O’Hara, RN, HHP
Date: 1/10
Session: 1
6:30-8:30
Fee: $20*
FCLC
Rm. 115
*No Golden Pass discount given for this class.

MEDITATION & VISUALIZATION
In this class, there will be instruction on the benefits of meditation and visualization practices to regain focus in your life. These practices can improve your health, emotional and mental balance as well as assist you in manifesting what you desire in your life. Guided visualization and meditation will be provided. Simple, easy to use techniques will be taught. For more information and to register, please contact Jill O’Hara, RN, HHP, at 548-5701.

WEDNESDAY
Ms. O’Hara, RN, HHP
Date: 1/30
Session: 1
6:30-8:30
Fee: $20*
FCLC
Rm. 115
*No Golden Pass discount given for this class.

RESTORE YOUR ENERGY & RELAX
Learn how to restore your energy at a physical and chemical level. Stress and negative thinking are at the root of many illnesses. Learn to focus on the positives in life, reclaim your health and mental wellness. Best of all, learn simple techniques that will help you do so. For more information and to register, please contact Jill O’Hara, RN, HHP at 548-5701.

TUESDAY
Ms. O’Hara, RN, HHP
Date: 1/22
Session: 1
6:30-8:30
Fee: $20*
FCLC
Rm. 115
*No Golden Pass discount given for this class.
BRINGING “POSITIVE” BACK INTO YOUR LIFE
PART I

Whether you already have everything you want in your life, or are feeling overwhelmed with all that life brings your way, this seminar will give you the knowledge and the “how to” skills so that you can immediately implement and begin to experience positive results. The sky is the limit once you understand that it’s ALL good, and it’s ALL possible! A positive outlook can change your life. From everyday things you have to deal with to the bigger challenges in your life. Let us help you focus on what you have in your life that is wonderful. Let us help you see that anything is possible. With this content rich class, and hands-on activities, you will begin to see that you can accomplish the goals you have for yourself starting from the very first class. You can do, be, or have anything once you have the tools to achieve your goals and dreams. DO ALL YOU CAN . . . WITH WHAT YOU HAVE . . . FROM WHERE YOU ARE...

THURSDAY Ms. Dunwoodie/Ms. Gromek
Starts: 1/17 4:00-6:00 Sessions: 4
Blasdell Library Fee: $60 NR: $65

OR
SATURDAY Ms. Dunwoodie/Ms. Gromek
Starts: 1/26* 8:00-10:00AM Sessions: 4
FCLC Rm. 100 Fee: $60 NR: $65
*Class will meet on 1/26, 2/2, 2/9 & 3/2

SOUL DISCOVERY

Do you wonder how your life could be different? Ask yourself “What am I putting up with in my life, and why?” Ask yourself a few other questions such as; “What are my boundaries and standards, and do I allow others to infringe upon them? What do I really want to be doing with my life and how can I achieve that?” Come and learn how you can begin to answer those questions and find the path you were intended to be on. “Change the way you look at things, and things change!”

For more information and to register, please contact Jill O’Hara, RN, HHP, at 548-5701.
THURSDAY Ms. O’Hara, RN, HHP
Date: 2/7 Session: 1
6:30-8:30 Fee: $20*
FCLC Rm. 115
*No Golden Pass discount given with this class.

Please note: This class counts for 15 hrs. professional growth for Frontier teachers and support staff. Anyone is welcome to attend. You do not have to be a Frontier employee to sign up for these classes.

STOP SMOKING W/ HYPNOSIS

Decide to quit smoking today with hypnosis without weight gain or tension and plan on becoming a non-smoker on your first session. Hypnosis is an education-communication process to a person’s mind that allows his/her conscious and subconscious mind to believe the same message allowing for behavioral change to occur. Bring a sleeping bag or yoga mat and two pillows for the hypnosis process.

This class is limited to 12 students. ** Lab fee covers the cost of a Reinforcement CD (paid to the instructor the night of class - please do not include with your registration.)
TUESDAY Ms. Bruzga
Date: 3/5 Session: 1
7:00-9:00 Fee: $35*
Middle School NR: $40
Rm. 169 Lab Fee: $10**
*No Golden Pass discount given for this class.

Register by Fax:
24 hours a day,
7 days a week,
646-9416
Credit / Debit Card
Registration Only!

Mastercard & Visa
Accepted!

Please note: This class counts for 15 hrs. professional growth for Frontier teachers and support staff. Anyone is welcome to attend. You do not have to be a Frontier employee to sign up for these classes.

BRINGING “POSITIVE” BACK INTO YOUR LIFE
PART II

Part I of this course gives you a starting point to having the skills and strategies that you can use everyday to begin moving your life forward in a positive way. Part II will build on the foundation set in the first part. When we find the courage within to follow our dreams, we can actually live those dreams. By standing in the truth of who we are and never backing away from our own potential, we can achieve and create anything we hope for. Part II will assist you in setting goals that meet your needs, and strategies to attain them quickly and easily. Taking responsibility for your life and the actions that you take each and every day. This class is an opportunity to stretch the ideas that you have had over the years, but found every excuse imaginable not to move forward with those ideas. Prerequisite: Bringing “Positive” Back Into Your Life Part I.

MONDAY Ms. Dunwoodie/Ms. Gromek
Starts: 1/14 4:00-6:00 Sessions: 4
Blasdell Library Fee: $60 NR: $65
No class 1/21

OR
SATURDAY Ms. Dunwoodie/Ms. Gromek
Starts: 1/26* 10:30AM-12:30 Sessions: 4
FCLC Rm. 100 Fee: $60 NR: $65
*Class will meet on 1/26, 2/2, 2/9 & 3/2

Please note: This class counts for 15 hrs. professional growth for Frontier teachers and support staff. Anyone is welcome to attend. You do not have to be a Frontier employee to sign up for these classes.
EASY CHINESE MANDARIN CLUB
Grades 10+ to Adult
The session will cover different topics that students would encounter in everyday life. Students will learn new vocabulary and basic sentences through various teaching aids and role plays. The student will also learn how to write Chinese Characters. This class is taught by EZ Mandarin of Western New York, LLC teaching team. EZ Mandarin of Western New York, LLC, is an all purpose Chinese Language and Culture Center that offers a wide variety of programs to meet the increasing demand of quality and comprehensive Chinese Language and Culture learning in our Western New York community. Class is limited to 25 students.
THURSDAY EZ Mandarin Team
Starts: 1/17 Sessions: 8
7:00-8:00 Fee: $110
FCLC NR: $120
Rm. 121 No class 2/21

PRIVATE PILOT GROUND SCHOOL
Part 1 of 2
Anyone can learn to fly and this course will start you on your way. The course is designed to prepare individuals for their private pilot written examination, but all people interested in aviation are welcome. Subjects include basic aerodynamics, meteorology, navigation, flight planning and Federal Aviation Regulations. Our instructor is a certified flight instructor and commercial pilot who is actively involved in local aviation training. Materials and books costing approx. $45. (payable to the instructor the first day of class) are required for those preparing for the FAA exam, but optional for other students.
TUESDAY Mr. Poliner
Starts: 1/16 Sessions: 10
7:00-8:30 Fee: $68
FCLC NR: $84
Rm. 116 No class 2/19

EASY CHINESE MANDARIN CLUB
Grades 6 - 9
The session will cover different topics that students would encounter in everyday life. Students will learn new vocabulary and basic sentences through various teaching aids, songs and games. The student will also learn how to write Chinese Characters and make Chinese Crafts. This class is taught by EZ Mandarin of Western New York, LLC teaching team. EZ Mandarin of Western New York, LLC, is an all purpose Chinese Language and Culture Center that offers a wide variety of programs to meet the increasing demand of quality and comprehensive Chinese Language and Culture learning in our Western New York community. Class is limited to 25 students.
THURSDAY EZ Mandarin Team
Starts: 1/17 Sessions: 8
7:00-8:00 Fee: $110
FCLC NR: $120
Rm. 121 No class 2/21

FINANCIAL FREEDOM & PROSPERITY COACHING
This class will teach you how to make conscious decisions about your money; how to spend and save it in accordance with your deepest values. To make decisions from a place of consciousness and congruent value, creates a sense of freedom and lightness which extends into every area of your life. Enormous energy is released and stress reduced when you approach your finances in this way. A monthly worksheet will be handed out and discussed, as well as a debt reduction plan and handouts. Strategies for getting what you want and need for less money will be discussed. There will be plenty of time for questions and answers. Come and get yourself on a path to financial abundance and independence! Elizabeth O’Donnell has founded five successful companies over the past 34 years and has had a life coaching business for the past five years, developing a specialty in this financial area. She does not sell any financial products or instruments of any kind and is not associated with any financial or investment companies. She chooses to coach people to develop their own skills and make their own informed decisions.
WEDNESDAY Ms. O’Donnell
Date: 2/6 Session: 1
7:00-8:30 Fee: $25*
FCLC NR: $30
Rm. 115
*No Golden Pass discount given for this course.

LEARN ABOUT JEWELRY & HOW TO BUY & SELL IN THE SECOND HAND MARKET
Since ancient times, we have worn jewelry to adorn and honor ourselves. In this evening, you learn how to identify jewelry marks for costume, sterling and gold jewelry in all carat ranges. You will learn the different styles of Victorian, Edwardian and Art Deco. Also included will be how to buy and sell in the second-hand market, auctions, garage sales and estate sales. With gold and sterling at all time record highs, it is important to be informed! You will learn how to tell what your jewelry is worth. You may bring five (5) pieces for a free verbal appraisal. Jewelry loupes will be provided. Bring at least one piece of costume, sterling and gold jewelry to be able to look for and identify the marks and other distinguishing elements. There will be time for questions. The instructor, Elizabeth O’Donnell, has had an antique and jewelry business for over 12 years. She specializes in jewelry and decorative items such as art glass, ceramic, sterling and oil paintings.
WEDNESDAY Ms. O’Donnell
Date: 3/6 Session: 1
7:00-8:30 Fee: $25*
FCLC NR: $84
Rm. 115
*No Golden Pass discount given for this course.

WEIGHT LOSS W/HYPNOSIS
Hypnosis helps you become and maintain your ideal shape. It works by changing your unconscious attitudes about food and exercise, so automatically: you embrace great eating habits and eat smaller portions; you eat for fuel and not emotional reasons like stress or boredom; you are motivated to move your body; you reset your weight regulator and enjoy a great attitude. Discussion will also focus on proper nutritional dietary habits. Handouts included. Bring sleeping bag or yoga mat and two (2) pillows for the hypnosis process. This class is limited to 12 students.
MONDAY Ms. Bruzga
Date: 3/11 Session: 1
7:00-9:30 Fee: $30*
Middle School NR: $35
Rm. 169
*No Golden Pass discount given with this class.

SPECIAL INTEREST

 NR: $120
Rm . 121 FCLC
7:00-8:30 Fee: $68
Starts: 1/16 Sessions: 10
7:00-8:30 Fee: $68
FCLC NR: $84
Rm. 116 No class 2/19
GUIDE TO LANDLORD’S RIGHTS
This course focuses on all of the fair housing laws pertaining to housing providers and the rights of landlords and responsibilities of landlords to treat all applicants equally. Some of the subjects covered will be: What makes a Good Tenant or Landlord; What can be done before, during and after the Eviction Process; Clear Understandings in Renting and Signing a Lease; Eviction Process. This workshop is offered through HOME - Housing Opportunities Made Equal. Visit their website at www.homeny.org.

THURSDAY Ms. Holden
Date: 2/28 Session: 1
7:00-9:00 Fee: $10
FCLC NR: $12
Rm. 114

ITALIAN FOR TRAVELERS
Have you ever wanted to travel to Italy but were intimidated by the language? This course will help you learn the basics to be able to communicate in Italian and also understand the culture of the country that holds 1/2 of the world’s art treasures. Students will learn enough vocabulary to feel confident ordering in a restaurant, staying in a hotel, asking directions and much more. A travel opportunity to Italy will also be available. This class is taught by a New York State certified Italian teacher who has studied and traveled extensively in Italy. Don’t wait any longer to discover the Bel Paese! *Lab fee will cover the cost of a book.

Tuesday Ms. Rizzo
Starts: 1/15 Sessions: 8
7:30-8:30 Fee: $36 NR: $48
HS Rm. 115 Lab Fee: $15

ITALIAN FOR TRAVELERS 2
Italian for Travelers 2 is a continuation of the first course and book. We will be exploring the topics of shopping, sightseeing, transportation and emergencies plus many other cultural aspects of traveling in Italy. Pre-requisites for the course are Italian for Travelers (above) or a basic knowledge of Italian. Come add to your knowledge of the Bel Paese! *Lab fee covers the cost of book for those students who have not taken Italian for Travelers with this instructor.

Tuesday Ms. Rizzo
Starts: 1/15 Sessions: 8
6:30-7:30 Fee: $36 NR: $48
HS Rm. 115 Lab Fee: $15*

NEW YORK STATE NOTARY PUBLIC TRAINING COURSE
Do you need to become a Notary Public for work or want to add it to your resume? Be an asset to your company as a Notary. This course helps to prepare you for the New York State Test, and you’ll learn what you need to know once you become a Notary Public. Course covers the NY Notary laws and legal terminology. The handbook distributed and discussed in class (included in class fee) includes everything you need to be a successful New York State Notary Public.

TUESDAY Ms. O’Connor
Starts: 1/26 Sessions: 1
6:30-9:00 Fee: $55* NR: $65
FCLC Rm. 114
*No Golden Pass Discount will be given for this course.

SPANISH - LEVEL I
Learn Spanish from the ground up. Find out not only how to say something, but why you say it that way. Build grammar and learn vocabulary through speaking and listening, including exposure to native-speaking CDs. Whether your Spanish is non-existent or just rusty, this course will get you on the road to good Spanish.

WEDNESDAY Mr. Siepel
Starts: 1/16 Sessions: 10
6:00-7:30 Fee: $60*
FCLC NR: $75
Rm. 121 No class 2/20
*No Golden Pass discount will be given for this course.

SPANISH - LEVEL II
Build vocabulary and continue exploring Spanish through reading, speaking, listening and using various course enrichment materials. We presume basic vocabulary and ability to use present tense. If you’ve taken a beginning course recently, you’ll fit right into this class.

WEDNESDAY Mr. Siepel
Starts: 1/16 Sessions: 10
7:30-9:00 Fee: $60*
FCLC NR: $75
Rm. 121 No class 2/20
*No Golden Pass discount will be given for this course.

“WHOLISTIC” APPROACH TO PET HEALTH
Finding a balance between holistic and conventional therapies for our pets can be extremely beneficial. And having an “integrative” approach can improve their lives in so many ways. This workshop includes: a balanced discussion on proper diet, nutrition, exercise and minimizing toxins in the environment. You will learn: how to determine if a pet food is truly a high quality and natural food; the differences between grain free pet foods (including RAW diets), and other “specialty foods” on the market today; and how to determine which pet food is right for your pet based on many factors including age, weight, activity level and general health. Several natural products and foods will be discussed, demonstrated and sampled. There will also be discussion on a few common pet health conditions that can often be improved by changes in diet, lifestyle and adding supplements. The benefits of acupuncture, chiropractic, herbs, homeopathy and titer testing will also be covered. Questions and open discussion throughout the class are encouraged.

Wednesday Ms. Behak
Date: 3/13 Session: 1
6:00-9:00 Fee: $15*
FCLC NR: $20
Rm. 115
*No Golden Pass discount given for this class.

STARTING YOUR OWN BUSINESS
This class will cover the importance of a business plan and you will start a business plan together in class. Also included are the common mistakes people make when starting a business and how to avoid them; the different business legal structures (Sole Proprietorship, S-Corporation, C-Corporation and L.L.C.) and the importance of customer service in today’s competitive business environment and pointers on keeping your customers and team happy. The instructor, Kelly Ann Bebak, owned a successful retail business for almost twelve years, which has given her an incredible amount of experience and insight into what it takes to start and manage a small business. There is no crystal ball that allows you to see into the future. However, the right amount of preparation and having a clear plan in place can help you to succeed with your business. Questions and open discussion throughout the class are encouraged.

WEDNESDAY Ms. Bebak
Date: 2/27 Session: 1
6:00-9:00 Fee: $15* NR: $20
FCLC Rm. 115
*No Golden Pass discount given for this class.

Frontier Community Education
1. Please leave and pick up your child at the door of the classroom.
2. To keep our gym floors at their best, please wear sneakers for any class that is held in a gym.
3. For safety reasons, parents/adults and children are not permitted in pool area during class instruction. Seating is available in the natatorium.
4. District pools are maintained at 82° F to accommodate all groups that use the pool.
5. Parents must make sure they have signed a waiver for all physical education classes.

ARC LEARN TO SWIM K-5
The American Red Cross has restructured our Learn to Swim Program. The first class we will determine what level your child(ren) will be in. If your child is a returning swimmer or has a Red Cross card indicating what level they have last completed, please indicate that level on the registration form and register them for the appropriate level. If you are unsure of their level, they will be tested at the start of the first class and placed in their level accordingly as follows:

Level 1 - Introduction to Water Skills
For first time participants, beginning or non-swimmers. Become comfortable, explore the water and learn safe skills.

Level 2 - Fundamental Aquatic Skills
Includes floating, gliding, kicking, beginning front and back locomotion skills, learn simultaneous arm and leg action.

Level 3 - Stroke Development
Learn to coordinate the front and back crawl. The elements of the butterfly, treading water and head-first entries are introduced. Additional safety skills are presented along with deep water work.

LEVELS 1 - 3
MONDAY Ms. Janicki
Starts: 1/14
5:30-6:15 Fee: $28
Middle School Pool No class 1/21 & 2/18

OR

MONDAY Ms. Janicki
6:15-7:00 Same as above

OR

THURSDAY Ms. Janicki
Starts: 1/17
5:30-6:15 Same as above

OR

THURSDAY Ms. Janicki
6:15-7:00 Same as above

Level 4 - Stroke Improvement
Develop further confidence and increase endurance of the front and back crawl. Learn further elements of the butterfly along with the elementary backstroke, breaststroke and elements of sidestroke. Basics of turning are introduced.

Level 5 - Stroke Refinement
The objective of this level is the coordination and refinement of strokes. Refine performance of the front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke. Flip turns on the front and back are also introduced.

Level 6 - Swimming and Skill Proficiency
Refine strokes and learn to swim with more ease, efficiency and smoothness over great distances.

LEVELS 4 - 6
THURSDAY Ms. Cahill
Starts: 1/17
7:00-8:00 Fee: $36
Middle School Pool No class 2/21

OR

ADV. TODDLER AQUATIC PROGRAM
Ages 3 to 5 years
This class is designed for the child who is comfortable going under water and would like to continue progressing. A parent/adult will be in the water with their child. The first night of class is for parent/adult only. If you have attended this class before, it is not mandatory to attend. Starting the second night (1/23), an adult will be in the water with their child.

WEDNESDAY Ms. Janicki
Starts: 1/16
6:30-7:00 Fee: $23
Middle School Pool No class 2/20
BABYSITTING
Ages 11-15 Years Old
The Child and Babysitting 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, starter package and certification card.

SATURDAY
Starts: 2/2
9:00-11:30
Fee: $55
FCLC
NR: $60
Rm. 115

OR
SATURDAY
Starts: 3/2
9:00-11:30
Fee: $55
FCLC
NR: $60
Rm. 115

BABYSITTING
Ages 11-15 Years Old
The Child and Babysitting 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, starter package and certification card.

CREATIVE PLAYTIME
FOR 18 MOS. - 2 YRS. OLD
Start off early! Children will begin to socialize, make arts and crafts, sing songs, hear stories and play under supervision. Parents are asked to stay with their child each session. This is a special time to spend with your 2-year old: please refrain from bringing siblings to class. In addition, parents will take turns bringing a snack to class. This will be scheduled at the first session.

WEDNESDAY
Starts: 1/16
9:30-10:30AM
Fee: $36
Wayside Church
Lab Fee: $5
Rm. 105
No class 2/20

OR
WEDNESDAY
Starts: 1/16
10:45-11:45AM
Same as above

OR
FRIDAY
Starts: 1/18
9:30-10:30AM
No class 2/22
Same as above

Please do not include lab fees with your registration payment. These fees should be paid directly to the instructor.

FOR AGES 3 - 4 YRS. OLD
Your child will enjoy arts and crafts, songs, stories and will play under supervision in a preschool setting. Parents are asked to stay one session and to bring a snack to class that day. This will be scheduled at the first class. Class is limited to 12 children. No class 2/19

TUESDAY
Ms. Horucy
Starts: 1/15
9:30-11:00AM
Fee: $54
Wayside Church
NR: $66
Rm. 105
Lab Fee: $7

CULTUREKIDS CLUBS
Spanish for Grades K-5
Get a head start on the language by joining us for an educationally oriented curriculum that is specially designed for the Grade 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 CultureKids class previously, new vocabulary is introduced with each session - sessions are NOT a repeat. This class is taught by the CultureKids Teaching Team. Join the fun! For more information, visit their website at www.CultureKidsClub.com. This class will run at all four elementary schools at dismissal. This class is limited to 15 students.

TUESDAY
CultureKids Team
Starts: 2/5
Sessions: 6
3:20-4:00
Fee: $69
Blasdell
NR: $75
Library
No class 2/21

THURSDAY
CultureKids Team
Starts: 2/7
3:20-4:00
Fee: $69
Big Tree
NR: $75
Library
No class 2/22

FRIDAY
CultureKids Team
Starts: 2/1
3:20-4:00
Fee: $69
Blasdell
NR: $75
Library
No class 2/22 & 3/15
**GOLF FOR CHILDREN**
Learn golf fundamentals. Learn the basics of golf under the guidance of a local golf pro. Please bring a 9 iron to the first class. Children’s clubs are available. Students in 4th grade and above are welcome! This class is limited to 10 students.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Mr. Ristine</th>
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<tbody>
<tr>
<td>Starts: 1/16</td>
<td>Sessions: 8</td>
</tr>
<tr>
<td>5:30-6:30</td>
<td>Fee: $36</td>
</tr>
<tr>
<td>Middle School</td>
<td>NR: $48</td>
</tr>
<tr>
<td>Gym</td>
<td>No class 2/20</td>
</tr>
</tbody>
</table>

**PARENT CHILD KARATE**
See Page 8 for Full Class Description

**KARATE**
Is what you see on TV or at the movies really karate? In this class, students will improve balance, learn punch, block and kick drills. By the end of this course, the student will know exactly what karate is and what it feels like to train in karate. Mr. Ristine holds a black belt in Isshin Ryu Karate. Please wear a plain black or white shirt to class. Ages 7 and up are welcome!

<table>
<thead>
<tr>
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<tr>
<td>6:00-7:00</td>
<td>Fee: $36</td>
</tr>
<tr>
<td>Pinehurst</td>
<td>NR: $48</td>
</tr>
<tr>
<td>Small Gym</td>
<td>No class 2/20</td>
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</tbody>
</table>

**KIDS CHOICE SPORTS**
Kids Choice Sports offers instructional youth sport programs for kids ages 3-12. By offering a variety of programs, we give Kids the Choice of many different sports to try so that they can find their best fit. The skills and rules of each sport we teach are broken down into simple concepts that are fun to learn and easy to understand. For more information, visit [www.kidschoicesports.com](http://www.kidschoicesports.com).

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<tr>
<th>INDOOR LACROSSE</th>
<th>PARENT - CHILD SOCCER</th>
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<tbody>
<tr>
<td>Ages 7 - 12</td>
<td>Ages 3 - 5</td>
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<tr>
<td>This is a non-competitive coed program, kids will be taught the basic skills of lacrosse. These skills include scooping, cradling, passing, catching and shooting. The idea is to have fun and make friends while learning the sport of lacrosse. No contact lacrosse is played, also known as “Soft Lacrosse”. Players will be divided by age and skill level. A mouthguard is required. Kids Choice Sports will provide all other equipment.</td>
<td>This class is perfect for boys and girls who would like to learn the basics of soccer. In this parent participation program, you and your child will work together on drills such as dribbling, passing, trapping and shooting, followed by a fun scrimmage. Emphasis will be placed on fun and recreation in this non-competitive, coed program. Please bring shin guards and a size 3 soccer ball. A tee shirt is included in the program fee.</td>
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<tr>
<td>TUESDAY</td>
<td>Sessions: 6</td>
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<tr>
<td>Starts: 1/22</td>
<td>Fee: $65</td>
</tr>
<tr>
<td>7:30-8:30</td>
<td>NR: $70</td>
</tr>
<tr>
<td>MS Gym</td>
<td>No class 2/19</td>
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</tbody>
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<tr>
<th>LITTLE SLUGGERS</th>
<th>PEE WEE FLOOR HOCKEY</th>
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<tbody>
<tr>
<td>Introduction to Tee Ball</td>
<td>Ages 4 - 6</td>
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<tr>
<td>Ages 3-6</td>
<td>This is a non-competitive coed program, kids will learn basic skills of hockey. Skills such as stick handling, passing and shooting will be taught, followed by a scrimmage. Emphasis will be placed on fun and recreation. Players use a soft ended floor hockey stick and a ball. The idea is have fun and make friends while learning the sport of floor hockey. No prior experience is necessary. A mouthguard is required. Kids Choice Sports will provide all other equipment. A tee shirt is included in the program fee.</td>
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<tr>
<td>TUESDAY</td>
<td>Sessions: 6</td>
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<tr>
<td>Starts: 1/24</td>
<td>Fee: $65</td>
</tr>
<tr>
<td>5:30-6:15</td>
<td>NR: $70</td>
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<tr>
<td>Middle School</td>
<td>No class 2/21</td>
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<tr>
<th>SOCCER</th>
<th>YOUTH FLOOR HOCKEY</th>
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<tr>
<td>Ages 5 - 7</td>
<td>Ages 7 - 12</td>
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<tr>
<td>This program contains constant activity and allows players to run and have run while learning the skills involved in the game of soccer. Skills such as dribbling, passing, trapping and shooting will be taught followed by a scrimmage. The idea is to have fun and make friends while learning the sport of soccer. Please bring shin guards and a size 3 soccer ball. A tee shirt is included in the program fee.</td>
<td>This program provides a safe and fun environment for boys and girls to get together, make friends and learn the basic skills and principles involved in the game of hockey. Skills such as stick handling, passing and shooting will be taught followed by a scrimmage. Players may use their own stick (must have a plastic blade). All students must have mouth guards and should have shin guards. No class 2/21</td>
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<tr>
<td>TUESDAY</td>
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<tr>
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</tr>
<tr>
<td>Middle School</td>
<td>Gym</td>
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**No News is Good News!**
After you register for any of our terrific classes... don’t camp out by your mailbox or wait by your phone... the only time you’ll hear from us is:

If there is a change in the date or location of the class or if the class is full. So, if it is almost time for your class and you haven’t heard from our office, that is GOOD NEWS; it means you are IN!
**KIDS DANCING w/ ELLEN PUCKETT**

**CREATIVE DANCE MOVEMENT**  
**Ballet and Tap for Ages 3 - 6**  
This pre-ballet/tap class is designed to teach dance fundamentals in a fun and fit way. No prior experience is necessary. Please wear comfortable clothes including sneakers and bring heavy socks to practice in. Our instructor, Ellen Puckett, has been teaching dance for the past 18 years. Class is limited to 20 students.

**Mondays**  
**Blasdell**  
3:20-4:00  Fee: $35  
*This class will be held at the Epic Dance Center located at 3847 South Park Avenue in Blasdell, NY.*

**Pinehurst**  
3:20-4:00  Fee: $95  

**WEDNESDAY**  
**EASY CHINESE MANDARIN CLUB**  
Grades K - 5  
The session will cover different topics that students would encounter in everyday life. Students will learn new vocabulary and basic sentences through varieties of teaching aids, songs and games. The student will also learn how to write Chinese Characters and make Chinese Crafts.

**Mondays**  
**EZ Mandarin Team**  
3:20-4:00  Fee: $95  
*No class 2/20*  

**Tuesdays**  
**EZ Mandarin Team**  
3:20-4:00  Fee: $95  
*No class 2/21*

**EASY CHINESE MANDARIN CLUB**  
Grades 6 - 9  
Grades 10+ - Adults  
See Page 18 for Class Dates & Times

**HIP HOP**  
**Ages 7 - 12**  
A constantly evolving form of dance. It’s a free-style form of dance using hip hop music and dance moves from hip hop culture. No prior experience is necessary. Please wear comfortable clothes including sneakers and bring heavy socks to practice in. Our instructor, Ellen Puckett, has been teaching dance for the past 18 years. Class is limited to 20 students.

**Mondays**  
**Blasdell**  
3:20-4:00  Fee: $35  
*This class will be held at the Epic Dance Center located at 3847 South Park Avenue in Blasdell, NY.*

**Pipestone**  
3:20-4:00  Fee: $95  

**THURSDAYS**  
**EASY CHINESE MANDARIN CLUB**  
Grades K - 5  
The session will cover different topics that students would encounter in everyday life. Students will learn new vocabulary and basic sentences through varieties of teaching aids, songs and games. The student will also learn how to write Chinese Characters and make Chinese Crafts.

**Mondays**  
**EZ Mandarin Team**  
3:20-4:00  Fee: $95  

**Tuesdays**  
**EZ Mandarin Team**  
3:20-4:00  Fee: $95  

**EASY CHINESE MANDARIN CLUB**  
Grades 6 - 9  
Grades 10+ - Adults  
See Page 18 for Class Dates & Times

**KUNG FU KARATE**  
**Ages 7 - 12**  
This course will serve as a comprehensive introduction and basic study of Hung Gar Kung Fu Karate, an ancient traditional method that derives its theory from the five major animals of Chinese martial arts i.e., the dragon, snake, leopard, crane and tiger. Kung Fu Karate is considered a path of self discovery in which the student will find, hopefully, a rich philosophical understanding as well as a way to improve one’s health and self image through discipline and practice. The students will be introduced to the “drills”, which not only develops strength but imparts the theory that makes the system work. Through diligent practice and reflection the student will discover a sense of balance and harmony while developing a healthy mind, body and spirit. This course will be an interactive hands-on experience including physical and mental conditioning as well as philosophy, attitude and character development. Carefully managed physical contact is a necessary component of training a martial art. Successful completion of the course will result in a solid basis of understanding of what it is like to practice Kung Fu Karate with the ability to carry this experience into an active Kung Fu Karate school. Please wear loose comfortable clothing to class. The instructor, Sifu Robert Gott, is the owner of the Red Dragon School of Martial Arts located at the McKinley Mall. For more information, please call 822-0222.

**MONDAY/WEDNESDAY/FRIDAY**  
6:00-7:00  Starts: 1/14  
Sessions: 24  Fee: $60  
Red Dragon/McKinley Mall

**AGES 13 & UP**  
Same Description as Above

**MONDAY/TUESDAY/THURSDAY**  
8:00-9:00  Starts: 1/14  
Sessions: 24  Fee: $60  
Red Dragon/McKinley Mall

*These classes will be held at the Red Dragon School of Martial Arts located inside the McKinley Mall (near Sears).
**KNOW HOW TOURS - TRIPS & TOURS**

When registering for one of the trips or tours, please include on your registration form the names of all persons traveling, and if possible, their addresses and phone numbers. You will receive a written confirmation from Know How Tours, and your tickets will be distributed upon arrival to board the bus. Please note: Frontier can no longer accept cash payments for any tours. You may pay by credit card (Mastercard or Visa) or by check. If paying by check, please make your check payable to **Know How Tours**. Pick up will take place at Tops Market parking lot at 355 Orchard Park Road next to K-Mart in West Seneca (formerly Seneca Mall). Park at the far end of Tops near poles marked with the letters “I” or “F”.

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**AMISH TEA PARTY**

*Middlefield, OH*

We’re heading to Middlefield, OH, for an AMISH TEA PARTY TOUR. We will make a coffee/rest stop en route. Meet the **STEP ON GUIDE** & begin touring with an AMISH TEA PARTY at Miller’s Home. Your hostess will serve you a ham sandwich, potato chips & cookies made for you by Mrs. Miller. Enjoy a cup of tea and **VIST WITH MR. & MRS. MILLER** and **EXPERIENCE A BIT OF AMISH CULTURE**. Next, we’ll visit **BUCKEYE CHOCOLATE FACTORY** to learn about daily operations and how it began… with a yummy sample! Meet the cheese make at the **MIDDLEFIELD ORIGINAL CHEESE**. They’ll greet our group, see their workers in action and enjoy samples of their “Squeaky Cheese”. Our last stop before our early dinner is the **FIG TREE BULK FOOD STORE**. Purchase those hard-to-find items at a great price. Hungry yet? A real AMISH WEDDING DINNER is planned. You will have the pleasure of eating in Emma’s home. Menu includes chicken, real mashed potatoes, gravy, seasonal vegetables, seven-layer salad and delicious home-made pies. Following our Amish Meal, visit **COUNTRY ART’S & JEWELRY** – a store like you have never seen before! A rest stop (on your own) will be made en route home.

**SATURDAY 7:15AM – 8:30PM**

- Date: 3/16
- Cost: $105/person

**GREAT DAY FOR THE IRISH**

*Beeches Dinner Theater*

Relax as we travel to Rome, NY to the **BEECHES INN & CONFERENCE CENTER** for today’s fantastic buffet lunch and show “GREAT DAY FOR THE IRISH” by the **CHATHAM THEATER COMPANY**. First, it’s an all you can eat Beeches Irish Buffet and then it’s **SHOWTIME**! It’s “dazzled” you’ll be as the curtain opens on a flittering set as the cast takes you on a family friendly song and comedy filled journey throughout the Emerald Isle. A coffee / snack stop will be made en route to our destination and a pay on own snack stop en route home.

**TUESDAY 6:45AM – 8:30PM**

- Date: 3/12
- Cost: $109/person

**CARWRIGHT’S – ANGELICA, NY**

**Featuring All You Can Eat Pancakes**

Off to the Southern Tier to enjoy maple syrup time at it’s finest. Our first stop is the **CUBA CHEESE SHOPPE** nestled in the farmlands of southwestern New York State where cheese has been a principle product since the late 1800’s. Shop for your favorite cheese products. An **ALL YOU CAN EAT PANCAKE LUNCH** (with sausage and ham) is included at **CARTWRIGHT’S MAPLE TREE INN OF ANGELICA HILLS**. Of course, **FRESH MAPLE SYRUP** will be served. Leave some room for a **MAPLE SUNDAE** served for dessert. Next, enjoy the **VILLAGE OF ANGELICA SHOPS** featuring a Hardware Store, Antiques, Coffee House, Country Stores, Art Galleries and more! We’ll complete our day with a visit to the **MADE IN AMERICA STORE**. It’s a great visit. Meet the people who have inspired others to “buy American”.

**THURSDAY 8:15AM – 5:00PM**

- Date: 3/21
- Cost: $69/person

**Glorious!**

**Presented by O’Connell & Company**

It’s that time of year when you want to get rid of the cabin fever and enjoy some great food and fantastic entertainment. We’re staying close to home! We’re off to the **GLEASNER HALL THEATER** at ECC North Campus in Williamsville, NY, for **O’CONNELL & COMPANY’S** matinee performance of **GLORIOUS!** Mary Kate O’Connell reprises her Artie Award-winning role as Florence Foster Jenkins in Peter Quilter’s **GLORIOUS!** Based on a true story, Quilter’s hilarious comedy about the worst singer in the world, invites us into the world of Florence Frost Jenkins (1868-1944), a gregarious soprano who, in the early 1940’s, became the must-see artist in New York. Spinning from charity recitals before groups of devoted friends to extravagant balls, Florence’s enthusiasm and joy more than made up for her imperfect pitch. Paying little attention to her critics, “the first lady of the sliding scale” resolutely restricted her professional performances to an annual recital, yet her unconventional career culminated in a triumphant sell-out concert at Carnegie Hall in New York shortly before her death. A **SIT-DOWN DINNER** following the show is at **ITALIAN VILLAGE RESTAURANT**. It’s a great day out of the mid winter blues! Choose one entrée: Chicken Parmesan; Stuffed Pork Chop; Pasta Primavera

**SUNDAY 12:45PM – 7:00PM**

- Date: 2/24
- Cost: $89/person

**CARTWRIGHT’S – ANGELICA, NY**

**Featuring All You Can Eat Pancakes**

Off to the Southern Tier to enjoy maple syrup time at it’s finest. Our first stop is the **CUBA CHEESE SHOPPE** nestled in the farmlands of southwestern New York State where cheese has been a principle product since the late 1800’s. Shop for your favorite cheese products. An **ALL YOU CAN EAT PANCAKE LUNCH** (with sausage and ham) is included at **CARTWRIGHT’S MAPLE TREE INN OF ANGELICA HILLS**. Of course, **FRESH MAPLE SYRUP** will be served. Leave some room for a **MAPLE SUNDAE** served for dessert. Next, enjoy the **VILLAGE OF ANGELICA SHOPS** featuring a Hardware Store, Antiques, Coffee House, Country Stores, Art Galleries and more! We’ll complete our day with a visit to the **MADE IN AMERICA STORE**. It’s a great visit. Meet the people who have inspired others to “buy American”.

**THURSDAY 8:15AM – 5:00PM**

- Date: 3/21
- Cost: $69/person

**GREAT DAY FOR THE IRISH**

*Beeches Dinner Theater*

Relax as we travel to Rome, NY to the **BEECHES INN & CONFERENCE CENTER** for today’s fantastic buffet lunch and show “GREAT DAY FOR THE IRISH” by the **CHATHAM THEATER COMPANY**. First, it’s an all you can eat Beeches Irish Buffet and then it’s **SHOWTIME**! It’s “dazzled” you’ll be as the curtain opens on a flittering set as the cast takes you on a family friendly song and comedy filled journey throughout the Emerald Isle. A coffee / snack stop will be made en route to our destination and a pay on own snack stop en route home.

**TUESDAY 6:45AM – 8:30PM**

- Date: 3/12
- Cost: $109/person

**GREAT DAY FOR THE IRISH**

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**TUESDAY 6:45AM – 8:30PM**

- Date: 3/12
- Cost: $109/person

**Know How Tours Motor Coach will depart from Tops Market at 4:00PM and returns approximately 7:00AM. If paying by check for your trip/tour, please make check payable to Know How Tours.**
“NIGHT LIGHTS”
AT THE BOTANICAL GARDENS
We’re off to the MARILLA COUNTRY STORE. The original store was built in 1851 and has been in continuous operation since then. The original gas lights and wood floors remain today and a museum has been established to display antique fixtures, farm equipment and inventory from the store’s rich past. A handmade elevator used for hoisting merchandise to the second floor is a special feature in the museum. Our next stop is OUR LADY OF VICTORY BASILICA for a tour and time to stop in their lovely gift shop. Visit PREMIUM COFFEE ROASTERS in Lackawanna - for a “taste” and presentation on how coffee is grown, distributed and roasted. DINNER is served FAMILY STYLE at ILIO DIPAOLOS RESTAURANT before our highlight visit this evening at the BUFFALO & ERIE CO. BOTANICAL GARDENS. “NIGHT LIGHTS” is an annual event - the interior of the Gardens will be illuminated with theatrical and interactive lighting. As you walk through the gardens, you will encounter creative lighting displays and soundscapes that will inspire imaginations and delight your senses. The tri-dome glass (one of only two in the country), wood and steel bulding by the Lord & Durham Co. built in 1897 to 1899 was one of the largest public greenhouses in the country. Join Know How Tours - IT’S A SPECIAL NIGHT AT THE GARDENS!
THURSDAY 12:15PM – 8:00PM
Date: 1/31 Cost: $85/person

SHERLOCK HOLMES MYSTERY
AT THE OLD MILL
New Show – “The Fine Art of Murder”
Come join the fun. If you haven’t been to this mystery interactive show – you are in for a fun-filled and exciting treat! Travel to historic OLD MILL RESTAURANT in Toronto for this hilarious, interactive murder mystery. Begin with a DELUXE BUFFET LUNCH offering a wide selection of Appetizers, Salads, Hot dishes and Desserts from all around the world before the show – THE FINE ART OF MURDER! A SHERLOCK HOLMES MYSTERY! In the castle of a wealthy Countess, Sherlock Holmes is reunited with his trusted sidekick, Dr. John Watson for a thrilling case of murder and deception, when a body is found at the foot of a priceless painting. Can Holmes solve the riddle and crack the case? More importantly, can he solve it in time? Join them for an exciting afternoon of plot-twisting and classic intrigue. The game is afoot! Participate in the solving of this hilarious Whodunit. This is a great tour for small groups!
WEDNESDAY 8:15AM – 6:00PM
Date: 4/17 Cost: $104/person

BRING PROOF OF CITIZENSHIP
Know How Tours Motor Coach will depart from Tops Market at 8:30AM and returns approximately 6:00PM. If paying by check for your trip/tour, please make check payable to Know How Tours.

WIZARD OF OZ
Travel to Avon, NY for BRUNCH at the historic Avon Inn. Built in 1820 and listed on the National Register of Historic Places, this beautiful Greek Revival Mansion carries on a century old fantastic dining experience. Continue on to THE ROCHESTER BROADWAY THEATRE LEAGUE for the show, WICKED – winner of 35 major awards including the Grammy Award and three Tony Awards for Best Musical. Meet two unlikely friends: One, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. Together they begin their journey in total agreement.
THURSDAY 1:30 PM MATINEE
Date: 3/24 Cost: $139/A Seating $129/B Seating

SISTER ACT SHEA’S
We’re off to historic SHEA’S BUFFALO THEATER for the Oscar Award winning performance of “SISTER ACT”. Sister Act is Broadway’s feel-amazing musical comedy smash! The New York Post calls it “Remarkable Fun” and audiences are jumping to their feet in total agreement. SISTER ACT tells the story of Deloris Van Cartier, a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in the last place anyone would think to look – a convent! Under the suspicious watch of Mother Superior, Deloris helps her sister find their voices as she unexpectedly rediscovers her own. A sparkling tribute to the universal power of friendship, SISTER ACT, is reason to REJOICE! Chicken and Beef FAMILY STYLE DINNER following the show at ILIO DIPAOLOS RESTAURANT.
SUNDAY 12:15PM – 7:30PM
Date: 3/24 Cost: $139/A Seating $129/B Seating

Know How Tours Motor Coach will depart from Tops Market at 8:30AM and returns approximately 6:00PM. If paying by check for your trip/tour, please make check payable to Know How Tours.
Frontier Community Education’s
Before and After School Program Information

Applications for the Program are available at our office at 4540 Southwestern Blvd. as well as all the Elementary Schools in the district. New applications are accepted throughout the school year. However, all new students or schedule changes must be submitted to our office by Wednesday of the week prior to the start of service. If you have any questions, please contact us at 646-9412.

BEFORE SCHOOL PROGRAM
Register your child in the Frontier Community Education Before School Program. This licensed program operates at Big Tree, Blasdell, Cloverbank and Pinehurst Elementary Schools according to the school calendar from 6:45AM until school time. Breakfast is provided and a variety of games are played. The program will cost:
- $139 monthly for 5 days a week,
- $119 monthly for 4 days a week,
- $104 monthly for 3 days a week,
- $75 monthly for 2 days a week,
- $43 monthly for 1 day per week.
Daily Rate: $10.65

AFTER SCHOOL PROGRAM
Register your child in the Frontier Community Education After School Program. This licensed program operates at Big Tree, Blasdell, Cloverbank and Pinehurst Elementary Schools according to the school calendar from dismissal time until 5:45PM. Community Education experienced childcare providers offer a variety of sports, games, crafts and homework time as well as a nutritious snack.
- $200 monthly for 5 days a week,
- $184 monthly for 4 days a week,
- $153 monthly for 3 days a week,
- $106 monthly for 2 days a week,
- $55 monthly for 1 day a week.
Daily Rate: $13.70
You may use the same form for more than one person as long as they reside at the same address.

**Frontier Central Community Education Registration Form**
4540 Southwestern Blvd., Hamburg, NY 14075 -- Phone: 646-9412 -- Fax: 646-9416

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<th>Parent’s Name</th>
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<th>Course Name</th>
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It would be advisable to put down a second choice if the class you registered for is cancelled or filled.
You will be only be called if given second choice. Please indicate second choice below:

**2nd Choice**

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<th>TOTAL DUE $</th>
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Method of Payment - Check/MO #_____ Cash _____ MC/Visa_____ Approved _____ Golden Pass #_____

(Please make checks payable to: **Frontier Community Education**)

I authorize Frontier Central School District to charge my MasterCard/Visa credit card account # below for the above registered classes.

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Signature ___________________________ Exp Date __________

**Do Not Include Lab Fees**
REGISTRATION is currently being accepted!

By Mail: Enclose a check, money order or credit/debit card payment for the amount of the registration fee with your completed registration form. (No lab fees, please!) Make check payable and address to:

Frontier Community Education
4540 Southwestern Blvd. Rm. 157
Hamburg, NY 14075

By Fax: 24 hours a day, 7 days a week, 646-9416
Credit / Debit Card
Registration Only!

Walk-ins welcome on the following days & times:
9:00 AM - 5:00 PM Monday - Thursday
9:00 AM - 4:00 PM Friday
Frontier Community Learning Center, Rm. 157
(Enter through Door #10)
(Please use Door #9 when attending classes.)

Most classes begin the week of January 14th (please check brochure for exact start date)
Please report to class as scheduled.

You will be notified only if your class is full or has been cancelled.

Any Frontier District resident who is on unemployment or a senior citizen may register at one-half of the fee with the exception of: NYS Point Insurance Reduction, Babysitting, Computer Classes, Pilates, Zumba and 5 Hour Pre-licensing or where otherwise indicated. Current evidence of unemployment must be presented at the time of registration or a copy of your current unemployment stub can be sent in the mail. A Golden Pass should be obtained by senior citizens (55 and over) for use in registering and the Golden Pass number written on the registration form. To obtain one, present your license for verification of age and residency at the Community Education office located in Room 157 of the Frontier Community Learning Center.

CREDIT / DEBIT CARD PAYMENT – We accept MasterCard and Visa payments. You must list your credit/debit card #, expiration date, and sign your registration form. You may mail, fax or register in person with your credit/debit card payment.

LAB FEE - When a class is offered and supplies will be purchased by the student from the instructor, that amount is shown in the class description as the Lab Fee. This is payable to the instructor at the first class. You may have to bring additional materials. Please see individual class description.

NEW INSTRUCTORS – Do you have a skill or talent you would like to share? Become a Community Education Instructor! Contact us for information. Community Education does not endorse the opinions or business affiliation of our instructors. We are not responsible for any advice and/or consultation given beyond the class setting or curriculum.

NON-RESIDENTS- Although classes are provided for Frontier District residents, non-residents are welcome. The non-resident fee will be represented as NR in the course listing.

OFFICE HOURS – PLEASE NOTE: NEW HOURS!! Our office is open from 9:00 am to 5:00 pm Monday – Thursday and 9:00 am to 4:00 pm on Fridays. However, these hours are subject to change when school is on recess (Winter, Spring and Summer). Please call our office to verify our hours during these periods.

REFUNDS/CANCELLATIONS – The full fee will be refunded by check or credit (when paid w/charge card) if classes are filled or cancelled or if you wish to withdraw from a class at least one week prior to the class start date. If withdrawal from class takes place within the week of the class beginning, you will be issued a due bill in the full amount you paid or a refund will be issued less $5. Registration fees will not be refunded or due bills issued for any reason if you cancel within 24 hrs. prior to the first class.

SCHOOL CLOSING - When day school is closed due to poor weather or any other emergency condition, Community Education classes will be cancelled. Please call our office or listen to your local radio station.

WAIVERS – They are required of all who participate in physical education or swimming classes unless a health certificate is issued by your doctor. Remember to check with your doctor before starting a new exercise program.

FOR ADDITIONAL INFORMATION, please call:
Linda Baranowski, Administrative Asst. or Darlene Guerra, Clerk - Before & After School Program

Please note: We can only accept paid registration in person, fax or through the mail. We regret we cannot take phone in registrations. Thank you!
Frontier Community Education classes occur Monday through Saturday!
The Community Education Office is located in the new Frontier Community Learning Center (#9).
If registering in person use Door #10 on side of building.
You may also register by mail or fax.
Office Hours for Registrations:
Mon. - Thurs. 9:00 am - 8:00 p.m.
& Friday 9:00 am - 4:00 p.m.

LAKE ERIE

CLASSROOM LOCATIONS:
1. Frontier Educational Center
2. Frontier High School
3. Frontier Middle School
4. Big Tree Elementary
5. Blasdell Elementary
6. Cloverbank Elementary
7. Pinehurst Elementary
8. Wayside Church
9. Frontier Community Learning Center

NON-RESIDENTS WELCOME!!!