



HAMBURG CENTRAL SCHOOL DISTRICT

Pursuing Excellence Through Partnership

CONTINUING EDUCATION SPRING 2012

For information:
Call **646-3306** or email
conted@hamburgschools.org

Mail registrations with checks to:
Continuing Education
Hamburg Central School District
5305 Abbott Rd.
Hamburg, NY 14075

Or register in person at:
Hamburg High School Room 120
4111 Legion Dr.
T,W,TH 5-7pm
Jan. 3-17
Office hours are by appointment only
after Jan. 17 by calling 646-3306.

IMPORTANT TO NOTE:

- ◆ If a course is cancelled by the Continuing Education Coordinator, for any reason, you will be notified by phone or email and receive a full refund
- ◆ Continuing Education Classes will not run if Hamburg Central School District's day or evening activities are cancelled due to inclement weather. In the event of such closings, you should attend the next scheduled class or, in the case of single classes, you will be rescheduled and notified of the new date.
- ◆ All classes are held in the evening unless specified as an A.M. class time.
- ◆ When classes are offered multiple times, each session will have its own registration number. Be sure to use the correct number.
- ◆ Registration fees are per class fees.
- ◆ Lab fees, where noted, are to be paid in full, directly to the instructor on the first day of class.
- ◆ If you are 60 years of age or older, you may be entitled to a senior discount. Check each course to see if a discount is offered.
- ◆ You **will not** be notified if you have successfully registered.
- ◆ You **will not** be notified if you have been closed out.
- ◆ Email addresses are important. Please print clearly.
- ◆ Students of Continuing Education must be at least 21 years old.
- ◆ Please REGISTER EARLY, as classes fill up fast.



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PLEASE NOTE:

DRIVER EDUCATION IS NO LONGER BEING OFFERED THROUGH CONTINUING EDUCATION. PLEASE VISIT THE HAMBURG HIGH SCHOOL WEBSITE (WWW. HAMBURGSCHOOLS.ORG) FOR INFORMATION.

ARTS AND CRAFTS

DRAWING AND PAINTING

WORKSHOP (A-1)

Pat Burger

Draw and/or paint subjects of your choice in media of your choice including pastels, colored pencils, oil paints or acrylics. Personal help with line drawing, shading, composition, perspective, and color theory. Painting techniques will be addressed as needed. Bring any art supplies you have to the first class. **DO NOT BUY NEW MATERIALS.** Suggestions will be offered in class. Oil painters must use odorless materials. For further information, **please call Pat at 649-0398.**

Hamburg High School, Room 132

Dates: Thursdays, Jan. 19-March 1

Times: 6:30 - 9:30

Cost: \$50 Seniors \$30 First Time

Registrants pay a \$5.00 Lab Fee

No Class: Feb 23



GLASS BEADMAKING – THE FIRST STEPS (A-3, A-3a, A-3b, A-3c, A-3d, A-3e)

Vicki Schneider of Expressive Glass

Turn hot glass into cool stuff! Join glass artisan Vicki Schneider at her beautiful studio near Woodlawn Beach for beginning classes in glass bead making (also known as lampworking or flameworking). In just 3 hours, you will make your own one-of-a-kind glass beads and enter the mystical and ancient world of lampworking. This clinic will introduce you to the art of safely flameworking soft glass. You will learn to melt glass rods, wrap molten glass around thin steel rods (mandrels), and create basic beads. After exploring various surface decorations, you will produce colorful treasures that you can turn into jewelry. Class fee includes 3 hours of instruction, all glass, tools and materials plus 1 hour complimentary studio time to be used within 30 days of your class. Choose one class below.

Expressive Glass Studio

3333 Lakeshore Road (Route 5)

Hamburg – former home of Dickie's Donuts

A-3 : Saturday, Jan. 28 2-5

A-3a: Tuesday, Jan. 31 6-9

A-3b: Saturday, Feb. 11 2-5

A-3c: Tuesday, April 17 6-9

A-3d: Sunday, April 29 2-5

A-3e: Saturday, May 5 2-5

Cost: \$65

WATER COLOR WORKSHOP (A-2)

Pat Burger

Enjoy painting subjects of your choice in the company of other painters of various levels and ability. Learn new techniques, styles of painting and ideas for developing your capabilities. Mini-demonstrations, videos and lessons will be part of that development if and when applicable. Bring any art supplies you have to the first class. **DO NOT BUY NEW MATERIALS.** Suggestions will be offered in class. For further information, **please call Pat at 649-0398.**



Hamburg High School, Room 132

Dates: Wednesdays, Jan. 18-Feb. 29

Times: 6:30 - 9:30

Cost: \$50 Seniors \$30

First Time Registrants Pay a \$5.00 Lab Fee

No Class: Feb 22

CRYSTAL AND GLASS JEWELRY (A-5, A-5a, A-5b)

Crystal Sopko

BRACELET (A-5)

You will have two styles to choose from:

*Basic Czech crystal/pearl bracelet with toggle fastener
or

*Czech crystal/pearl bracelet with silver tube sidebars and toggle fastener

A \$17 lab fee will be payable directly to the instructor at class.

Union Pleasant Elementary School, Room 100

Date: Tuesday, March 6

Times: 6:30 – 8:30

Cost: \$10 Lab fee - \$17



BEADED JEWELRY WORKSHOP (A-4)

Darleen Stry

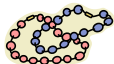
Come learn the basics for making beaded jewelry. Choose from millefiori glass, gemstone or pearls, and create a combination that will be one-of-a-kind. You will leave with two pieces of perfect jewelry. A \$10 lab fee will be payable directly to the instructor at class.

Hamburg Middle School, Room 127

Date: Monday, April 16

Times: 7:00 – 9:00

Cost: \$10 Lab fee - \$10



EARRINGS (A-5a)

You can choose from 3 designs – dragon fly, crystal dangle or pearl earrings with Shepard hooks or posts using Swarovski crystals. A \$12 lab fee will be payable directly to the instructor at class.

Union Pleasant Elementary School, Room 100

Date: Tuesday, March 13

Times: 6:30 – 8:30

Cost: \$10 Lab fee - \$12

NECKLACE (A-5b)

Participants will have the choice of black or clear fire polished crystal beads and pearls. A toggle fastener will be used for necklaces.

A \$25 lab fee will be payable directly to the instructor at class.

Union Pleasant Elementary School, Room 100

Date: Tuesday, March 20

Times: 6:30 – 9:00

Cost: \$12 Lab fee - \$25

COMPUTERS

Acceptable Use Policy Required for Those Taking Computer Courses

Hamburg Central School District has established an Acceptable Use Policy for use of district computers. The policy states that all students (day and night school) must be responsible for the computer equipment they use. Also included is a statement that prohibits access to computerized information resources with inappropriate content. By signing up for a Hamburg Central Continuing Education course, you are agreeing to the district's Acceptable Use Policy. For additional information, call the Technology Office at 646-3213.

INTRODUCTION TO MICROSOFT WORD 2010 (C-10)

Cheryl Schalk

An introductory, three-session class for beginners which lays the foundation for the use of MS Word, a popular and widely-used document-producing program. Learn to create letters, memos, or even "the great American novel" with ease and skill. Learn to customize your Word productions for your own style of use. No prior experience is needed. Bring a "flash drive" to class if you want to save your work for additional practice. If you own a laptop with Word installed, you may bring it to class.

Class Limit: 10

Hamburg Middle School, Room 129A

Dates: Mondays, April 16-30

Times: 6:30 – 8:30

Cost: \$60 Seniors: \$45

COMPUTER CONCEPTS (C-13)

Cheryl Schalk

Ok, after you turn on the computer, then what????? Do you know what a desktop is? What are icons? What is Google? How am I able to talk with friends in other states over the computer? All this and much more would be covered in the computer concepts class. Class will meet three evenings.

Class limit: 10

Hamburg Middle School, Room 129A

Dates: M, T, W, April 2-4

Times: 6:30-8:30

Cost: \$35



INTRODUCTION TO MICROSOFT EXCEL 2010 (C-14)

Cheryl Schalk

The Excel spreadsheet program is a computerized equivalent of an accountant's ledger. The accuracy of Excel lends itself to many uses. For some, it is used for budgeting household income and expenses, calculating the monthly payment of a car or simply seeing how their money may grow in a savings or annuity account. Pre-requisite: Keyboarding A or equivalent computer knowledge.

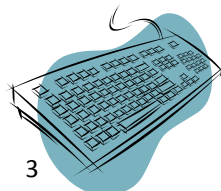
Class Limit: 10

Hamburg Middle School, Room 129A

Dates: Wednesdays, April 18-May 2

Times: 6:30 – 8:30

Cost: \$60 Seniors: \$45



KEYBOARDING A – FOR BEGINNERS (C-12)

Cheryl Schalk

Keyboarding A is a very basic, three-session introduction to keyboarding for the student who has practically no computer experience and is unfamiliar with the keyboard and keyboard functions.

Class Limit: 12

Union Pleasant School, Room 131

Dates: Tuesdays, April 17-May 1

Times: 6:30 – 8:30

Cost: \$35



ADVANCED MICROSOFT WORD 2010 (C-11)

Cheryl Schalk

An extension of the introductory course, Advanced Microsoft Word exposes students to more advanced functions which will give documents a more polished, professional look. Bring a "flash drive" to class if you want to save your work for additional practice. If you own a laptop with Word installed, you may bring it to class.

Class Limit: 10

Hamburg Middle School, Room 129A

Dates: M,T,W, May 7-9

Times: 6:30 – 8:30

Cost: \$60 Seniors: \$45

DANCE AND MUSIC

BALLROOM DANCING (D-1)

Mary Joanne's School of Dance

Ever wish you could Dance Like the Stars? Well, here is your chance to learn the basics of "show dance." This class is for beginners who would like to know how to Foxtrot, Waltz, Nightclub Two-Step and Tango. A partner is necessary.

Union Pleasant Union Street Gym

Date: Thursdays, Jan. 26-March 15

Times: 7:00-8:00

Cost: \$30/person Seniors \$20/person

No Class: Feb 23



LATIN/SWING DANCE (D-2)

Mary Joanne's School of Dance

Who can sit still while Latin rhythms pulse through your veins?! Latin music invigorates and inspires while providing a fun venue for confidence building and exercise. Come and learn the basic steps of the Merengue, Cha Cha, Samba and the Swing dances your parents enjoyed. A partner is necessary.

Union Pleasant Union Street Gym

Date: Thursdays, Jan. 26- March 15

Times: 8:15-9:15

Cost: \$30/person Seniors \$20/person

No Class: Feb 23



INTRODUCTION TO ACOUSTIC GUITAR, BANJO, MANDOLIN OR UKULELE (M-21)

Peter Miranda

Have you always wanted to play the guitar or other stringed instrument? If so, this is your chance to try in a relaxed, informal group setting. The classes are intended to provide individuals the opportunity to learn to play banjo, guitar, mandolin or ukulele. With regular attendance and practice you should soon be able to play many of the folk songs which are part of our musical heritage. The classes also include discussions regarding the basic structure of folk music and provide the experience of playing with others as a group.

Completing the 10 week course prepares you to participate in the course that follows: Acoustic Music Jam Session. If you wish to, you may enroll in either or both folk music classes to either sing along or try your newly-learned skills. Students are expected to provide their own instruments. If you do not have one, contact the instructor (549-0864) to learn how to obtain one.

Hamburg High School, Room 166

Dates: Wednesdays, Jan. 25 -April 4

Times: 6:30 - 7:30

Cost: \$50 Seniors: \$35

No Class: Feb 22



ACOUSTIC MUSIC JAM – Formerly Folk Music Jamboree (M-22)

Peter Miranda

Do you play acoustic guitar, banjo, mandolin or any other acoustic folk instrument? If you enjoy playing or singing folk music, you are invited to join us Wednesdays for 10 weeks at 7:30 pm for an acoustic music jam. Music choices include traditional and modern folk, old time country and bluegrass music of artists such as Bill Monroe, Bob Dylan, James Taylor, Kingston Trio, Gordon Lightfoot and John Prine, to name a few. The music is paced so that beginners, as well as more experienced musicians, can participate. The atmosphere is informal, relaxed and great fun! If you can't play an instrument, come to sing. Students are expected to provide their own instruments. If you do not have one, contact the instructor (549-0864) to learn how to obtain one. Play lists and music sheets will be provided via email, so please be clear when writing your e-mail on your registration form. A limited number of song sheets will be available for those who do not have internet access.

Hamburg High School, Room 166

Dates: Wednesdays, Jan. 25- April 4

Times: 7:30 - 9:00

Cost: \$50 seniors \$35

No Class: Feb 22



BUSINESS AND FINANCIAL

NOTARY PUBLIC TRAINING COURSE (B-11)

Staff of Notary Public Central
www.NotaryPublicCentral.com

Stand out among the competition! Add a new credential to your resume and be an asset to your company by enhancing your credentials! All companies need to have documents notarized. The objective of the notary public training course is to educate individuals regarding legal terminology, concepts and clauses contained in the framework of the NYS notary booklet. Fee includes: supplemental study guide, notary fact sheet, practical exam, National Notary Organization pamphlets and brochures, sample forms, notary public application, NYS exam schedule and booklet, 1 year free subscription to Notary Public Central and Legal Updates. Students are required to bring a pen and/or highlighter. Commissioned notaries are always welcome to attend. Please register early for this unique course – don't wait!

Hamburg Middle School, Room 115
Date: Tuesday, March 27
Times: 7:00 – 10:00
Cost: \$55



POINT INSURANCE REDUCTION (B-13)

Erie Community College Driving Program

Upon completion of the two-night program, motorists receive a 10% reduction in automobile liability and collision insurance premium for three years and a four point driving record violation reduction. Students must bring driver's license to class. No senior discount. A minimum of 12 registrants required to run.

Hamburg High School, Room 123
Dates: Tuesday, Jan. 31 & Feb. 7
Time: 6:00 – 9:00
Cost: \$38



NEW RULES FOR COLLEGE MONEY (B-15)

James Trueman, CFP

This class is for families with students nearing college-age who would benefit from tuition assistance. Did you know that there are financial professionals who can assist you, who can show you how to get grants ("free money") and how your student can attend a private college for about the same out-of-pocket cost as a state school? You can find help paying for college and you can get help in finding the college itself which specifically fits the personal needs of your student. Is your financial situation changing and not for the better? You can re-apply for money fitting your new circumstances. If you have any pre-college student (especially a sophomore, junior or senior in the Fall semester), this evening is an informational must.

Hamburg Middle School, Room 117
Date: Tuesday, March 20
Times: 7:00 – 9:00
Cost: Free



STUDENTS! DON'T WAIT TO REGISTER.

Classes are offered on a first come, first served basis and are held based upon maximum allowable enrollment **You will not receive a course confirmation.** You will be notified ONLY if a class is cancelled, which happens sometimes due to low enrollment. If you want to take a course, please register ASAP.

OBTAINING A MORTGAGE IN 2012 (B-10)

Thomas J. Liolos, Sr. Mortgage Consultant

Mortgage financing has changed so much in the last few years that you should know everything you can before venturing out to purchase a home. This class will review all mortgage programs available to you, qualifications needed and paper work to start saving. The goal is to educate students so they can proceed through this process with the least amount of stress.

Hamburg Middle School,
Room 117
Date: Thursday, March 1
Times: 7:00- 8:30
Cost: Free



WILLS, ESTATE PLANNING AND TAXATION (B-12) (B-14)

Paul Caswell, JD,LLM,ChFC

The class will discuss and provide examples of the practical aspects of wills, trusts, estate planning and taxation for individuals and family units.

The purpose of the class is to inform an attendee of the numerous options that may be undertaken to pass on their estate, make gifts and minimize taxation on such.

Hamburg Middle School, Room 117
Dates: B-12 Wednesday, Jan. 18
B-14 Tuesday, April 24
Times: 6:30-8:00
Cost: Free



PERSONAL GROWTH AND WELLNESS

LESSONS FROM MY INNER ATHLETE (P-22)

Amy Moritz (Amy Moritz Creates)

It doesn't matter whether you are an established competitor or gearing up to walk your first 5K -- we all have an inner athlete offering us wisdom that is valuable well beyond the sports world. In this workshop, connect with your inner athlete by learning how to focus on the mind-body connection. Learn techniques on goal-setting and motivation to create a healthy life and reinforce a positive, creative self image.

Hamburg Middle School Room 213

Dates: Tuesday, Feb. 7

Times: 7-8:30

Cost: \$15



CREATIVE WRITING: FOR THE WRITE IN EACH OF US (P-23)

Lizz Schumer

Have you ever wanted to write more than your grocery list? Something more substantial than an email? During this class, we will learn about projecting a narrative arc, finding your voice, creating three-dimensional characters, playing with perspective and much more, whether your interest lies in poetry, fiction, nonfiction, or all of the above. We will gather these tools and apply them to a creative project you will work on each class to create a substantial body of work. By the end, you will have a creative project that you can be proud of, and the right tools to keep working as a writer well after the class is completed. No prior writing experience necessary: if you can read and write this description, you can be a writer. Bring your imagination and the drive to create something beautiful. We'll cover the rest.

Hamburg High School Room 122

Dates: Thursdays, Jan. 19-March 22

Times: 7:00-9:00

Cost: \$15

No Class: Feb. 23, March 1



SPORTS AND PHYSICAL FITNESS

BODY BY YOU (S-21, S-21A)

Peg Meissner, MSRD, AFAA Certified

Class is for beginner to advanced students. Bring free weights/dumbbells, a mat and water for a complete body workout. Students do squats, lunges, abs, back, chest, shoulder, tricep and bicep exercises. Modifications are given to accommodate all levels. Choose one or more class(es) below.

Charlotte Avenue Gym

Dates: Tuesdays and Thursdays, Jan.17 – April 19

Times: 5:30 – 6:30

S-21 T only \$40 Seniors \$30

S-21a Th. only \$40 Seniors \$30

No Class: 2/21, 2/23, 3/13, 3/20, 3/22, 3/29
4/10, 4/12



REIKI I CERTIFICATION (P-24, P-24a, P-24b, P-24c)

Jesse Wicher

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

Holistic Arts Studio at 68 Reed Avenue, Lackawanna
Off Ridge Road near OLV

Call 821-1404 or email HolisticArts@hotmail.com to register!

P-24

Saturday, March 17 Level I

Cost: \$135

Times: 10:00 am – 4:00 pm

P-24a

Saturday, April 14 Level II

Cost: \$160

Times: 10:00 am – 4:00 pm

P-24b

Saturday, April 28 Advanced Reiki Training

Cost: \$125

Times: 10:00 am – 4:00 pm

P-24c

Saturday, May 12 Level III

Cost: \$185

Times: 10:00 am – 4:00 pm



FUN FITNESS FOR MEN & WOMEN (S-40, S40A)

Deborah Leavell

Exercise to a variety of musical selections. Bring your own exercise mat or rug and weights, if you are advanced. Please register for one or more class(es) below

Charlotte Avenue Gym

Monday and Wednesdays, Jan. 23 – March 21

Times: 6:30 – 7:30

S-40 M only \$30 Seniors \$22

S-40A W only \$30 Seniors \$22

No Class: 2/20, 2/22, 3/14

OPEN YOGA (S-41)

Erin N. Schifferli MS, RD, Certified Yoga Teacher

All levels are welcome to join this vinyasa (connecting breath and movement) style yoga class. Whether you are new to yoga or a long-time student, come join us as we practice breath work, standing postures, balancing, classic hatha poses and final relaxation. Yoga can be a wonderful way to bring movement and peace into your life. Modifications are provided. Please bring a yoga mat, a water bottle and a small towel.

Union Pleasant School, Union Street Gym

S-41 Tuesdays, February 7 – March 20

Times: 7:30 – 8:30

Cost: \$45 Seniors \$35

No Class: 2/21



ZUMBA BLAST - 30 minutes (S-41A)

Come join the party! Zumba is an amazing combination of dance steps, fitness moves, and exhilarating Latin music that will inspire you to sweat. No matter what your fitness level, Zumba will get your heart thumping and build a strong lean body. This class can be low - high impact and students are encouraged to take it to their own level. Come have fun and remember what it's like to enjoy moving! No experience necessary. Wear comfortable sneakers/shoes: walking sneakers, jazz shoes, flat canvas or cross training sneakers work well.

Union Pleasant School, Union Street Gym

S-41a Zumba: Tuesdays, Feb. 7– March 20

Times: 7:00-7:30

Cost: \$25 Seniors \$15



NOTE: A lifeguard must be present before swimmers can enter the pool. If an instructor is delayed, swimmers may enjoy "open swim" if a lifeguard is present.

SUNRISE SWIMMERS:



Sunrise Swim will not meet on holidays, snow days, or the day after holidays or snow days. There will be NO SUNRISE SWIM on the following dates, which also include dates when the school schedule of examinations, etc., will not permit use of the pool in the morning: Jan. 18, 25, 27, Feb. 22, 24, April 6, 20, 22 and May 31.

A CAUTION FOR SWIMMERS:

Please be advised that pool temperatures are kept between 78 and 82 degrees as determined by New York State regulations for school districts. Because of the different swim activities, this temperature may feel warm to lap swimmers and cold to those in Aqua Aerobics. Students may find wearing a cotton-lined nylon windbreaker in the pool will make them more comfortable in the water.

SUNRISE SWIM (S-56)

No Instructor

An early morning leisure swim. Registrants swim lengths of the pool at their own pace. Please be aware that space is determined by the number of lifeguards on duty. We are bound by a registrant:lifeguard ratio. We will accept registrations in a number slightly higher than what is allowed to accommodate the spaces opened by traveling snowbirds, but space will still be limited.



Hamburg High School Pool

Dates: Tuesdays and Thursdays, through May 24

Times: 6:15 – 7:30 am

Cost: \$25 Seniors: \$15

No Class: 1/17, 2/21, 2/23, 4/10, 4/12, 5/29

MASTER SWIMMING (S-59, S-59a, S-59b)

Wendy Ryan

This class is for the competitive swimmer, past, present and future, who would like to improve the efficiency of the four basic competitive strokes. If you are not able to consistently swim break-free laps, this course is not for you. Workouts are created with the more athletically or competitively inclined in mind. Please register for one or more class(es) below. Space is limited, so register early.

Class Limit: 24

Hamburg Middle School Pool

S-59 Tuesdays, through May 8

Times: 6:30 – 8:00

Cost: \$30 Seniors: \$17

No Class: 1/3, 2/21, 4/3, 4/10

Hamburg Middle School Pool

S-59a Thursdays, through May 17

Times: 6:30 – 8:00

Cost: \$30 Seniors: \$17

No Class: 2/9, 2/23, 4/12



Hamburg High School Pool

S-59b Sundays, through May 20

Times: 11:00 am – 12:30 pm

Cost: \$30 Seniors: \$17

No Class: 1/1, 2/19, 4/8, 4/15

MEN'S BASKETBALL (S-54)

Tom Ryan

A limited number of spaces are still available for Men's Basketball which began Oct. 16, 2011 and concludes May 20, 2012.

Hamburg High School Gym

Dates: Sundays, through May 20

Times: 9:30 am – Noon

Cost: \$25 Seniors \$15

No Class: 1/1, 1/15, 2/19, 4/8, 4/15



Union Pleasant Gym

S-54 Thursdays, through May 24

Times: 6:30 – 8:30

Cost: \$25 Seniors: \$15

No Class: 2/2, 2/23, 4/12



SCUBA DIVING

Dave Johns – Professional Scuba of Hamburg

All ages can learn to dive with the world's largest scuba organization (PADI). Lessons are taught by Master Instructor Dave Johns from Professional Scuba in Hamburg. Included in the course fee are classroom instruction, pool instruction, open water training, textbook and all equipment for the first two classes. By the third class, students need to have a mask, fins, snorkel and boots. Scuba equipment for open water training is available for rent or purchase or you may use your own. **No Senior Discount**

Call 648-3483 to register and for further information.

Dates: Revolving class of approximately 8 weeks on Mondays, through May 21

Times: 6:30 – 9:30

Cost: \$242

FAMILY WELL BEING



"DECISIONS AND CONSEQUENCES" OR HOW TO TAKE THE STRESS OUT OF PARENTING (F-31)

Josie Houtsma

"No!" "You are not the boss of me!" Are you stumped on how to deal with your willful and rebellious child? Do you find it hard to hold your child accountable for misbehavior? In "Decisions and Consequences" we will focus on the art of effective and meaningful discipline while keeping your sense of humor and prevent premature graying hair! Together we will learn to:

- *Remain calm and focused as a parent when your child misbehaves
- *Put the monkey on your child's back
- *Use effective responses to common misbehavior like backtalk, ignoring, interrupting and tantrums and ... (bring your own)

Hamburg High School, Room 122

Dates: Mondays, Feb. 6, 13, 27

Times: 6:30-8:30

Cost: \$40



CO-ED VOLLEYBALL (S-53)

Richard Lardo

Volleyball for fun and exercise. Emphasis will be placed on proper rules of the game. Some instruction will be given. Couples and single registrants are welcome. A number of spaces are still available for Co-ed Volleyball, which runs through May 8.

Hamburg Middle School Gym

Dates: Tuesdays, through May 8

Times: 7:30 – 9:30

Cost: \$40 Seniors: \$20

No Class: 1/3, 2/21, 4/3, 4/10

MEN'S VOLLEYBALL (S-52)

Richard Lardo

A number of spaces are still available for Men's Volleyball, which runs through May 10.

Hamburg Middle School Gym

Dates: Thursdays on-going

Times: 7:30 – 9:30

Cost: \$20 Seniors \$10

No Class: 2/9, 2/23, 4/12



1-2-3 MAGIC... EFFECTIVE DISCIPLINE FOR CHILDREN 2 -12 (F-30)

Barbara Condrell www.teachingkidstolisten.com

Parents...teach your children to listen and behave! This nationally recognized program, by Dr. Thomas Phelan, is a humorous look at parenting and a serious look at discipline. When you leave this 2½ hour workshop, you will have the tools to discipline without arguing or yelling, control obnoxious behavior, check for 6 kinds of testing and manipulation and learn how to handle them. You will learn tactics for encouraging good behavior like doing homework, no fuss bedtime or mealtime and up and out in the morning. Parents are encouraged to attend together. Your instructor, Mrs. Barbara Condrell (certified instructor) was personally trained by Dr. Phelan.

Hamburg Middle School, Room 109

Date: Tuesday, May 8

Times: 6:30 – 9:00

Cost: \$40/person \$60/couple

THE AWAKENED PARENT (F-32, F-32a)

Kate Nolan-Eaton, MS

Awaken to your true nature through mindful parenting. This four week series challenges parents to confront faulty assumptions, conditioned thinking and reactionary behaviors in order to replace them with conscious action that nourishes the child's mind, body, and spirit and may bring parents to a deeper state of acceptance, enjoyment and confidence in their parenting and lives. Class includes an optional one hour consultation with the instructor to address individual obstacles to your mindful parenting experience. Kate has a school counseling background and has been incorporating mindful parenting into her life with her four children.

Hamburg High School, Room 122

F-32 Session I Tuesdays, Jan. 17-Feb. 1

Times: 6:30 – 8:00

Cost: \$48

F-32a Session 2 Tuesdays, Feb. 29- March 21

Times: 6:30 – 8:00

Cost: \$48



HOME AND HOBBIES

GARDENING BASICS

Francis Evans

Session 1: LIGHT GARDENING AND GROWING FROM SEED (H-1)

The basics of light gardening will be introduced.

Growing from seed will be discussed. Planning your garden starts here.

Session 2: CONTAINER GARDENING (H-1A)

Container types and useable soil compositions will be discussed. Plants suitable for containers as well as container placement for maximum effect will be considered. Student problems are welcome.

Session 3: GARDENING WITH PERENNIALS (H-1B)

This class will show you how to plan a perennial garden. Preparation of a garden, selection of plants and planting design will be covered.

Session 4: CONSERVATION IN YOUR GARDEN (H-1C)

Green has become an item everywhere. We will consider ways to conserve and enjoy a great garden without (hopefully) spending a lot of time and effort.

Union Pleasant Cafeteria

Dates: Tuesdays, March 6-27

Times: 7:00 – 9:00

Cost: \$30



GUIDE TO TENANT'S RIGHTS (H-2, H-2a)

Rayna Grossman (Housing Opportunities Made Equal)

- Introduction of Housing Discrimination
- Tenant's Rights/Responsibilities
- Landlord's Responsibilities
- Landlord/Tenant Issues (leases, security deposits, proper notice)
- Much more

Hamburg High School, Room 121

Date: H-2: Wednesday, March 7

H-2a: Wednesday, April 4

Times: 6:30 – 8:00

Cost: Free



MOVING ON - SENIOR LIVING (H-4)

Shirleen Tomasello and Kevin Farrell

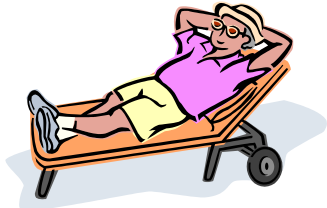
This seminar is tailored to seniors and their families, and will provide peace of mind when making decisions related to the challenges of leaving the family home and all that it represents. Seniors and their families will be guided through the key steps in the complex process of selling a home and moving on. The focus will be on issues and unique situations that may be encountered during this process, the options available to seniors and housing related resources that will be of assistance in this process. Participants will be provided with informative brochures and articles, materials from the various senior facilities to educate them on senior housing options consistent with their need levels and service provider information.

Hamburg Middle School, Room 117

Date: Wednesday, April 18

Times: 6:00 – 9:00

Cost: Free



USING A DIGITAL CAMERA (H-7)

Darleen Stry

Are you confused by your digital camera? This class will describe the basics of digital cameras including file formats, resolutions, macros, ISOs for auto settings, preset photo settings and much more.

Hamburg High School, Room 266

Dates: Tuesdays, Jan. 17 and 24

Times: 7:00 –9:00

Cost: \$15



INTERNATIONAL SOUPS (H-5)

Judith White

Join us while we take a culinary tour of the world. First stop—Italy for good old pasta fazool. Next we go to Canada for their Canadian cheddar cheese coup. How about we stop in France for authentic vichyssoise and to round out our tour, we'll stop in good 'ol USA for a super rich New England shrimp bisque. Please bring containers for leftovers.

Hamburg Middle School, Room 124

Dates: Tuesdays, Jan. 17 and 24

Times: 6:00 – 9:00

Cost: \$18 Seniors: \$15 Lab Fee \$15



GUIDE FOR LANDLORDS (H-3, H-3a)

Rayna Grossman (Housing Opportunities Made Equal)

- Introduction to Housing Discrimination
- Advertising
- Landlord's Rights/Responsibilities
- Tenant's Responsibilities
- Landlord/Tenant Issues (leases, security deposits, proper-notice)
- Much More

Hamburg High School, Room 121

Date: H-3: Thursday, March 29

H-3a: Thursday, May 2

Times: 6:30 – 8:00

Cost: Free



PHOTOSHOP WITH CS4 (H-8)

Darleen Stry

Want to make your photos better? Then this class is for you. class will take you from the beginner to proficient. Topics include basics such as cropping, dodging, layers, and learning new techniques such as multiply, gradients, masking and much much more. Each class will be a hands on workshop with students getting practice instruction sheets. 10 weeks

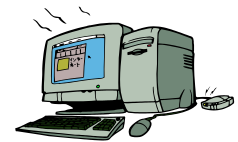
Hamburg High School, Room 266

Dates: Mondays, Jan. 23– April 3

Times: 7:00 –9:00

Cost: \$25

No Class Feb. 20



LUXURIOUS BRUNCH FARE (H-6)

Judy White

Brunch has become extremely popular of late and you might be thinking in that vein for the upcoming Easter season as well as Communion and graduation parties. We will be doing spinach spirals with mushroom sauce, a sausage hash brown bake, a spectacular German apple pancake and my Mom's almond Danish pastry. Please bring containers for leftovers.

Hamburg Middle School, Room 124

Dates: Tuesdays, March 20 and 27

Times: 6:00 – 9:00

Cost: \$18 Seniors: \$15 Lab Fee \$15



TRIPS AND TOURS



When registering for one of the trips, please include on your registration form the names of all persons traveling, and if possible, their addresses and phone numbers. You will receive written confirmation from Know How Tours and your tickets will be distributed upon arrival to board the bus. *Please note:* we can only take check payments made payable to **Hamburg Central Schools**. **PLEASE INDICATE THE TOUR NAME AND NUMBER ON BOTH CHECK AND REGISTRATION FORM.**

CORNING MUSEUM – SPARKLE OF GLASS & WINE (T-1)

FEATURING SPECIAL EXHIBIT:

CELEBRATING 50 YEARS OF AMERICAN STUDIO GLASS WEDNESDAY, MAY 16

Begin the day with a MUFFIN AND JUICE as you travel the scenic route to CORNING, NY. Upon arrival, enjoy a LUNCH at the CORNING MUSEUM OF GLASS. After dining, enjoy a docent led tour of the CORNING MUSEUM OF GLASS & unique hands- on experience---WINE GLASS SAND-BLASTING! Continue to explore the museum on your own—see the Hot Glass Show & other scheduled Demonstrations. Then grab your handcrafted wine glass & head to GLENORA WINERY for a tour & tasting. A rest stop will be made on the way down & quick rest/ food stop on the way home.

CHOOSE ONE ENTRÉE

- Chicken Scampi
- Strip Style Top Sirloin
- Ravioli

Depart: TP 7:30 am HD 8:00 am Return: HD 8:00 pm TP 8:30 pm
\$89.00 PP

TP= Tops Market
355 Orchard Park Rd.
West Seneca

HD= Home Depot
2065 Niagara Falls Blvd.
Tonawanda

SPRING FABULOUS FOOD SHOW – CLEVELAND (T-3)

Featuring EMERIL LAGASSE **SUNDAY, APRIL 29**

If you love the art of food, want to learn the latest techniques from world renowned chefs collect new recipes, shop for the holidays, sample outstanding food and taste fantastic wines - don't miss CLEVELAND'S FIRST SPRINGTIME CULINARY EVENT showcasing the ultimate in outdoor entertaining and the best in seasonal food trends. Your ticket includes seating for the live demonstration at the Ultimate Grilling Theatre featuring EMERIL LAGASSE. Begin with an OJ & MUFFIN as you travel to The I-X Center in Cleveland. A restroom stop will be made on the way down & fast food dinner stop –on own-on the way back. Approx. 6 hours to immerse yourself in the show.

ADMISSION INCLUDES:

- LIVE COOKING DEMONSTRATIONS by Celebrity Specialist- EMERIL LAGASSE
- LIVE COOKING DEMONSTRATIONS by Regional Chefs
- OUTDOOR LIVING STAGE
- GRILL'N BARBEQUE STAGE featuring demonstrations & interactive displays
- FARMERS MARKET & STAGE featuring garden tips, recipes, wellness topics, horticulturists & culinary experts.
- MARKET PLACE – Sample and buy assorted products & services from more than 200 vendors.
- AUTOGRAPH PAVILION - signings by Celebrity Chefs

Depart: HD 7:30 am TP 8:00 am
Return: TP 9:00 pm HD 9:30 pm
\$89.00 PP

YANKEES VS BLUEJAYS IN TORONTO (T-2)

SATURDAY, AUG. 11

Spend a Saturday afternoon enjoying the ever-so-popular NEW YORK YANKEES take on the BLUE JAYS in TORONTO. The trip includes Round Trip Motorcoach Transportation & Ticket to the 1:07 pm game. Meals are on your own. Bring your friends – this is a great family outing! Seats section 113.

PROOF OF CITIZENSHIP REQUIRED

Depart: TP 8:30 am HD 9:00 am
Return: HD 6:30 pm TP 7:00 pm
\$89.00 PP

PENNSYLVANIA'S CHARMS (T-4)

TARA – A COUNTRY INN

& VILLAGE OF VOLANT WEDNESDAY, MAY 9

Enjoy a JUICE & MUFFIN on the way to Clark, PA for a sensational one day tour visiting TARA –the magnificent 1854 Antebellum mansion, a virtual museum of GONE WITH THE WIND Memorabilia and Civil War artifacts. A fantastic FAMILY STYLE LUNCH is the highlight of this visit. Following our Tara experience, we will continue to experience the charm of Pennsylvania at the VILLAGE OF VOLANT shops. Shops include: Special-Teas, Etc., The Kitchen Shoppe, Attic Treasures, Miss Scarletts Gift Parlor, Cottage House Antiques, Collectibles and more! It's a unique day out! A brief fast food stop (on your own) will be made en route home.

Depart: HD 7:00 am TP 7:30 am
Return: TP 8:00 pm HD 8:30 pm
\$89.00 PP

Please complete a separate registration form for each person and each class. Copies or 3x5 cards are acceptable. Be sure you have chosen the correct course number and have noted it on the registration form and your check.



PLEASE MAKE CHECKS PAYABLE TO:

Hamburg Central School District

NO CLASSES WHEN SCHOOL IS CLOSED:

Winter Recess: 12/24-1/2

Martin Luther King Day: 1/16

Mid-Winter Recess: 2/20-2/24

District Conference Day: 3/16

Spring Recess: 4/6-4/13

Memorial Day: 5/28

No Sunday classes during recess periods.



STORMY WEATHER

When school is closed due to inclement weather, all night classes are cancelled as well. Please monitor your local TV and radio stations, throughout the day, for closing information.

<p style="text-align: center;">Continuing Education – Spring 2012</p> <p style="text-align: center;"><i>Please fill out completely and print.</i></p> <p>Name _____</p> <p>Street _____</p> <p>Town/Zip _____</p> <p>_____ (Home Phone – Required) _____ Other Phone</p> <p>_____ E-mail address for notification – Print clearly _____</p> <p>_____ Course # _____ Course Name _____</p> <p>21 Years of Age or Older <input type="checkbox"/> Yes <input type="checkbox"/> No Senior Discount? <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p><i>For Office Use</i></p> <p>Date Received _____</p> <p>Check Number _____</p> <p>Class Fee _____</p> <p>Received by _____</p> <p>Registered <input type="checkbox"/> WinCap <input type="checkbox"/></p> <p>Discount <input type="checkbox"/></p>
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