



CONTINUING EDUCATION FALL 2019

IMPORTANT NOTES:

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

ENTERING OUR SCHOOLS

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

REGISTRATION

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

MAIL REGISTRATION FORMS & CHECKS TO:

Hamburg Central Schools Administration Bldg.

Continuing Ed. Office

5305 Abbott Rd. Hamburg, NY 14075

Please make checks payable to: Hamburg Continuing Ed.

REGISTER ONLINE:

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

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

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ONLINE REGISTRATION IS NOW OPEN!

To register online, please go to
hamburgschools.org
Community tab -> Continuing Education
There you will be able to click on the
registration link and create an account.

You can pay with a
credit card through online registration.
Please note: If you register online there is
a non-refundable processing fee.

ARTS & CRAFTS



PAINTING & DRAWING WORKSHOP (A1)

Vicki Warhol

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

Hamburg High School, Room 132
Dates: Wednesdays, Oct. 2 - Nov. 20
Time: 6:30 - 9 pm
Cost: \$50 Seniors: \$30
Registration deadline: Sept. 25

BUSINESS, FINANCE & LAW

SOCIAL SECURITY PLANNING FOR WOMEN (B1)

Elizabeth Evanisko

Participants will learn how women can maximize their retirement benefits. The class will explore different situations, including survivor benefits if a husband or ex-husband dies; divorced-spouse benefits; and what Social Security planning should be considered remarrying. Married individuals will learn how to best coordinate retirement benefits with their spouse.

Hamburg High School, Room 121
Date: Wednesday, Oct. 16
Time: 6 - 7:30 pm
Cost: Free

Registration deadline: Oct. 9



NYS RETIREMENT SYSTEM OPTIONS (B2)

Elizabeth Evanisko

Participants will be provided an explanation of retirement benefits including eligibility and term, retirement benefit payout options, and the pros and cons of each. Options for other benefits, such as Social Security, IRA and insurance, will be explored and how those can be used to maximize a pension.

Hamburg High School, Room 121
Date: Wednesday, Oct. 30
Time: 6 - 7:30 pm
Cost: Free

Registration deadline: Oct. 23



SAVVY IRA PLANNING (B3)

Elizabeth Evanisko

At this workshop, participants will learn 7 strategies for IRA planning, 6 rollover options for retirement plan funds and 3 common required minimum distribution mistakes. The class will also explore how to coordinate IRA planning with overall retirement, estate, tax and Social Security plans.

Hamburg High School, Room 121
Date: Monday, Nov. 18
Time: 6 - 7:30 pm
Cost: Free
Registration deadline: Nov. 11



BUSINESS, FINANCE & LAW (CONT.)

NOTARY PUBLIC TRAINING COURSE (B4)

Notary Public Central

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

Hamburg Middle School, Room 115

Date: Wednesday, Nov. 6

Time: 6 - 9 pm

Cost: \$80

Registration deadline: Oct. 30



Hamburg High School, Room 121

Date: Tuesday, Oct. 15

Time: 6 - 8 pm

Cost: Free

Registration deadline: Oct. 8



COLLEGE 101: PLANNING & FINANCING (B7)

Paul Celuch - College Assistance Plus

In this educational presentation, parents will learn tips about the college search, merit scholarships, the college financial process and New York's Free Tuition Program for public and private colleges. Suggestions to help families avoid overwhelming college debt will be given. This presentation is ideal for parents of high school students.

Hamburg Middle School, Room 117

Date: Thursday, Oct. 17

Time: 6:30 - 7:30 pm

Cost: Free

Registration deadline: Oct. 10



SOCIAL SECURITY PLANNING 101 (B5)

Paul Hutchings

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

Hamburg Middle School, Room 117

Date: Wednesday, Oct. 9

Time: 6-7:30 pm

Cost: Free

Registration deadline: Oct. 2



COLLEGE 102: A FINANCIAL LOOK AT THE COLLEGE JOURNEY (B8)

Paul Celuch - College Assistance Plus

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

Hamburg Middle School, Room 117

Date: Thursday, Nov. 14

Time: 6:30 - 7:30 pm

Cost: Free

Registration deadline: Nov. 7

HOW TO PROTECT YOUR MONEY FROM MEDICAID AND A NURSING HOME (B6)

Les Robinson, CLTC

Nursing home and Medicaid issues are now the biggest threat to retirement money. Discussion will include: Reducing the emotional and financial issues of a Medicaid and nursing home event; keeping money from Medicaid; understanding and avoiding the Medicaid estate recovery policy and 5-year look back period. Learn about other long-term care options and maintaining Medicaid eligibility.

MUSIC

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

Peter Mirando

Have you always wanted to play the guitar or other stringed instruments? These classes are intended to provide individuals the opportunity to learn to play guitar, banjo, mandolin or ukulele. With regular attendance and practice, you

MUSIC (CONT.)

should soon be able to play many of the folk songs that are part of our musical heritage. Completing the 10-week course prepares you to participate in Acoustic Music Jam. If you wish, you may enroll in either or both music classes to either sing along or try your newly-learned skills. Students are expected to provide their own instruments. If you do not have an instrument, contact the instructor (549-0864) for assistance.

Hamburg High School, Room 166
Dates: Wednesdays, Oct. 2 - Dec. 11

NO CLASS NOV. 27

Time: 6:30 - 7:30 pm

Cost: \$50 Seniors: \$35

Registration deadline: Sept. 25



ACOUSTIC MUSIC JAM (M2)

Peter Miranda

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

Hamburg High School, Room 166
Dates: Wednesdays, Oct. 2 - Dec. 11

NO CLASS NOV. 27

Time: 7:30 - 9 pm

Cost: \$50 Seniors: \$35

Registration deadline: Sept. 25

SPECIAL INTEREST

CHAKRA AROMATHERAPY (SI1)

Pamela Toole, RN, BSN

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



Hamburg Middle School, Room

Date: Monday, Oct. 21

Time: 6 - 8 pm

Cost: \$10

Lab Fee: \$15

Registration deadline: Oct. 14

SCUBA DIVING (SI2)

Dave Johns, Professional Scuba Inc. of Hamburg

Classes are taught by master instructors through PADI and lead to permanent certification accepted worldwide. Scuba equipment provided for class and pool. Students should supply mask, fins and snorkel by the third class. If needed, these items can be purchased through Professional Scuba. Participants must register through Hamburg Central Continuing Education. Questions? Call Professional Scuba at 648-3483.



Hamburg High School, pool

Dates: Mondays, Sept. 30 - Dec. 16

* Students attend 8 of the 10 scheduled sessions.

NO CLASS OCT. 14; NOV. 11

Time: 6 - 9 pm

Cost: \$50

Lab fee: \$175 payable to Professional Scuba

Registration deadline: Sept. 23

WELLNESS & FITNESS

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

Emily Hoffman

Find your peaceful side. Try yoga for mental and emotional well-being. Learn basic yoga techniques over this 7-week session. Beginners welcome. Bring a yoga mat and water bottle.

Hamburg Middle School, Room 116B

Time: 6:30 - 7:40 pm

Cost: \$70 Seniors: \$65

Dates: Wednesdays, Oct. 2 - Dec. 4

NO CLASS OCT. 23; NOV. 20 & 27

Registration deadline: Sept. 25



ZUMBA® (FN2)

Carol Clark

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

Charlotte Avenue Gym

Dates: Mondays, Oct. 7 - Dec. 9

NO CLASS OCT. 14 & NOV. 11

Time: 6:30 - 7:30 pm

Cost: \$40

Registration deadline: Sept. 30



ZUMBA GOLD® (FN3)

Carol Clark

Zumba Gold® is the Zumba® fitness program that's everything a traditional Zumba® class is, but in this class we take it a little easier. The Zumba Gold® class introduces you to easy to follow Zumba® choreography that focuses on balance, range of motion and coordination. Zumba Gold® is great for active older adults, those returning to exercise, those who are just starting on their journey to a fit and healthy lifestyle, or someone who has an illness or injury and is medically cleared to exercise but needs a different pace.

Boston Valley School, gym

Dates: Tuesdays, Oct. 1 - Dec. 10

NO CLASS OCT. 15; DEC. 3

Time: 5:30 - 6:30 pm

Cost: \$45

Registration deadline: Sept. 24



SPORTS

MEN'S BASKETBALL SUNDAYS (SP1)

Tom Ryan

Basketball for exercise and recreation.

Hamburg High School, gym

Dates: Sundays, Oct. 20 - May 17

*** Please note: This is a full year class**

NO CLASS NOV. 10 ; DEC. 1 & 22 & 29; JAN. 19; FEB. 16 & 23; APRIL 12 & 19

Time: 9 - 11:30 am

Cost: \$45 Seniors: \$35

Registration deadline: Oct. 13

**Register
NOW**

CLASSES FILL UP FAST!

REGISTER ONLINE:

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

SPORTS (CONT.)

MEN'S BASKETBALL THURSDAYS (SP2)

Tom Ryan

Basketball for exercise and recreation.

Union Pleasant School, Pleasant Ave. gym

Dates: Thursdays, Oct. 3 - May 21

*** Please note: This is a full year class**

**NO CLASS NOV. 28;
DEC. 12 & 26; FEB. 20;
APRIL 2 & 9 & 16**

Time: 6:30 - 8:30 pm

Cost: \$60 Seniors: \$50

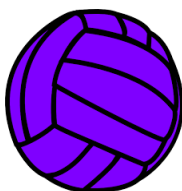
Registration deadline: Sept. 26



CO-ED VOLLEYBALL (SP3)

Tom Lardo

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



Hamburg Middle School, gym

Dates: Tuesdays, Nov. 12 - May 19

*** Please note: This is a full year class**

NO CLASS DEC. 17, 24 & 31; FEB. 18; APRIL 14

Time: 7:30 - 9:30 pm*

Cost: \$45 Seniors: \$25

Registration deadline: Oct. 29

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

MEN'S VOLLEYBALL (SP4)

Tom Lardo

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

Hamburg Middle School, gym

Dates: Thursdays, Nov. 14 - May 7

*** Please note: This is a full year class**



**NO CLASS NOV. 21 & 28; DEC. 26; JAN. 30; FEB. 20;
APRIL 9 & 16**

Time: 7:30 - 9:30 pm*

Cost: \$40 Seniors: \$20

Registration deadline: Oct. 31

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

SWIMMING

SUNRISE SWIM (SW1)

No instructor

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

Hamburg High School, pool

Dates: Tuesdays & Thursdays, Oct. 1 - Dec. 10

NO CLASS NOV. 28

Time: 6:15 - 7:15 am

Cost: \$30 Seniors: \$20

Registration deadline: Sept. 24

SWIM FOR HEALTH (SW2)

No instructor

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

Hamburg Middle School, pool

Dates: Tuesdays & Thursdays, Oct. 1 - Dec. 12

NO CLASS NOV. 21 & 28;

Time: 5:30 - 6:30 pm

Costs: \$30 Seniors: \$20

Registration deadline: Sept. 24



SWIMMING (CONT.)



DEEP WATER WORKOUT (SW3)

Mary Jo Lardo

This fitness program provides a no-impact but challenging cardiovascular workout. The class will use flotation devices to assist in a total body workout. Kick, tread and scull your way to a fit body. You will find this class especially challenging to the abs and thighs. Participants must be comfortable in deep water with no support. Students should purchase an aquatic belt or styrofoam water weights.

Class Limit: 25. Hurry! This class usually fills up quickly.

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, Oct. 2 - Dec. 11

NO CLASS OCT. 14; NOV. 11, 20 & 27

Time: 5 - 6 pm

Cost: \$50 Seniors: \$40

Registration deadline: Sept. 25

AQUA AEROBICS (SW4)

Stephanie Lardo

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

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, Oct. 2 - Dec. 11

NO CLASS OCT. 14; NOV. 11, 20 & 27

Time: 6 - 7 pm

Cost: \$50 Seniors: \$40

Registration deadline: Sept. 25



MASTER SWIMMING

Wendy Ryan

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

SUNDAYS MASTER SWIM (SW5)

Hamburg High School, pool

Dates: Sundays, Oct. 20 - May 17

NO CLASS NOV. 10 ; DEC. 1, 22 & 29; JAN. 19; FEB. 16 & 23; APRIL 12 & 19

Time: 10:30 am - noon

Cost: \$80 Seniors: \$70

Registration deadline: Oct. 11

TUESDAYS MASTER SWIM (SW6)

Hamburg Middle School, pool

Dates: Tuesdays, Oct. 1 - May 12

NO CLASS DEC. 3, 17, 24 & 31; FEB. 18; APRIL 14

Times: 6:30 - 8 pm

Cost: \$90 Seniors: \$80

Registration deadline: Sept. 24

THURSDAYS MASTER SWIM (SW7)

Hamburg Middle School, pool

Dates: Thursdays, Oct. 3 - May 7

NO CLASS NOV. 21 & 28; DEC. 26; JAN. 30; FEB. 20; APRIL 9 & 16; MAY 14

Time: 6:30 - 8 pm

Cost: \$85 Seniors: \$75

Registration deadline: Sept. 26



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

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

REGISTER BY MAIL:

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

CHECKS PAYABLE TO:

Hamburg Central Cont. Ed.

REGISTER ONLINE:

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

CONTACT US:

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

NO CLASSES

WHEN SCHOOL IS CLOSED:

Oct. 14; Nov. 11 & 27 - 29
Dec. 23 - Jan. 1

WEATHER CLOSINGS:

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

Hamburg Continuing Education - FALL 2019

Please fill out completely and print legibly.

Name _____

Street _____

Town/Zip _____

Phone number(s) _____

Email for notification - PLEASE PRINT CLEARLY

Course # _____ Course name _____

I am 21 years of age or older Yes ☐

Senior citizen discount? Yes ☐ No ☐

FOR OFFICE USE:

Date rcvd. _____

Check # _____

Class fee _____

Sr. discount Y N

Hamburg Continuing Education - FALL 2019

Please fill out completely and print legibly.

Name _____

Street _____

Town/Zip _____

Phone number(s) _____

Email for notification - PLEASE PRINT CLEARLY

Course # _____ Course name _____

I am 21 years of age or older Yes ☐

Senior citizen discount? Yes ☐ No ☐

FOR OFFICE USE:

Date rcvd. _____

Check # _____

Class fee _____

Sr. discount Y N

Hamburg Continuing Education - FALL 2019

Please fill out completely and print legibly.

Name _____

Street _____

Town/Zip _____

Phone number(s) _____

Email for notification - PLEASE PRINT CLEARLY

Course # _____ Course name _____

I am 21 years of age or older Yes ☐

Senior citizen discount? Yes ☐ No ☐

FOR OFFICE USE:

Date rcvd. _____

Check # _____

Class fee _____

Sr. discount Y N