

# HAMBURG CENTRAL SCHOOL DISTRICT



## CONTINUING EDUCATION FALL 2021

### **IMPORTANT NOTES:**

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

### **ENTERING OUR SCHOOLS**

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

### **REGISTRATION**

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

#### **MAIL REGISTRATION FORMS & CHECKS TO:**

Hamburg Central Schools Administration Bldg.

Continuing Ed. Office

5305 Abbott Rd. Hamburg, NY 14075

Please make checks payable to: Hamburg Continuing Ed.

#### **REGISTER ONLINE:**

Go to [hamburgschools.org](http://hamburgschools.org) -> Community -> Continuing Education and follow the instructions. You can use your credit card with online registration. Please note: If you register online, there is a processing fee. This fee is non-refundable, even if the class is cancelled or you withdraw.

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

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# ONLINE REGISTRATION IS NOW OPEN!

To register online, please go to  
[hamburgschools.org](http://hamburgschools.org)  
Community tab -> Continuing Education  
There you will be able to click on the  
registration link and create an account in Operoo.

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. 13 - Dec. 8  
Time: 6:30 - 9 pm  
Cost: \$55      Seniors: \$35  
**Registration deadline: Oct. 6**

## BUSINESS, FINANCE & LAW

### **SOCIAL SECURITY PLANNING FOR WOMEN (B1)**

*Elizabeth Evanisko*

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

Hamburg High School, Room 123  
Date: Tuesday, Oct. 12  
Time: 6 - 7:30 pm  
Cost: Free  
**Registration deadline: Oct. 5**

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

### **SAVVY TAX PLANNING (B2)**

*Elizabeth Evanisko*

During this workshop, you will learn the critical tax planning tips and tricks when it comes to your retirement income. We will be exploring the surprises that make retirement more expensive, what the Social Security "tax trap" is and how you can avoid it, how tapping assets in the wrong order can trigger higher Medicare premiums, why you need to manage taxes even before you retire and costly mistakes to avoid when it comes to your investment portfolio, health care and estate.

Hamburg High School, Room 123

Date: Tuesday, Nov. 30

Time: 6 - 7:30 pm

Cost: Free

**Registration deadline: Nov. 23**



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### **SAVVY IRA PLANNING (B3)**

*Elizabeth Evanisko*

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

Hamburg High School, Room 123

Date: Tuesday, Nov. 9

Time: 6 - 7:30 pm

Cost: Free

**Registration deadline: Nov. 2**



### **BUYING A HOME IN TODAY'S MARKET (B4)**

*Christopher Ricci*

Perfect class for the first-time home buyer or for someone who wants a refresher on how the process looks today as opposed to even just a few years ago. We will examine the entire purchasing process starting with how to obtain your mortgage pre-approval, estimating your monthly payment, how to house hunt, the contract process, how inspections work and how the closing process works. The better prepared you are, the more successful you will be in finding the right home. Other highlighted topics during the presentation: common mistakes buyers make, how to overcome financial obstacles, strategies to make a more competitive offer and the best time to buy.

Hamburg Middle School, Room 123

Date: Thursday, Oct. 21

Time: 7 - 9 pm

Cost: Free

**Registration deadline: Oct. 14**

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### **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 125

Date: Wednesday, Oct. 6

Time: 6-7:30 pm

Cost: Free

**Registration deadline: Sept. 29**

# **MUSIC**

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

*Peter Miranda*

Have you always wanted to play the guitar or other stringed instruments? These classes are intended to provide individuals the opportunity to learn to play guitar, banjo, mandolin or ukulele. With regular attendance and practice, you should soon be able to play many of the folk songs that are part of our musical heritage. Completing the course prepares you to participate in Acoustic Music Jam. If you wish, you may enroll in either or both music classes to either sing along or try your newly-learned skills. Students are expected to provide their own instruments. If you do not have an instrument, contact the instructor (549-0864) for assistance.

Hamburg Middle School, Room 134

Dates: Wednesdays, Oct. 6 - Dec. 15

**NO CLASS NOV. 17 & 24**

Time: 6:30 - 7:30 pm

Cost: \$55 Seniors: \$40

**Registration deadline: Sept. 29**

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## **ACOUSTIC MUSIC JAM (M2)**

*Peter Miranda*

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

A limited number of song sheets will be available for those who do not have internet access.

Hamburg Middle School, Room 134

Dates: Wednesdays, Oct. 6 - Dec. 15

**NO CLASS NOV. 17 & 24**

Time: 7:30 - 9 pm

Cost: \$55 Seniors: \$40

**Registration deadline: Sept. 29**



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## **SPECIAL INTEREST**

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

*Professional Scuba Inc. of Hamburg*

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



Hamburg High School, pool

Dates: Mondays, Oct. 4 - Dec. 13

**NO CLASS OCT. 11**

Time: 6 - 9 pm

Cost: \$50

Lab fee: \$375 payable to Professional Scuba

**Registration deadline: Sept. 27**

## WELLNESS & FITNESS

### **ZUMBA® (FN1)**

*Carol Clark-Osuch*

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



Charlotte Avenue School, gym  
Dates: Tuesdays, Oct. 5 - Dec. 7  
Time: 6 - 7 pm  
Cost: \$60  
**Registration deadline: Sept. 28**

## SPORTS

### **MEN'S BASKETBALL SATURDAYS (SP1)**

*Tom Ryan*

Basketball for exercise and recreation.

Hamburg Middle School, gym

Dates: Saturdays, Nov. 6 - May 14

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

**NO CLASS NOV. 27; DEC. 25; JAN. 1 & 29; FEB. 19 & 26; APRIL 9 & 16**

Time: 1 - 3 pm

Cost: \$65 Seniors: \$55

**Registration deadline: Oct. 30**

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### **MEN'S BASKETBALL THURSDAYS (SP2)**

*Tom Ryan*

Basketball for exercise and recreation.

Union Pleasant School, Pleasant Ave. gym

Dates: Thursdays, Oct. 7 - May 12

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

**NO CLASS NOV. 11 & 25; DEC. 9 & 30; FEB. 24; MAR. 3 & 31; APRIL 14 & 21; MAY 5**

Time: 6:30 - 8:30 pm

Cost: \$65 Seniors: \$55

**Registration deadline: Sept. 30**



**Register  
NOW**

**CLASSES FILL UP FAST!**



## **SPORTS (CONT.)**

### **CO-ED VOLLEYBALL (SP3)**

*Tom Lardo*

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

Hamburg Middle School, gym

Dates: Tuesdays, Nov. 9 - May 10

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

**NO CLASS DEC. 28; FEB. 8 & 22; APRIL 12**

Time: 7:30 - 9:30 pm\*

Cost: \$50 Seniors: \$30

**Registration deadline: Nov. 2**

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

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### **MEN'S VOLLEYBALL (SP4)**

*Tom Lardo*

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

Hamburg Middle School, gym

Dates: Thursdays, Dec. 2 - May 12

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

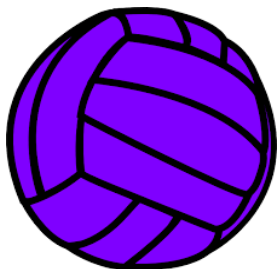
**NO CLASS DEC. 16, 23 & 30; JAN. 27; FEB. 24; APRIL 14**

Time: 7:30 - 9:30 pm\*

Cost: \$45 Seniors: \$25

**Registration deadline: Nov. 23**

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



## **SWIMMING**

### **SUNRISE SWIM (SW1)**

*No instructor*

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

Hamburg High School, pool

Dates: Tuesdays & Thursdays, Oct. 5 - Dec. 16

**NO CLASS NOV. 11 & 25**

Time: 6:15 - 7:15 am

Cost: \$40 Seniors: \$30

**Registration deadline: Sept. 28**

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### **SWIM FOR HEALTH (SW2)**

*No instructor*

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

Hamburg Middle School, pool

Dates: Tuesdays & Thursdays, Oct. 5 - Dec. 14

**NO CLASS NOV. 11, 18 & 25**

Time: 5:30 - 6:30 pm

Costs: \$40 Seniors: \$30

**Registration deadline: Sept. 28**



# 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. 4 - Dec. 8

**NO CLASS OCT. 11; NOV. 17 & 24**

Time: 5 - 6 pm

Cost: \$55 Seniors: \$45

**Registration deadline: Sept. 27**

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## AQUA AEROBICS (SW4)

*Stephanie Lardo*

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

Hamburg Middle School, pool

Dates: Mondays & Wednesdays, Oct. 4 - Dec. 8

**NO CLASS OCT. 11; NOV. 17 & 24**

Time: 6 - 7 pm

Cost: \$55 Seniors: \$45

**Registration deadline: Sept. 27**



## MASTER SWIMMING

*Wendy Ryan*

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

## SATURDAYS MASTER SWIM (SW5)

Hamburg Middle School, pool

Dates: Saturdays, Oct. 2 - May 14

**NO CLASS NOV. 27 ; DEC. 25; JAN. 1 & 29; FEB. 19 & 26; APRIL 9 & 16**

Time: 1 - 2:30 pm

Cost: \$85 Seniors: \$75

**Registration deadline: Sept. 25**

## TUESDAYS MASTER SWIM (SW6)

Hamburg Middle School, pool

Dates: Tuesdays, Oct. 5 - May 10

**NO CLASS DEC. 28; FEB. 8 & 22; APRIL 12**

Times: 6:30 - 8 pm

Cost: \$90 Seniors: \$80

**Registration deadline: Sept. 28**

## THURSDAYS MASTER SWIM (SW7)

Hamburg Middle School, pool

Dates: Thursdays, Oct. 7 - May 12

**NO CLASS NOV. 11, 18 & 25; DEC. 16 & 30; JAN. 27; FEB. 24; APRIL 14**

Time: 6:30 - 8 pm

Cost: \$85 Seniors: \$75

**Registration deadline: Sept. 30**



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

**Checks or cash are accepted in-person. Checks can also be mailed to the below address. Credit cards are accepted only with online registration.**

#### REGISTER BY MAIL:

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

#### CHECKS PAYABLE TO:

Hamburg Central Cont. Ed.

#### REGISTER ONLINE:

hamburgschools.org -> Community -> Continuing Education

#### CONTACT US:

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

#### NO CLASSES

#### WHEN SCHOOL IS CLOSED:

**Oct. 11; Nov. 11 & 24 - 28  
Dec. 24 - Jan. 2**

#### 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](http://hamburgschools.org)

#### Hamburg Continuing Education - FALL 2021

*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 2021

*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 2021

*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