



# West Seneca Community Education

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[www.wscschools.org/commed](http://www.wscschools.org/commed)

## SPRING 2025

Welcome to the SPRING 2025 Semester at West Seneca Community Education. We are so very excited with our new offerings this year. If you are looking to try something new, you are looking in the right place! You may find an interest that will last a lifetime! Make friends, have fun, learn a skill, try out a career, or make an heirloom to pass down...you'll find what YOU need **right here** – so register on-line or call TODAY! Courses fill up fast, so do not miss YOUR chance to sign up.

If you have a hobby, interest, or skill YOU would like to teach, let us know! We would love to have YOU as part of our instructional staff and can help you get started. Contact me to find out more.

*Stephanie Wright, Director*

*[swright@wscschools.org](mailto:swright@wscschools.org)*

### Building Locations

**Allendale Elementary**

1399 Orchard Park Rd

**Clinton Elementary**

4100 Clinton St

**Northwood Elementary**

250 Northwood Ave

**West Elementary**

1397 Orchard Park Rd

**Winchester-Potters Elementary**

675 Potters Rd

**East Middle**

1445 Center Rd

**West Middle**

395 Center Rd

**East Senior**

4760 Seneca St

**West Senior**

3330 Seneca St

**District Offices**

900 Mill Rd



Table of Contents	Page No.
Academic.....	2 - 3
Business & Finance.....	3 - 7
Health & Wellness.....	7 - 11
Kids & Teens.....	12 - 19
Physical Fitness.....	19 - 20
Swimming.....	20 - 25

# ACADEMIC

## **DEFENSIVE DRIVING COURSE – IN-PERSON CLASS!**

### **All-Pro Tutoring**

A great way to reduce the cost of your auto insurance! Upon completion of the class drivers are eligible for a 10% reduction in their auto insurance and/or up to 4 points removed from their DMV driving record. Drivers may take the course every 3 years for insurance reduction and every 18 months for point reduction. All drivers listed on a policy are eligible to complete the course. This point and insurance reduction program reviews safe driving and accident-avoidance techniques. *No Gold Card discount.*

### **(DEF-001)**

MON & WED

April 28 & 30

6:00 – 9:00pm

1 Class: \$45

Bldg.: East Middle/Cafeteria

## **TEST PREPARATION COURSES with All-Pro Tutoring & Test Prep**

[www.allprotutoring.com](http://www.allprotutoring.com)

### **4-HOUR ACT BOOT CAMP**

**Get a jump start on your ACT test preparation!** In 2024 the ACT is offered as both a computer-based and written test. If you are planning to study any STEM program in college then the ACT test is for you! This comprehensive review course introduces students to the ACT test and includes classroom instruction/practice, test-taking strategies, testing information, & study materials. 2025 ACT Test Dates: February 8, April 5, June 14

### **(ACA-001)**

MON & WED

March 17 & 19

6:00pm – 8:00pm

2 Classes: \$75

Bldg: East Middle/Room 129

### **9-HOUR SAT TEST PREPARATION COURSE**

The new SAT digital test is here! The new digital SAT test will be computer-based only, shorter test taking time, shorter reading and math questions, and longer time allotted to answer the test questions. This 9-hour course offers an in-depth study of the Digital SAT test. This course includes classroom instruction/practice, test-taking strategies, testing information, workbook/study materials, and a simulated SAT test. 2024 SAT Fall Test Dates: October 5, November 2, & December 7.

### **(ACA-002)**

TUES & THURS

April 24, 29, May 1

6:00pm – 9:00pm

3 classes: \$135

Bldg: East Middle/Room 129

### **ONLINE - SEND YOUR KIDS TO COLLEGE PRESENTATION FOR PARENTS**

Did you know that less than 33% of 4-year college students graduate in 4 years? Mistakes in college planning could cost you thousands of dollars! Please join our team of experts for a one-hour discussion on your best approach to college planning. Send Your Kids to College is a non-profit organization. There is no obligation to purchase anything. Topics discussed: Choosing the right college major and the best approach in applying to colleges.

#### **(ACA-003)**

WED

May 21

6:00pm – 7:00pm

1 class: \$5

Online Class

### **WRITING THE COLLEGE APPLICATION ESSAY**

Do you want to submit a college application essay that will really hit home with the Admissions Office at the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies. You will begin to write the college application essay during the class and leave with the confidence and knowledge to complete the process on your own. Also available is a review/critique of your final essay. To have your final essay reviewed, email it to [allprotutoring@gmail.com](mailto:allprotutoring@gmail.com).

#### **(ACA-004)**

WED

April 23

6:00pm – 8:30 PM

1 class: \$75

Bldg: East Senior/Room 101

## **BUSINESS & FINANCES**

### **STRATEGIES FOR SUCCESSFUL AGING & RETIREMENT**

**Lester J. Robinson, FICF, DTM, CLTC**

**Understanding the issues and impact on your Money, Income, and Home on Medicaid and Nursing Home Risks.**

- Understanding the effects of Market downturn and inflation on Retirement and Care
- Evaluating the impact extra fees will have on Retirement and your Care Plans
- Learn about Tax saving on Retirement and Plan of Care
- Understanding the financial impact of your plan on your spouse, children, and grandchildren
- Learn how to develop a comprehensive and successful plan for your Money and Care
- Longevity insights for enhanced Retirement
- Plan for the expected and unexpected in your life

*\*Gold Card Eligible.*

#### **(BUS-002)**

MON

May 12

6:00 PM – 7:30PM

1 Class: \$5

Bldg: East Senior/Room 101

#### **BUYING A HOME**

**Thomas J. Liolos**

Buying a new home can be very stressful. Knowing what the banks are going to be looking at and getting your mortgage documents in order is a must before you go out and start looking for a home to purchase. We will discuss everything from Pre-Approval to Closing! *\*Gold Card Eligible.*

#### **(BUS-003)**

THURS

May 15

6:00 – 7:30 PM

1 Class: \$5

Bldg.: East Middle/Rm 125 (Conference Room)

#### **Wills, Trusts, and Estates**

**Matthew McAnulty, CFP, EA, Sgroi Financial**

This class will cover what everyone needs to know about Estate planning. Often when one is planning their legacy, they will wonder how their assets will be transferred when they're gone. They will often ask: Do I need a will? How do beneficiary designations work? Do I need a trust, and if so, what kind do I need? How do taxes factor into estate planning? What should I do for Long Term Care? What does Medicaid cover? Should I have Power of Attorney? Get answers to these questions and more, to help make estate planning easier. *\*Gold Card eligible.*

#### **(BUS-004)**

MON

April 7

6:30 – 7:30 PM

1 Class: \$5

Bldg: West Senior/Room 155

#### **(BUS-005)**

THURS

May 15

6:30 – 7:30 PM

1 Class: \$5

Bldg: West Senior /Room 155

#### **Tax Planning in Retirement**

**Matthew McAnulty, CFP, EA, Sgroi Financial**

This class will cover what everyone needs to know about taxes in retirement. When someone plans on retiring, or is already retired, they will often ask: Is my social security taxable? How is my pension taxed? How do taxes affect my retirement account distributions? What are Required Minimum Distributions? If I have an annuity, will that be taxed? What type of accounts are taxable, maybe taxable, and never taxable? How are inheritances taxes to my heirs? Get answers to these questions and more, to help make retiring easier. *\*Gold card eligible.*

#### **(BUS-006)**

MON  
April 28  
6:30 – 7:30 PM  
1 Class: \$5  
Bldg.: West Senior/Room 155

**(BUS-007)**  
MON  
May 12  
6:30 – 7:30 PM  
1 Class: \$5  
Bldg: East Middle/Team Room

**Aaron E. Rybak & Robert K. Wilczak, Wealth Managers from Cetera Investors**

*\*All workshops are purely educational. No specific insurance or investment products will be discussed\*  
Gold card eligible.*

### **Social Security: What Boomers Need to Know about Retirement Income**

Have you ever worried about Social Security?

Have you ever wondered if it will be there for you? Or, how much you can expect to receive from it?

Are you confused on when you should apply for your benefits? And, if you have a plan already for Social Security income, are you confident that it's the right plan for your situation?

In this workshop, you will learn the rules for how your Social Security benefits work and the factors that can affect them, both good and bad. Whether you are married or single, divorced or widowed, every scenario is different, and we will discuss innovative strategies that can be used to maximize your benefits. From when it may or may not make sense to delay your Social Security income, to how to coordinate your benefits with other forms of retirement income. The decisions that you make today can have a tremendous impact on the total amount of benefits that you stand to receive over your lifetime.

**(BUS-008)**  
WED  
April 23  
6:00 – 8:00 PM  
1 Class: \$5  
Bldg: West Senior/Room 155

### **IRA Planning for Boomers: Strategies to Get More Out of Your IRA**

Have you ever wanted to know the answers to these questions?...What type of retirement account is right for me? Can I still contribute to my retirement and if so, how much? When do I need to take money out of my retirement accounts?

How much do I have to take? Will I be taxed when I do take it? How does my IRA fit into my overall retirement strategy?

Are you worried that you never thought about any of this?

In this workshop, you will learn:

- Seven strategies for Savvy IRA planning
- Six rollover options for your retirement plan funds
- Three common required minimum distribution mistakes
- The difference between indirect and direct rollovers
- How to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security and financial strategies

And more...

**(BUS-009)**

WED

April 30

6:00 – 8:00 PM

1 Class: \$5

Bldg: West Senior/Room 155

**Social Security Planning for Women**

Have you ever worried about Social Security? Have you ever wondered if it will be there for you? Or, how much you can expect to receive from it? Are you confused on when you should apply for your benefits? And, if you have a plan already for Social Security income, are you confident that it's the right plan for your situation? In this workshop, you will learn the rules for how your Social Security benefits work and the factors that can affect them, both good and bad. Whether you are married or single, divorced or widowed, every scenario is different, and we will discuss innovative strategies that can be used to maximize your benefits. From when it may or may not make sense to delay your Social Security income, to how to coordinate your benefits with other forms of retirement income. The decisions that you make today can have a tremendous impact on the total amount of benefits that you stand to receive over your lifetime.

**(BUS-010)**

WED

May 7

6:00 – 8:00 PM

1 Class: \$5

Bldg: West Senior/Room 155

**Using the NYSTRS Pension and 403(b) to Navigate YOUR Investment Journey**

In this educational workshop, attendees will learn about the various options for retirement income, and why "one-size does not fit all."

Topics covered:

- A brief overview of the Tier System, and why that matters
- Will a pension alone be enough to retire on comfortably?
- Different ways to supplement retirement savings now, in order to create multiple income distribution sources later
- The potential impacts of taxes, longevity, and inflation
- How to take action

This offering is designed for Public School District Employees; however, some topics are universal to any employee with a pension plan. *This workshop is purely educational. No specific insurance or investment products will be discussed.*

**(BUS-011)**

WED

May 14

6:00 – 8:00 PM

1 Class: \$5

Bldg.: West Senior/Room 155

**How Tax Planning Changes Through the Four Stages of Retirement**

In retirement, your tax rates may vary widely over the years based on the timing and order in which different sources of money are used. It is important to have a retirement tax strategy for your non-working years, and to develop a plan for when to tap into different accounts so that you don't overpay taxes.

At this workshop, you will learn:

The critical tax question you must answer BEFORE retirement

The surprises that often make retirement more expensive

What the Social Security "tax trap" is and how you can avoid it

Why tapping assets in the wrong order can trigger higher Medicare premiums

The four stages of retirement and important tax actions in each stage, including tricky IRA challenges

Mistakes to avoid when it comes to investment portfolios, health care, and estate plans

This workshop is purely educational. No specific insurance or investment products will be discussed.

**(BUS-012)**

WED

May 21

6:00 – 8:00 PM

1 Class: \$5

Bldg.: West Senior/Room 155

## HEALTH & WELLNESS

**American Red Cross Adult and Pediatric First Aid/CPR/AED course: Blended Learning**

**Erin Alonzo**

The 2021 Adult and Pediatric First Aid/CPR/AED course equips students to recognize and care for a variety of first aid breathing and cardiac emergencies involving adults, children, and infants. It is designed for students who need a certification that satisfies OSHA workplace or other regulatory requirements. Upon successful completion a valid 2-year digital certificate for Adult and Pediatric First Aid/CPR/AED may be issued.

**This is a blending learning course: a portion of the class will be completed online prior to the in-class portion.**

**(HEW-011)**

**THURS**

May 1

5:30 – 8:30 PM

1 class: \$99

Bldg: East Middle/2<sup>nd</sup> Floor Team Room

**Bodyshaping Fitness with Sandy Manella Schwendler**

Look Good. Feel Good. Get into Shape!

Classes held at: Ebenezer Church of Christ, 630 Main St. West Seneca, NY 14224

**PILATES**

Pilates Fusion is low impact, mat-based exercises that build strength, tone and stretch. Pilates is great for the CORE and can be done by everyone. *Bring a floor mat and small weights. No Gold card discount.*

**(HEW-003)**

MON

April 21 – June 23

6:00 – 7:00 PM

10 Classes: \$99

Location: Ebenezer Church of Christ

### **HELLO FITNESS**

This program is for the beginner, the person who is overweight and out of shape, and for those who don't workout and need to start...Do Not Be Embarrassed...let us get YOU into Shape, starting Easy! Hello Fitness is a combination of Cardio, Toning and Fitness, and Nutritional Guidance. Bring a mat and weights to get the body you have been waiting for---feel great!

### **(HEW-005)**

MON

April 21 – June 23

7:00 – 8:00 PM

10 Classes: \$99

Location: Ebenezer Church of Christ

### **STRONG & FIT**

Be Fit with a Strong and Fit Body. Our program consists of working upper and lower body with Weights, Resistance bands and Cardio. This is a Total Body Workout to get the body you have been waiting for. *Bring a mat and 3 lb weights. No Gold Card Discount.*

### **(HEW-007)**

TUES

April 22 – June 24

6:00 – 7:00 PM

10 Classes: \$99

Location: Ebenezer Church of Christ

### **(HEW-009)**

THURS

April 24 – June 26

6:00 – 7:00 PM

10 Classes: \$99

Location: Ebenezer Church of Christ

### **RELAX WITH YOGA**

A gentle mat-based workout, focused on a series of postures designed to improve stretching, posture, breathing, reduce stiffness, and make that mind-body connection. *Bring a mat. No Gold card discount.*

### **(HEW-010)**

WED

April 23 – June 25

6:30 – 7:30 PM

10 Classes: \$99

Location: Ebenezer Church of Christ

### **Fitness With Julie**

Classes held at: St. John's Lutheran Church, 3512 Clinton St. West Seneca



**ZUMBA**

A fun, Latin-inspired dance class that also incorporates international music and dance to form a total body workout. You will boost your energy, burn calories, and leave with a smile on your face. *No Gold card discount.*

**(HEW-011)**

MON

April 7 – May 19

6:45 – 7:45 PM

7 classes: \$70

Location: St. John's Lutheran Church

**(HEW-012)**

TUES

April 8 – May 20

9:00 – 10:00 AM

7 classes: \$70

Location: St. John's Lutheran Church

**(HEW-013)**

SAT

April 12 – May 24

9:00 – 10:00 AM

7 classes: \$70

Location: St. John's Lutheran Church

**GENTLE AEROBICS**

A class for seniors or for those new to fitness. This is a fun class that combines easy movements along with balance, stretching and strengthening using light hand weights and a chair. All moves can be modified and may be done in a chair. Please bring light hand weights. *No Gold Card discount.*

**(HEW-014)**

THURS

April 10 – May 22

9:00 – 9:45 AM

7 classes: \$70

Location: St. John's Lutheran Church

**BOOT CAMP**

Boot Camp class is a great way to strengthen the entire body with a fun, new and challenging workout each week. All moves may be modified to your ability. Please bring a mat and hand weights. *No Gold Card discount.*

**(HEW-015)**

THURS

April 10 – May 22

5:00 – 6:00 PM

7 classes: \$70

Location: St. John's Lutheran Church

**(HEW-016)**

SAT

April 12 – May 24

10:15 – 11:15 AM

7 classes: \$70

Location: St. John's Lutheran Church

#### **BARRE**

A fun and challenging class. Barre is a blend of ballet, Pilates, yoga, and strength training movements. It is a full-body workout focusing on low impact and small movements that strengthen and tone the body and the mind. Please bring a mat and hand weights. *No Gold Card discount.*

#### **(HEW-017)**

THURS

April 10 – May 15 (no class 4/24)

6:15 – 7:15 PM

5 classes: \$50

Location: St. John's Lutheran Church

### **ENRICH YOUR LIFE WITH KEYS TO WELLNESS**

**Luisa Bruzga, MSACN**

Nutritionist, Certified Consulting Hypnotist, Health Coach,  
Reiki Practitioner/Instructor, Licensed Esthetician

Instruction is for educational purposes only and is not meant to provide medical advice.

**Programs are held in Seneca Springs Building, 3648 Seneca Street, *unless otherwise noted.***

You may visit [www.wnyhypnosisandwellness.com](http://www.wnyhypnosisandwellness.com) or contact (716) 677-4679 for more information.

**\*No Gold Card discount**

#### **REIKI PRACTITIONER – LEVEL 1**

Learn and practice the ancient healing art of “laying on of hands” helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. All levels include course manual, certificate, and attunement.

#### **(HEW-018)**

SAT

April 19

9:00 AM – 5:00 PM

1 Class: \$195

#### **REIKI PRACTITIONER – LEVEL 2**

Learn and practice the ancient healing art of “laying on of hands” helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. All levels include course manual, certificate, and attunement.

Prerequisite: Reiki Level 1.

#### **(HEW-019)**

SAT

April 26

9:00 AM – 5:00 PM

1 Class: \$195

#### **WEIGHT LOSS CLINIC WITH HYPNOSIS**

Are you serious about reducing your weight, improving your health and wellness? Do you have a desire to achieve your ideal weight without deprivation? Then we invite you to attend a comprehensive workshop that allows you to discover the food and lifestyle choices that will improve your health and wellness. Topics include: deconstructing sugar cravings, good fats/bad fats, releasing unhealthy foods from the diet, hormonal imbalances that contribute to weight gain, affirmations, visualizations and hypnosis, and relaxation techniques designed to melt stress and unwanted pounds. Materials included. \*Bring sleeping bag and two (2) pillows for the hypnosis process.

**(HEW-020)**

WED

May 7

6:30 – 9:00 PM

1 Class: \$40

Lab fee: Reinforcement CDs are available for \$10

Bldg.: East Middle/Small gym, 6th Gr. Conference Room

**YOGA FOR 55+**

**Kathryn Zawadzki**

Need to improve your balance, flexibility, concentration, sleep, or learn to deal better with stress and anxiety? In the Yoga for 55+ class you will learn exercises that can improve all the above, and you will also learn systematic relaxation at the end of each session. Location: 4184 Seneca St. (Miranda Dance) *\*No Gold Card discount.*

**(HEW-021)**

TUES

April 8 – May 27

1:30 PM – 2:30 PM

8 Classes: \$96

Location: 4184 Seneca St. (Miranda Dance)

**PELVIC POWER: UNDERSTANDING THE PELVIC FLOOR AND PHYSICAL THERAPY SOLUTIONS**

**Kara Bristol**

Women, Ages 18+. This course provides a comprehensive introduction to the pelvic floor, exploring its structure, function, and role it plays in health and well-being. Students will learn about common pelvic floor disorders, such as incontinence, pelvic pain, and prolapse, and gain an understanding of how pelvic floor physical therapy is used to address these issues. This course is great for women of all ages from high-level athletes, to currently pregnant women, and to women who have gone through menopause. Light refreshments will be provided. *\*Gold card eligible.*

**(HEW-022)**

TUES

April 8

7:00 – 8:00 PM

1 Class: \$5

Location: Northwood Elementary/Room 126

**(HEW-023)**

THURS

May 22

7:00 – 8:00 PM

1 Class: \$5

Location: Allendale Elementary/Library

# KIDS & TEENS

## SPANISH CLUB - Grades K-5

Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the 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 Spanish Club class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students!** Join the fun! Program is offered at dismissal at each of the elementary schools below. Join the fun! For more details, visit [www.TheEnrichmentCompany.com](http://www.TheEnrichmentCompany.com).

### **LAN-001 (Winchester Potters)**

MON

April 28 – June 9 (no class 5/26)

3:00 – 3:40 PM

6 Classes: \$97

Bldg.: Winchester Potters Elementary

### **LAN-002 (Northwood)**

TUES

April 29 – June 3

3:00 – 3:40 PM

6 Classes: \$97

Bldg.: Northwood Elementary

### **LAN-003 (Allendale)**

WED

April 30 – June 11 (no class 5/14)

3:00 – 3:40 PM

6 Classes: \$97

Bldg.: Allendale Elementary

### **LAN-004 (Clinton)**

THURS

May 1 – June 5

3:40 – 4:20 PM

6 Classes: \$97

Bldg.: Clinton Elementary

### **LAN-005 (West El)**

FRI

May 2 – June 6

3:30 – 4:10 PM

6 Classes: \$97

Bldg.: West Elementary

### **KidsPlay, Tim & Tricia Hirschbeck, Directors**

**KidsPlay** is a group of experienced teachers that work with public and private schools to coordinate quality instructional sports programs to children ages 3 to 13. See specific program for age groups. All players must be of age by the first scheduled class. **Questions? Call/text Tim Hirschbeck at 480-2374.**

#### **NFL FLAG FOOTBALL LEAGUE (OUTDOOR)**

NFL Flag is an excellent alternative to full contact, full equipment, “6 nights a week” youth football leagues. The game is non-contact football with primary emphasis on the development of passing, receiving, and running and coverage skills. Games are played 5-on-5 with modified rules to heighten skill development and assure equal playing time for all players. NFL Flag is not a highly competitive program. The game is strictly “no contact” with primary emphasis placed on skill development, learning, and having fun playing football. Players meet for 75 minutes each week – a 35-40 minute training session followed by a 40 minute game against another KidsPlay team. KidsPlay coaches coordinate all practices and games with 4-8 parent coaches providing assistance during training sessions. **A reversible NFL team-oriented football jersey and flag belt is included in the fee.**

#### **(KID-005) American Conference, Ages 7-11**

MON

May 5 – June 16 (no class 5/26)

5:30 – 6:45pm; 6:45 – 8:00pm

(players meet on a rotating schedule after Week 1 evaluation)

6 Classes: \$115

Bldg.: West Middle/Field

#### **(KID-006) Developmental Conference, Ages 5-7**

WED

May 7 – June 11

5:30 – 6:45pm; 6:45 – 8:00pm

(players meet on a rotating schedule after Week 1 evaluation)

6 Classes: \$115

Bldg.: West Middle/Field

#### **LEVEL I OUTDOOR SOCCER**

**Ages 4 – 6.** Soccer is easy to learn, contains constant activity, and provides plenty of opportunity for young players to run and learn skills. The program includes small-sided games and scrimmages allowing for plenty of touches on the ball. Level I Soccer stresses skills development and learning in a fun and friendly atmosphere, with emphasis on teamwork. Half of each class is devoted to fun instructional training with the remaining half devoted to scrimmage. A team shirt is included in the program fee.

#### **(KID-007)**

THURS

May 8 – June 12

5:30 – 6:30 PM

6 Classes: \$81

Bldg.: East Middle/Front Field

#### **U-8 OUTDOOR SOCCER LEAGUE**

**Ages 6 – 8.** Instructional Soccer League is designed to help veteran and inexperienced players develop skills in a positive and supportive environment. Special emphasis is placed on the development of dribbling, receiving and passing/support skills. The program is designed to be fun and challenging for any player with a strong interest in improving skills and understanding how team soccer works. All game and training sessions are coordinated by 2-3 KidsPlay coaches, not volunteers. Players meet weekly for a 30-40 minute training session followed by a game lasting 35-45 minutes, played 5-on-5 allowing for maximum touches on the ball and plenty of playing time. KidsPlay shirt included.

**(KID-008)**

THURS

May 8 – June 12

6:30 – 7:45 PM

6 Classes: \$91

Bldg.: East Middle/Front Field

**Kids Choice Sports**

**Kids Choice Sports** offers instructional youth sports programs to kids ages 3 – 12. By offering a variety of programs, we give Kids the Choice of many different Sports to try out, in order to find the best fit for them. The skills and rules of each sport that we teach are broken down into simple concepts that are fun to learn and easy to understand. *In addition to this registration process an online waiver must be completed for each registered player. Please go to [www.kidschoicesports.com](http://www.kidschoicesports.com) and click on the waiver tab.*

**HOT SHOTS – INTRODUCTION TO BASKETBALL**

**Ages 3-5.** In this parent participation program, boys and girls will learn the basics of the game of basketball. Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this noncompetitive, coed program. A T-shirt is included in program fee.

**(KID-009)**

TUES

April 22 – June 2 (no class 5/27, 6/3)

6:00 – 6:45 PM

6 Classes: \$104

Bldg.: West Elementary/Gym

**HOT SHOTS – INTRODUCTION TO BASKETBALL**

**Ages 5 – 7.** Boys and girls will learn the basics of basketball in this fun class! Your child will learn the fundamentals and basic game play while using a lower net and smaller ball. Emphasis will be placed on fun and recreation in this noncompetitive, coed program. **This class will include some parent participation.** A T-shirt is included in program fee.

**(KID-010)**

TUES

April 22 – June 2 (no class 5/27, 6/3)

6:50 – 7:35 PM

6 Classes: \$104

Bldg.: West Elementary/Gym

**Co-Ed BASKETBALL**

**Ages 8 – 12.** This program encourages boys and girls to learn the basic skills and principles involved in the game of basketball. Skills such as dribbling, passing and shooting will be taught followed by a fun scrimmage. This class will enable kids to become proficient at the game of basketball, build confidence, develop a positive self-image, and, most of all, have fun!

**(KID-011)**

TUES

April 22 – June 2 (no class 5/27, 6/3)

7:40 – 8:40 PM

6 Classes: \$104

Bldg.: West Elementary/Gym

**TODDLER TIME SOCCER**

**Ages 2 – 3.** Toddler Time is an exciting soccer-based playgroup in which a variety of age-appropriate props are used. In this unique program, **you and your child will participate** in a variety of soccer-related games and activities. Kids **“learn through play”** in a social environment while developing motor skills and coordination, building confidence, and much more. But most of all, it is FUN! **Please bring a size 3 soccer ball.** A T-shirt is included in the program fee.

**(KID-012)**

WED

April 23 – June 4 (no class 5/28)

5:45 – 6:20 PM

6 Classes: \$104

Bldg.: East Middle/Gym

**LITTLE SLUGGERS – INTRODUCTION TO TEE BALL**

**Ages 3 – 6.** This class is perfect for boys and girls who would like to learn the basics of tee ball. In this **parent participation program**, you and your child will work together on drills to learn catching, fielding, throwing, batting and running bases. Emphasis is placed on fun and recreation in this non-competitive, coed program. A T-shirt is included in the program fee.

**(KID-013)**

WED

April 23 – June 4 (no class 5/28)

6:30 – 7:15 PM

6 Classes: \$104

Bldg.: East Middle/Gym

**YOUTH FLOOR HOCKEY**

**Ages 7 – 12.** 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, puck handling, and shooting will be taught followed by a scrimmage. ***All students are required to have mouthguards, shin guards, and a hockey stick.***

**(KID-014)**

WED

April 23 – June 4 (no class 5/28)

7:25 – 8:25 PM

6 Classes: \$99

Bldg.: East Middle/Gym

**LACROSSE SKILLS**

In this non-competitive co-ed 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. **A mouthguard is required;** Kids Choice will provide lacrosse sticks, and all other equipment.

**(KID-015) Ages 5-7**

THURS

April 24 – May 29

6:30 – 7:15 PM

6 Classes: \$104

Bldg.: Clinton Elementary/Gym & Field

**(KID-016) Ages 8-12**

THURS

April 24 – May 29

7:15 – 8:15 PM

6 Classes: \$104

Bldg.: Clinton Elementary/Gym & Field

**TINY TOUCHDOWNS FOOTBALL (AGES 3-4)**

Tiny Touchdowns is an exciting football-based playgroup for children (Ages 3-4) to experience the thrill of football in a fun and interactive way! In this engaging, **parent participation** program you and your child will team up and explore the basics of football including passing, catching, and other essential skills. Through a variety of age-appropriate activities and games, you'll not only learn the fundamentals, but also create lasting memories together. Get ready to score big fun and unforgettable moments with Tiny Touchdowns! A T-shirt is included in the program fee.

**(KID-017)**

FRI

Fridays, April 25 - June 13 (no class 5/16, 5/30, 6/6)

5:45 – 6:25 PM

5 Classes: \$104

Bldg.: East Middle/Gym

**(KID-025)**

THURS

April 24 – May 22

5:45 – 6:25 PM

5 Classes: \$104

Bldg.: Clinton Elementary/Gym & Field

**BOYS BASEBALL CLINIC**

This indoor clinic was designed to provide baseball skills training to players during the winter months. Areas covered include: hitting, fielding, throwing mechanics, defensive drills, and base running. Kids will be grouped by age and skill.

**Players must supply their own gloves.**

**(KID-018) (ages 5-7)**

FRI

Fridays, April 25 - June 13 (no class 5/16, 5/30, 6/6)

6:30 – 7:25 PM

5 Classes: \$104

Bldg.: East Middle/Gym



**(KID-019) (ages 8-12)**

FRI

Fridays, April 25 - June 13 (no class 5/16, 5/30, 6/6)

7:30 – 8:45 PM

5 Classes: \$104

Bldg.: East Middle/Gym

**GIRLS SOFTBALL CLINIC**

This indoor clinic was designed to provide softball skills training to players during the winter months. Areas covered include: hitting, fielding, throwing mechanics, defensive drills, and base running. Kids will be grouped by age and skill.

**Players must supply their own gloves.**

**(KID-020) (ages 5-7)**

FRI

Fridays, April 25 - June 13 (no class 5/16, 5/30, 6/6)

6:30 – 7:25 PM

5 Classes: \$104

Bldg.: East Middle/Gym

**(KID-024) (ages 8-12)**

FRI

Fridays, April 25 - June 13 (no class 5/16, 5/30, 6/6)

7:30 – 8:45 PM

5 Classes: \$104

Bldg.: East Middle/Gym

## **HORIZON MARTIAL ARTS**

**Courses located at: 280 Center Road – Wimbledon Plaza**

Classes are taught by Certified Martial Arts instructors on the Horizon staff.

*Bring a towel and water bottle.*

### **LITTLE NINJAS**

**Ages 4 – 6.** Our course offers an in-depth curriculum designed to enhance the fundamental motor and auditory skills of preschoolers, aiming to foster their social integration with greater confidence and enthusiasm. We recognize the ages of 4 to 6 as crucial developmental years. Our course is tailored to promote positive growth in an engaging and inspiring manner. The program includes 4 weeks of training and a complimentary student uniform!

#### **(KID-021)**

MON & WED

April 14 – May 7

5:30 – 6:00 PM

8 Classes: \$49

Location: Horizon Martial Arts

### **KARATE FOR KIDS**

**Ages 7 – 12.** Martial arts training is beneficial for every child. Beyond physical gains, karate offers valuable life skills such as discipline, concentration, respect for others, and the ability to set and achieve goals. This focus on personal success boosts confidence, affirming that every student can succeed. Karate doesn't sideline anyone like team sports might; each child progresses at their own rate. The structured system of belts and stripes provides a clear progression path throughout the training. The program includes 4 weeks of training, a student uniform, and belt testing!

#### **(KID-022)**

MON & WED

April 14 – May 7

5:15 – 5:45 PM

8 Classes: \$49

Location: Horizon Martial Arts

### **KARATE FOR TEENS**

Transform those teen frowns into triumphs at Horizon Martial Arts! Is your teenager ready to discover their amazing potential? They're bright, talented, and full of energy - a perfect mix for mastering new skills. While navigating the challenging world of peer pressure, independence, and growing up, what they really need is a positive channel for all that vibrant energy. Our program offers them the perfect space to vent, grow, and learn the art of self-improvement. Join us for an exciting 4-week journey, complete with training and a student uniform, where your teen will learn to be their very best!

#### **(KID-023)**

MON & WED

April 14 – May 7

7:00 – 8:00 PM

8 Classes: \$49

Location: Horizon Martial Arts

**IDEA BUILDERS LEGO CLUB**  
Jen Zakrzewski & Katie Struckmann

**LEGO CLUB**

**Grades K – 5.** Idea Builders Lego Club is dedicated to nurturing your child's creative and critical thinking as we work with Legos. Our weekly themes contain age-appropriate exposure to STEAM (Science, Technology, Engineering, Art, Mathematics) concepts. Each week, students are introduced to a different STEAM concept through a mini-lesson, followed by Lego building/creating and sharing.

**(KID-024)**

TUES

April 8 – May 27 (no class 4/15, 5/20)

4:00 – 5:00 PM

6 Classes: \$82

Location: Clinton Elementary/Library

**(KID-025)**

WED

April 9 – May 28 (no class 4/16, 5/14)

4:00 – 5:00 PM

6 Classes: \$82

Location: West Elementary/Library

## PHYSICAL FITNESS

A medical exam is recommended for anyone taking courses involving physical activity; all programs are taken at the participant's own risk. Waivers are required of all participants unless you have a doctor's release.

**Horizon Martial Arts**

Courses located at: 280 Center Road – Wimbledon Plaza

Classes are taught by Certified Martial Arts instructors on the Horizon staff. *Bring a towel and water bottle.*

\*No Gold Card discount

**MARTIAL ARTS FOR ADULTS**

It's never too late to learn Martial Arts! If you are an adult interested in learning martial arts you have come to the right place. Whether you are an experienced martial artist that is new to the area or an adult with a newly found interest in the martial arts we have a selection of classes geared for any age and fitness level. Our Adult Martial Arts program will introduce you to the many benefits of training, including:

- Relieving stress.
- Building strength.
- Helping you lose weight.
- Improving your concentration.
- Learning valuable self-defense techniques for practical real world applications.

Furthermore our program is set for all fitness levels, whether this is a first step towards improved health or working towards an ultimate fitness challenge, the adult program is geared for you. **\*Includes 6 weeks of training and a student uniform.**

**(PHY-001)**

MON & WED

April 14 – May 7

7:00 – 8:00 PM

8 Classes: \$49

Location: Horizon Martial Arts

## SWIMMING

West Seneca Community Education follows the American Red Cross Levels 1-6 and the Infant and Pre-School program. Instructors are Certified Lifeguards.

**Age restrictions apply to levels as listed below. Children MUST BE the minimum age listed by the start of the first class; child's birth date must be included on the registration form.**

\*All children who are not toilet-trained must wear snug-fitting swim pants while using the pool - NO REGULAR DIAPERS.

\*Please change your children's clothes in the locker room, NOT ON THE POOL DECK. If a mat is not available in the locker room to change your child for Aqua Babes or Pre-School Swim please notify the instructor to call the custodian to bring one.

**\*ONLY ONE PARENT who is accompanying a child into the pool as part of the swim class (Aqua Babes, Preschool) may be in the pool area during lessons.** There is **NO observation area available**, and for the safety of all concerned, parents of children in other levels we ask that all additional family members remain outside the pool area until the last five minutes of class. NO SIBLINGS in the pool area PLEASE! This for the safety of all in the pool and on the deck.

***\*Children age 5 and above must use the appropriate locker room, not that of the opposite gender. If you need assistance for your child in the locker room, let us know at registration time so we can make alternative arrangements.***

### AQUA BABES

Introduction to the pool for babies 6 month-3 years old, with a parent/family member in the water, begin learning motor skills, and teaches parents safety techniques. No regular diapers in the pool; children may wear Swim Diapers or a bathing suit.

### TODDLER/ PRE-SCHOOL SWIM

For children 3-5 years old, working with a parent in the water. Songs and games, motor skills, safety and rules. Comfort in the pool is stressed.

### LEVEL 1- INTRODUCTION TO WATER SKILLS

For children ages 5-7; basic personal water safety information and skills as well as learning to feel comfortable in the water. Begin developing good swimming habits and safe practices in and around the water.

For each following level, student should hold the previous level card, or be able to demonstrate skills from the previous level. Red Cross Cards will be issued after successful completion of Levels 1-6; progress reports will be issued to students who do not receive a card. (No cards issued for Aqua Babes or Pre-School Swim)

#### **LEVEL 2- FUNDAMENTAL AQUATIC SKILLS**

Ages 5+ expands on fundamental aquatic locomotion and safety skills. Learn to float without support and continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

#### **LEVEL 3- STROKE DEVELOPMENT**

Learn the survival float, elementary backstroke, and how to coordinate the front crawl. Introduction to scissors kick, dolphin kick, treading water, and headfirst entry into the pool.

#### **LEVEL 4- STROKE IMPROVEMENT**

Develops confidence in strokes and safety skills. Introduces the breaststroke, sidestroke, butterfly, and back crawl, as well as basics of turning at the wall.

#### **LEVEL 5- STROKE REFINEMENT**

Coordination and refinement of previous strokes. Participants will increase their distances with each stroke and learn flip turns on their front and back.

#### **LEVEL 6 – SWIMMING AND SKILL PROFICIENCY**

Refine strokes so students swim them with more ease, efficiency, power, and smoothness over great distances. Class also covers personal water safety and preparation for more advanced courses *(to age 16)*.

***PLEASE NOTE: DISTRICT SWIMMING POOLS ARE MAINTAINED AT 78 – 82 degrees.***

**EAST MIDDLE SCHOOL: 1445 Center Road. Enter through the main entrance of the building (inside the driver's circle). Locker room entrances are OUTSIDE of the gymnasium.**

**WEST MIDDLE SCHOOL: 395 Center Road. Enter through the Athletic entrance off the main parking lot. Locker room entrances are located INSIDE the gymnasium.**

***Check course description for location.***

**PLEASE – NO EATING at LEAST 30 MINUTES PRIOR TO CLASS!**

Note: class schedule subject to change.

#### **AQUA BABES**

(SWM-001)

MON

April 7 – June 9 (no class 4/14, 4/21, 6/2)

5:30 – 6:00 PM

6 Classes: \$60

Bldg: West Middle/Pool

(SWM-002)

WED

April 9 – June 4 (no class 4/16, 5/21, 5/28)  
5:30 – 6:00 PM  
6 Classes: \$60  
Bldg: West Middle/Pool

### **PRE-SCHOOLERS-BEGINNING SWIM**

(SWM-003)  
MON  
April 7 – June 9 (no class 4/14, 4/21, 6/2)  
6:05 – 6:35 PM  
6 Classes: \$60  
Bldg: West Middle/Pool

(SWM-004)  
WED  
April 9 – June 4 (no class 4/16, 5/21, 5/28)  
6:05 – 6:35 PM  
6 Classes: \$60  
Bldg: West Middle/Pool

### **AQUA BABES/PRE-SCHOOL SWIM**

(SWM-015)  
WED  
April 9 – May 21 (no class 4/16)  
5:30 – 6:00 PM  
6 Classes: \$60  
Bldg: East Middle/Pool

(SWM-016)  
THURS  
April 10 – May 22 (no class 4/17)  
5:30 – 6:00 PM  
6 Classes: \$60  
Bldg: East Middle/Pool

### **LEVEL 1**

(SWM-009)  
MON  
April 7 – June 2 (no class 4/14, 4/21, 5/26)  
6:00 – 6:30 PM  
6 Classes: \$60  
Bldg: East Middle/Pool

(SWM-010)  
TUES  
April 8 – May 20 (no class 4/15)

6:00 – 6:30 PM  
6 Classes: \$60  
Bldg: East Middle/Pool

LEVEL 2

(SWM-011)

MON

April 7 – June 2 (no class 4/14, 4/21, 5/26)

6:40 – 7:25 PM

6 classes: \$72

Bldg: East Middle/Pool

(SWM-012)

TUES

April 8 – May 20 (no class 4/15)

6:40 – 7:25 PM

6 classes: \$72

Bldg: East Middle/Pool

**LEVEL 3 & 4**

(SWM-013)

MON

April 7 – June 2 (no class 4/14, 4/21, 5/26)

7:35 – 8:20 PM

6 classes: \$72

Bldg: East Middle/Pool

(SWM-014)

TUES

April 8 – May 20 (no class 4/15)

7:35 – 8:20 PM

6 classes: \$72

Bldg: East Middle/Pool

**LEVEL 5 & 6**

(SWM-017)

WED

April 9 – May 21 (no class 4/16)

6:05 – 7:05 PM

6 classes: \$72

Bldg: East Middle/Pool

(SWM-018)

THURS

April 10 – May 22 (no class 4/17)

6:05 – 7:05 PM

6 classes: \$72  
Bldg: East Middle/Pool

\*Students who register for Level 5 & 6 Swim (SWM-017 & SWM-018) and Guard Start will receive a 50% discount on the Guard Start registration fee (see course SWM-019 and SWM-020 below).

### **GUARD START**

Ages 11 – 15. This course serves as an introduction to the Lifeguard Certification Course. Students will learn lifeguarding skills along with improving their swimming techniques for strokes used in the course. Students will train to complete the prerequisites of the lifeguard course and begin lifesaving skills. Course will NOT certify anyone to be a lifeguard.

\*Students who register for Level 5 & 6 Swim (SWM-017 & SWM-018) and Guard Start will receive a 50% discount on the Guard Start registration fee.

(SWM-019)  
WED  
April 9 – May 21 (no class 4/16)  
7:10 – 8:10 PM  
6 classes: \$72  
Bldg: East Middle/Pool

(SWM-020)  
THURS  
April 10 – May 22 (no class 4/17)  
7:10 – 8:10 PM  
6 classes: \$72  
Bldg: East Middle/Pool

### **Adult Programs**

\*Adult classes: Monday and Wednesday at WEST MIDDLE POOL.

WEST MIDDLE SCHOOL: 395 Center Road. Enter through the Athletic entrance off the main parking lot. Locker room entrances are located INSIDE the gymnasium.

### **WATER AEROBICS**

Pool aerobics are designed as a complete exercise program performed in the water for swimmers and non-swimmers alike. This class includes warm-up, exercise period and cool-down. The resistance of the water forces you to activate your muscles to the maximum degree.

(SWM-005)  
MON  
April 7 – June 9 (no class 4/14, 4/21, 6/2)  
6:40 – 7:40 PM  
6 classes: \$72  
Bldg: West Middle/Pool

(SWM-006)  
WED



April 9 – June 4 (no class 4/16, 5/21, 5/28)

6:40 – 7:40 PM

6 classes: \$72

Bldg: West Middle/Pool

### **DEEP WATER AEROBICS**

Come and try out this water fitness program that utilizes the resistance of deep water for an invigorating workout! The majority of the class will be held in the deep end of the pool, using flotation belts that assist with buoyancy. You should be comfortable to move around with these belts in deep water.

(SWM-007)

MON

April 7 – June 9 (no class 4/14, 4/21, 6/2)

7:45 – 8:45 PM

6 classes: \$72

Bldg: West Middle/Pool

(SWM-008)

WED

April 9 – June 4 (no class 4/16, 5/21, 5/28)

7:45 – 8:45 PM

6 classes: \$72

### **OPEN SWIM**

Adults, ages 18+. Recreational swim is a fun and positive way to practice new skills, be physically active, and spend quality time with family and friends. Water is known to reduce the impact on joints, soothe the mind, body and increase energy levels. Practice your strokes, swim laps, or just enjoy the water

(SWM-008)

WED

April 9 – June 4 (no class 4/16, 5/21, 5/28)

7:45 – 8:45 PM

6 classes: \$72

Bldg: West Middle/Pool