

# ***IROQUOIS COMMUNITY EDUCATION***



## **WINTER/SPRING 2025**

***P.O. Box 32  
Elma, New York 14059  
(716) 652-3000 ext. 7402 (voicemail)***

**VISIT OUR WEBSITE  
[WWW.IROQUOISCSD.ORG](http://WWW.IROQUOISCSD.ORG)**

## **IMPORTANT INFORMATION - PLEASE READ!!**

### **PROGRAM INFORMATION**

Iroquois Community Education is a self-supported program which offers courses to adult district and non-district residents. **High school students** are welcome to participate in any course, except where noted.

### **HOLIDAYS**

**CLASSES WILL NOT BE HELD  
ON SCHOOL GROUNDS:**

**January 20 (Martin Luther King Jr. Day)**

**January 29th—Lunar New Year**

**February 17—21 (Winter Recess)**

**April 14-18 (Spring Recess)**

**May 26 (Memorial Day)**

**June 19 (Juneteenth)**

### **EMERGENCY SCHOOL CLOSINGS**

When **school is closed for the day or after-school activities are cancelled** because of weather conditions, **ALL Community Education classes will be cancelled** without further notification. If the opening of school is **delayed** on any day, Community Education classes scheduled prior to the late opening are **cancelled**. If it should become necessary to cancel classes because of inclement weather, announcements will be made on the following radio stations: **WBEN (930 AM), WWKB (1520 AM), WNED (970 AM), WGR (550 AM), and WHTT (104 FM); and also on WKBW-TV, WGR-TV, and WIVB-TV.** Every attempt will be made to reschedule cancelled classes.

**You may also check the Iroquois website ([www.iroquoiscsd.org](http://www.iroquoiscsd.org)) for cancellations!**

### **ADDITIONAL FORMS**

Registration forms may be reproduced, or a 3x5 card with full information is acceptable. You may also access our brochure on our web site: **[www.iroquoiscsd.org](http://www.iroquoiscsd.org)**. Locate the "Community" drop down menu and click on "Community Education."

## ***REGISTRATION***

***ONLINE , MAIL-IN OR WALK-IN!***

### **REGISTRATION**

Online, by mail or in person. **You will be registered** unless notified of a cancellation or to advise you of a change, otherwise, no notification will be sent. **Courses without sufficient enrollment will be cancelled. Please register early to avoid disappointment!** Courses that have reached the minimum number of students may accept late registrants if there is space. Your cancelled check will be your receipt.

**Notice:** Iroquois Community Education reserves the right to deny access to any course/class for any reason including but not limited to; disruptive, confrontational or aggressive behavior, improper use of school equipment or facilities, or any activity or behavior that does not comply with the Iroquois Central School District Code of Conduct.

### **ADDITIONAL FEES/DISCOUNTS**

**Non-residents** are required to pay an additional \$5.00 registration fee per person per semester.

**Senior citizens** of our school district, who are **age 62 and over**, are entitled to a **\$10.00** discount on some registration fees **over \$50.00**. We are not able to offer discounts for off campus classes.

**Lab/Supply fees** may be collected by some instructors for materials or text books used. These fees are **not** included in registration fees and will be noted in the course description.

### **REFUND POLICY**

If a course is cancelled by the Community Education Office, each student will be entitled to a full refund. Our classes are held based on a required number of students registered. Therefore, **TUITION CANNOT BE REFUNDED** for classes that have the minimum number of students enrolled. **NO fees will be refunded for any reason after the first class session!**

### **COURSE LOCATIONS**

HS	High School, 2111 Girdle Road
MS	Middle School, 2111 Girdle Road
II	Iroquois Intermediate, 2111 Girdle Road
EP	Elma Primary, 711 Rice Road
MP	Marilla Primary, 11683 Bullis Road
WP	Wales Primary, 4650 Woodchuck Road

**ARTS & CRAFTS**

**LOCATION NOTE**  
 ALL Designing Dish classes:  
 138 Grey Street  
 East Aurora, NY 14052

Material/supply fees are paid directly to the instructor upon attendance of class and are separate from registration fees.

**NEEDLE FELTING for Beginners #WS25-NFB**

**MOM'S SIPPY CUP, HEART MUG or LOVE BIRDS MUG**

Galentines and date night. Come create with your bestie. We will be painting Mommy's sippy cups, Heart mug or love bird mugs with your choice of glazes. Additional mugs available for purchase.

Instructor: Designing Dish Staff

**Course #WS25-HMLM**

Date: Thursday, February 13th

Time: 6:00-8:00pm

**Registration Fee: \$5**

Material/Supply Fee: \$28.00 (payable to Designing Dish upon attendance of the class).

Location: Designing Dish Studio



**GARDEN MUSHROOMS & BIRD FEEDERS**

Use a variety of jungle gem glazes. Choose a bird feeder or garden Mushroom and create with a variety of colors that create cool patterns in the kiln. Instructor: Designing Dish Staff

**Course #WS25-GMBF**

Date: Thursday, March 20th

Time: 6:00-8:00pm

**Registration Fee: \$5**

Material/Supply Fee: \$38.00 (payable to Designing Dish upon attendance of the class).

Location: Designing Dish Studio



Each week we will explore the exciting world of Needle Felting. Needle felting is a hands-on craft that involves sculpting shapes and figures using wool and special felting needles. It's a simple yet versatile technique that allows you to create anything from animals to decor with just a few supplies.

**NOTE:** Each participant will be provided with their own kit with all the supplies they need to begin needle felting. The cost is noted below.

The kit will include:

- #38 triangle needles (great needle for beginners)
- Wooden needle holder
- A foam pad
- Finger protectors

All other supplies needed to complete the weekly project will be provided in class.

Instructor: Melissa Webster

Start Date: March 6th

End Date: April 10th

Day/Time: Thursdays 7:00-8:30pm

**Registration Fee: \$15.00**

Material/Supply Fee: \$35.00 (payable to instructor upon attendance of first class)

Location: MS Library

**BIRD BATHS**

Never too early to think Spring! We will be creating our own bird bath using two separate bisque pieces. Your choice of fun element glazes that look like real pottery.

Instructor: Designing Dish Staff

**Course #WS25-DDBB**

Date: Thursday, March 6th

Time: 6:00-8:00pm

**Registration Fee: \$5**

Material/Supply Fee: \$45.00 (payable to Designing Dish upon attendance of the class).

Location: Designing Dish Studio



**FUSED GLASS WIND CHIMES or SUN CATCHERS**

Finish your garden off with your own beautiful wind chime or make a suncatcher to welcome back the sun.

Instructor: Designing Dish Staff

**Course #WS25-WCSC**

Date: Thursday, March 27th

Time: 6:00-8:00pm

**Registration Fee: \$5**

Material/Supply Fee: \$25.00-\$38.00 depending on selection (payable to Designing Dish upon attendance of the class).

Location: Designing Dish Studio



**REGISTER EARLY!**  
 Do not wait to register;  
 courses "run" or "don't run"  
 based upon enrollment one week  
 prior to the first day of class!  
 So don't wait!

# COLLEGE PREP



**All-Pro Tutoring And Test Prep**  
*Begin Today For A Better Tomorrow*

## DIGITAL SAT BOOT CAMP 4-HOUR #WS25-SATBC

**The new Digital SAT Test is here!**  
The digital SAT test is computer-based only, shorter test-taking time, shorter reading and math questions and longer time allotted to answer the test questions. This comprehensive review course introduces students to the Digital SAT test with emphasis on test-taking strategies, how to best prepare for the SAT test, practice questions in each subject, and a complete review on what to expect on the new digital test. The course includes classroom instruction/practice, test-taking strategies, testing information, workbook/study materials. Students are welcome to bring a snack to class.  
Instructor: All Pro Tutoring Staff  
Dates: April 21 (Mon) & 23 (Wed)  
Time: 6:00-8:00pm (both nights)  
**Fee: \$75.00**  
Room: HS 101

**Note:** The SAT Exam is at other local schools on May 3rd and June 7th.

## ACT BOOT CAMP 4-HOUR #WS25-ACTBC

**Get a jump start on your ACT test preparation!** In 2024, the ACT will be offered both digitally and written. If you are planning to study any STEM programs 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 and study materials. Students are welcome to bring a snack to class.  
Instructor: All Pro Tutoring Staff  
Dates: March 25 (Tues) & 27th (Thur)  
Time: 6:00-8:00pm (both nights)  
**Fee: \$75.00**  
Location: Room 101

**Note:** The ACT Exam is at Iroquois on April 5th and other local schools on June 14th.

## WRITING the COLLEGE APPLICATION ESSAY #WS25-WCE

Do you want to submit a college application essay that will really hit home with the Admissions Office of 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! One day prior to the start of the class an email containing login information and class materials will be sent. Please be sure to list the student's non-Iroquois email address when registering for the class.

Instructor: All Pro Tutoring Staff  
Date: Wednesday, June 4th  
Time: 6:00-8:30pm  
**Fee: \$75.00**  
Location: HS 101



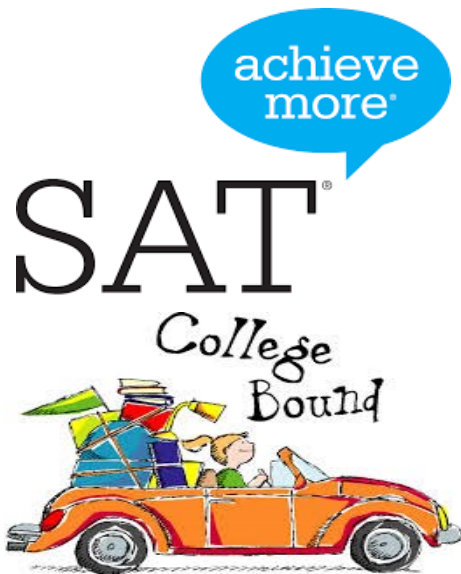
## Send Your Kids to College (FREE Online Seminar) #W25-SYKC

Did you know that less than 33% of 4-year college students graduate in four years? **Mistakes in college planning could cost you thousands of dollars!** Please join our team of experts for a free one-hour discussion on your best approach college planning. *Send Your Kids to College* is a non-profit organization there is no cost or obligation to purchase anything! One day prior to the presentation an email containing login information will be sent.

Wednesday, May 21st  
Time: 6:00-7:00pm  
**Fee: FREE!**

The **ACT**<sup>®</sup>

\*\*\*\*\*  
**WHEN IN DOUBT, CHECK IT OUT!**  
Winter weather is unpredictable, so please check one of the many resources available to you (TV, radio, website and telephone) **BEFORE** you venture out. You will not receive a personal phone call if classes are cancelled due to inclement weather!  
**When Iroquois is closed, or after-school activities are**  
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We **DO NOT** confirm! Your registration is accepted unless notified otherwise!



# COURSES FOR KIDS

## CHILD AND BABYSITTER'S TRAINING (CABS)

The Child & Babysitting Safety (CABS) course from the American Safety Institute will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. Topics include: starting a business, leadership, CPR, choking and first aid. Students will gain confidence and valuable employment skills to impress parents, Targeted for students 11-15 years old, the course is held over one 3-hour session. Students who successfully complete the program will receive a babysitter's text, course training materials, first aid kit, and completion card.

Instructors: The Safety Company Staff

### Course #WS25-CABS

Date: Saturday, March 15th (1 day only)

Time: 9:00 am - 12:00 pm

Room: MS Library

Fee: \$59 per student

You **MUST** pre-register by 10:00am on March 14th to attend! Walk-ins are **NOT** permitted!

**The Safety Company** is the regional training center for the **American Safety & Health Institute (ASHI)**. Programs are recognized nationwide and instructors are NYS fingerprinted and certified!



### WHEN IN DOUBT, CHECK IT OUT!

Winter weather is unpredictable, so please check one of the many resources available to you (TV, radio, website and telephone) **BEFORE** you venture out. You will **not** receive a personal phone call if classes are cancelled due to inclement weather!

When Iroquois is closed, or after-school activities are cancelled, Community Ed Classes held on school grounds are cancelled too!

### WANTED!

Have an idea for a new class? Would you like to offer a class? Community Ed is always looking for new courses to offer, please email [dmetz@iroquoiscsd.org](mailto:dmetz@iroquoiscsd.org) with your suggestions!



## FENCING FOR BEGINNERS

Fencing Center of Buffalo  
485 Cayuga Rd., Cheektowaga  
[www.fencingbuffalo.com](http://www.fencingbuffalo.com)

This class is an introduction to the Art of Classical Foil Fencing. Students will learn how to defend, move, and attack using the basic fencing weapon—the foil—in the Classical French style. It is a relaxed workout with exposure to the historical origins of this exciting martial art. Fencing develops better eye-hand coordination, physical agility, grace, and balance, while promoting cardiovascular fitness and increased confidence and self-esteem. Fencing is FUN! All equipment and instruction provided. Please wear sneakers and comfortable clothing for class. Classes held **off-site** at location listed above.

### WINTER SESSION: (Ages 10-14)

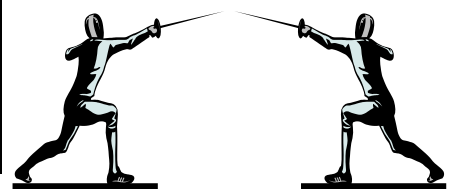
Course #WS25-Fence1:  
Starts Jan 11 (Sat)  
Time: 1:30 pm—3:00 pm  
Fee: \$120.00 (6 weeks)

### (Ages 7-9)

Course #WS25-Fence2:  
Starts Feb 2 (Sat)  
Time: 10:00 am—11:00 am  
Fee: \$100.00 (4 weeks)

### (Ages 14-adult)

Course #WS25-Fence3:  
Starts March 1 (Sat)  
Time: 1:30 pm—3:00 pm  
Fee: \$120.00 (6 weeks)  
Instructor: Fencing Center Staff  
**NO Discounts or Refunds!**



# HOLISTIC LIVING

**NOTICE: ALL** Holistic Living Courses are held over the internet using **Zoom**.

Upon registration for your class you will be emailed a unique **Zoom web link invitation** that you click to automatically join the class at the scheduled class time via computer—**no other action is required!**

## REIKI CERTIFICATION

Become a certified Reiki healer. During these in-depth sessions you will delve deeply into the ancient Japanese art of energy healing. 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. **Classes held online.**

Instructor: Jesse Wicher

Course #WS25-RCLI

**Level I**—Saturday, February 15th

Time: 10am—5 pm

**Fee: \$175.00 (Sorry, no discounts)**

Course #WS25-RCLII

**Level II**—Saturday, March 8th

Time: 10 am—5 pm

**Fee: \$199.00 (Sorry, no discounts)**

Course #WS25-ART

**Advanced Training**—Sat, March 29th

Time: 10 am—5 pm

**Fee: \$175.00 (Sorry, no discounts)**

Course #WS25-MDR

**Multi-Dimensional**—Sat., April 12th

Time: 10:00am-5:00pm

**Fee: \$175.00 (Sorry, no discounts)**

Course #WS25-RCLIII

**Level III Master**—Saturday, April 19th

Time: 10 am—6 pm

**Fee: \$249.00 (Sorry, no discounts)**

## SECRETS OF HAPPINESS WS25-SOH

Learn to believe in the happiness you want for your life, all over again! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of specific techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with your inner child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy! **Classes held online.**

Instructor: Holistic Arts Staff

Wednesdays 7:00-9:00pm

Start Date: February 12 (5 weeks)

**Fee: \$149.00 (Sorry, no discounts)**

## DEVELOPING YOUR INTUITION WS25-DYI

Think you're not Intuitive? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection. **Classes held online.**

Instructor: Holistic Arts Staff

Tuesdays 7:00-9:00pm

Start Date: February 11 (5 weeks)

**Fee: \$149.00 (Sorry, no discounts)**



## MEDITATION FOR RELAXATION AND PERSONAL HEALING #W25-MRPH

Do you suffer from stress, anxiety or sleeplessness? Does your mind never stop going? Meditation can help! Meditation is a simple, easy to learn practice that involves focusing your thoughts and your breathing to help you relax into the present moment. In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation. **Classes held online.**

Instructor: Holistic Arts Staff

Thursdays, 7:00-9:00pm

Start Date: February 13 (5 weeks)

**Fee: \$149.00 (Sorry, no discounts)**

## PRACTICAL COMPASSION WS25-PC

Each of us is seeking the goodness we want for our lives in the best way that we know how. The fact that none of us does this perfectly, and that nobody truly wants to suffer, can help us to have greater understanding and compassion through the somewhat painful lessons of life. In this five-week course, you will learn to apply the universal principals of compassion to bring more acceptance, forgiveness and wisdom to your relationships with yourself, others and the world. This class will give you the practical tools you need to create sustainable personal boundaries to help you live more open-heartedly in your life. So come and learn to expand beyond the barriers that separate us and become the healing change you wish to see in your world! **Classes held online.**

Instructor: Holistic Arts Staff

Wednesdays 7:00-9:00pm

Start Date: March 19th (5 weeks)

**Fee: \$149.00 (Sorry, no discounts)**

## EMOTIONAL RELEASE FOR INNER PEACE WS25-ERIP

Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature. **Course held online.**

Instructor: Holistic Arts Staff

Date: Monday, February 17th

Time: 6:30-9:00pm

**Fee: \$39.00**

We **DO NOT** confirm! Your registration is accepted unless notified otherwise!

## MUSIC & SINGING

### SELF-GROWTH & THE ART OF SINGING #WS25—SGAS

Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Explore with him the profound relationship between the breath, body and voice, and personal growth. Highlights include: "Singing with your own voice," Getting out of the way," and "Letting go of judgments." This engaging one-evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life. **NO Singing Required!** Come learn what good singing can teach you about good living. **Classes held online. Unique Zoom link emailed upon registration!**

Instructor: Jesse Wicher  
Date: Monday, March 31st  
Time: 7:00 pm—9:00 pm  
Fee: **\$35.00 per person**



### ONLINE SINGING LESSONS FOR EVERYONE

Do what you love to do—**BETTER!** Learn to bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages. **Lessons are 30 minutes of private instruction.** **Classes held online. Unique Zoom link emailed upon registration!**

Introductory price for Community Ed Students:  
**\$125.00 for 5 lessons**  
**5 Week Session—flexible scheduling!**

Call **821-1404** for additional information and to register.

### INSTANT PIANO FOR BUSY PEOPLE #WS25-IPBP

In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is lots of **FUN** and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+.

**Classes held online via ZOOM.**

Chords are Key Instructor:  
Craig Coffman  
Date: Mon., March 31st  
Time: 6:30pm—9:30 pm  
Fee: **\$69.00 per person**

Location: Online. You will receive your **ZOOM** link via email after paid registration.



### INSTANT GUITAR FOR BUSY PEOPLE #WS25-IGBP

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+.

**Classes held online via ZOOM.**

Chords are Key Instructor:  
Craig Coffman  
Date: Tues., April 1st  
Time: 6:30pm—9:30 pm  
Fee: **\$69.00 per person**

Location: Online. You will receive your **ZOOM** link via email after paid registration.

# SWIMMING

### MORNING SWIM #WS25-MSwim

Adult recreational and lap swimming - a great way to exercise! Tone muscles and improve fitness at your own pace.

Mon. Wed. & Fri., 6:30 - 7:30 am

Begins: January 22nd (Wed)

End Date: May 23rd

Fee: **\$115 per person**

Room: MS Pool

**No Swimming: 1/29, 2/17–2/21 & 4/14–4/18.**  
**The lane closest to the Lifeguard stand is a designated recreational/low intensity lane.**

**PARKING:** Use the parking spaces along the south side of the building (perpendicular not parallel to the building) by entrance #M-6. Do NOT park along the fence near the track/football field as this will interfere with Morning Student Drop Off! **ALL** swimmers access the building only through entrance #M-6.

**Please note:** The lifeguard is at the exterior doors from @ 6:15am-6:25am to let swimmers into the building. At approximately 6:25am she leaves the exterior doors to open the pool and assume her post in the lifeguard stand, so swimming can start promptly at 6:30am!

**DO NOT** Leave locks on lockers. Remove your belongings as **ALL** lockers are used by students daily!

**PLEASE NOTE:** If the opening of school is **DELAYED** due to weather or other conditions, morning swim is **CANCELLED**.



#### \*\*\*\*WAIVERS\*\*\*\*

**Are required of all who participate in physical fitness or swimming classes unless a health certificate is issued by your doctor. Remember to check with your doctor before starting any new exercise program.**



We **DO NOT** confirm! Your registration is accepted unless notified otherwise!



## HOLISTIC TRAVEL

### The Call of Paradise "A Spiritual Journey to Hawai'i"

Have you ever dreamed of traveling to Hawai'i? Sun-kissed beaches. Firey volcanoes. Lu'au feasts. The gracious beauty of a hula dancer. Hawai'i is all of these things and more! Come spend an evening luxuriating in the aloha of the islands as we look more deeply into the history, culture and spirituality of this remarkable part of America.

Through fascinating pictures and stories we will explore the rich heritage and traditions that make Hawai'i one of the most beautiful, healing and life-giving places on Earth. This year our journey will take us to the beautiful islands of Oah'u and the Big Island of Hawai'i. In the midst of tropical landscapes, we'll visit the solemn memorials of Pearl Harbor and tour Iolani Palace—the only royal palace in America. We'll also journey to majestic Hawai'i Volcanoes National Park to witness the creation of new land and life. In addition, we will get to meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the birthplace of Reiki Healing in America.

For those who are interested, there will be an opportunity after the presentation to discuss the details of our 10-day spiritual tour to Hawai'i in early 2022. So come join us for an evening of inspiration and let the magic of Hawai'i "call you home" to Paradise!

\*\*\*For more information visit

<https://treeofflifetourshawaii.wordpress.com/>

**Class held online.**

Instructor: Jesse Wicher

**Course # WS25-TCOP**

Date: Monday, March 3rd

Time: 7:00-9:00pm

**Fee: \$15**



## ONLINE COURSES

To find out if online learning is for you, go to <http://www.ed2go.com> and take a look! All courses begin the third Wednesday of each month and run for six weeks. Our online classrooms can be accessed over the Internet at any time day or night.

Courses include but are not limited to:

**GED PREPARATION**

**ENTERTAINMENT INDUSTRY**

**LAW & LEGAL CAREERS**

**SALES AND MARKETING**

**RESUME WRITING WORKSHOP**

**WEB PAGE DESIGN**

**LANGUAGES**

**ACCOUNTING**

**TEST PREP**

*plus many, many more .....*

**1. BROWSE THE ENTIRE CATALOG AT:**  
[www.ed2go.com/iroqcomed](http://www.ed2go.com/iroqcomed)

**2. Please include e-mail address when registering for online courses!**

**3. COMPUTER REQUIREMENTS:**  
Internet access, E-mail, Netscape, America Online version 4 or later, or Microsoft Internet Explorer web browser.

**Participate entirely from the comfort of your home!**

## CPR/AED

### ADULT, CHILD AND INFANT CPR/AED #WS25-CPR/AED

Adult, Child and Infant CPR/AED training course gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest until advanced medical personnel arrive and take over. Students who complete the course will receive a text, CPR Training Kit, CPR face shield and **2-year certification card**.

Instructors: The Safety Company Staff

Date: Tuesday, March 11th

Time: 6:00 pm—9:00 pm

Room: MS Library

**Fee: \$55**



### REGISTER EARLY!

**Do not wait to register; courses "run" or "don't run" based upon enrollment one week prior to the first day of class! So don't wait!**

**ed2go** | Learn More



**We DO NOT confirm! Your registration is accepted unless notified otherwise!**



## DRIVING

### AARP DRIVER SAFETY

A two-day driver improvement program for those 50 years of age or older. Those who complete the course qualify for a discount of 10% for 3 years on their automobile liability and collision insurance premiums. They also qualify for a 4 point reduction on their drivers license for points that were previously accrued for moving violations. AARP no longer insists that a participant be 50. Please note AARP fee schedule detailed below.

Instructors: **AARP**

Mon. & Tues. – March 10 & 11  
**Course #WS25-AARP1**  
Room: HS Library  
Time: 6:00pm—9:00pm  
**(must attend both nights)**

### OR

Wed. & Thurs. - May 14 & 15  
**Course #WS25-AARP2**  
Room : HS Library  
Time: 6:00—9:00pm  
**(must attend both nights)**

**AARP Fee: \$25.00 per person for members of AARP and \$30.00 for non-members (subject to change). Please pay instructor at first class—check or money order made payable to “AARP Driver Safety”. You must bring a valid NYS Driver’s License to class on first night. A license from any other state can no longer be accepted!**

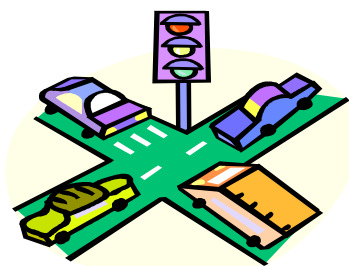
**NOTE:** Community Ed **DOES NOT** issue certificates of completion. These certificates are issued through AARP.



### DEFENSIVE DRIVING COURSE ONLINE!

The 6 hour point/insurance reduction course can now be taken online! Receive the same benefits (10% insurance reduction for three years and up to 4 points removed from your driving record) as those that take the course in the classroom. You have up to 30 days from the day you start to finish the course. If you stop at any point when you log back on you are at exactly the same point, you lose nothing! The online course is approximately 6 hours in length to complete.

**Register and pay online at:**  
[www.empiresafetycouncil.com](http://www.empiresafetycouncil.com)  
Enter code: CLJ5 (to get \$5.00 discount)



### DRIVER EDUCATION IMPORTANT NOTICE!

Iroquois Central School in conjunction with Erie 2 BOCES offers a Summer Driver Education Program for High School Students. Information will be posted to the website in the spring. Iroquois **no longer** offers a Driver Education Program during the school year.

## BOATER SAFETY

This course is taught by a New York State Certified Educator and meets state requirements for a boater education and Personal Watercraft (PWC) Boating Safety Course. It is intended to provide comprehensive yet basic knowledge to acquaint you with safe and legal boating practices. The boating safety course is an 8-hour instructor led workshop which includes a student text and workbook. A multiple choice exam is given at the end of the course and upon successful completion, you receive your temporary certificate. Course completion is good for life and is recognized by the United States Coast Guard. This certificate may also entitle you to a 15% discount annually on your watercraft insurance. It is important to note that Empire Boating Safety Course is approved by the National Association of State Boating Law Administrators (NASBLA) and meets mandatory requirements for states that have boater education laws. You must be at least 10 years old on the start of the date of the course to enroll.

**NOTE:** Course is held over two days (4 hours each) - must complete all 8 hours to satisfy the course requirements and qualify for certificate of completion.

Instructor: Tricia Andrzejewski

**Course #WS25-SBPW**  
May 13th (Tues) **and** May 20th (Tues)  
Room: HS 101  
Time: 5:15pm-9:15pm  
**Fee: \$30.00**



**REGISTER EARLY!**  
Do not wait to register;  
courses “run” or “don’t run”  
based upon enrollment one week  
prior to the first day of class!

We **DO NOT** confirm! Your registration is accepted unless notified otherwise!

# FITNESS FOR ADULTS

## SHEILA'S AEROBIC JAZZ

A little Jazz, a little funk, and a whole lot of Fun! We love to dance and this will get you in the BEST shape of your life! Who doesn't want a dancer's body?! This is a totally balanced fitness program with EASY to follow routines. We start with a thermal warm-up, active stretch and abdominal work. The low impact aerobic dance routines get you the results your body wants and needs. We end this 60-minute workout with a cool down and stretch. You will need 1# hand weights.

Instructor: "Sheila's Fitness Jam" Staff

### Course #WS25 -WSAJ20

Begins: January 6th

### Course #WS25 -SSAJ20

Begins: March 24th

Monday/Wednesday/Friday Morning, 9:00-10:00am

Fee: **\$110** per person per session (20 classes - In person or on Zoom)

Sorry, no senior discounts.

Location: David DeMarie Dance Studio - 10151 Main St., Clarence

### Course #WS25 -WSAJ30

Begins: January 6th - 10 weeks

### Course #WS25 -SSAJ30

Begins: March 24th—10 weeks

Monday/Wednesday/Friday Morning, 9:00-10:00am

Fee: **\$155** per person per session (30 classes - In person or on Zoom)

Sorry, no senior discounts.

Location: David DeMarie Dance Studio - 10151 Main St., Clarence

### Course #WS25 -SAJ20EVE

Tuesday/Thursday Evening, 6:30-7:30pm

Begins: January 7th - 10 weeks

Fee: **\$110** (20 classes - In person ONLY)

Sorry, no senior discounts.

Location: Pride Martial Arts Academy - 9135 Sheridan Dr., Clarence

Sorry, no senior discounts.

Location: ZOOM Only!

## SHEILA'S MUSCLE FLEX

Challenge every muscle group in just 30 minutes! Strength training is an essential part of any balanced workout. This is a group weight-training program "choreographed" to music that takes the drudgery out of lifting weights. Muscle Flex tones muscles, increases strength, improves bone density AND increases your metabolism. This program is just the answer to adding strength training to your exercise regime. The best part is, it's a fun AND it works! You will need an 8-14# body bar or two 4-7# dumbbells.

Instructor: "Sheila's Fitness Jam" Staff

### Course #WS25 -WFLEX20

Begins: January 6th - 10 weeks

### Course #WS25 -SFLEX20

Begins: March 24th - 10 weeks

Monday/Wednesday/Friday Mornings 8:30-9:00am

Fee: **\$110** per person per session (20 Classes - In person and on Zoom)

Sorry, no senior discounts.

Location: David DeMarie Dance Studio - 10151 Main St., Clarence

### Course #WS25 -WFLEX30

Begins: January 6th - 10 weeks

### Course #WS25 -SFLEX30

Begins: March 24th - 10 weeks

Monday/Wednesday/Friday Mornings 8:30-9:00am

Fee: **\$155** per person per session (30 Classes - In person and on Zoom)

Sorry, no senior discounts.

Location: David DeMarie Dance Studio - 10151 Main St., Clarence

### Course #WS25 -FLEXZOOM

Monday/Wednesday/Friday Mornings 8:30-9:00am

Begins: January 6th - 10 weeks

Sorry, no senior discounts.

Fee: **\$90** (30 Classes)

Location: ZOOM only

## SHEILA'S COMBO PACK

Register for Muscle Flex and Sheila's Aerobic Jazz and **SAVE!** Choice of in-person/ZOOM unlimited combo pack or ZOOM only.

### Course #WS25-WUNLIM

Begins: January 6th - (10-weeks)

### Course #WS25-SUNLIM

Begins: March 24th - (10-weeks)

Days: Monday-Friday

Time: 8:30am-9:00am Muscle Flex

PLUS 9:00am-10:00am Aerobic Jazz

or 6:30-7:30pm Aerobic Jazz.

Fee: **\$190 per person per session (in person PLUS includes link to ZOOM!)**

Sorry, no senior discounts

Locations:

M/W/F Morning Muscle Flex - David DeMarie Dance Studio, 10151 Main St., Clarence

M/W/F Morning Aerobic Jazz - David DeMarie Dance Studio, 10151 Main St., Clarence

T/Th Evening Aerobic Jazz - Pride Martial Arts Academy, 9135 Sheridan Dr., Clarence

### Course #WS25-COMBOZOOM

Days: Monday/Wednesday/Friday

Time: 8:30am-9:00am Muscle Flex

PLUS 9:00am-10:00am Aerobic Jazz.

Begins: January 6th - (10-weeks)

Fee: **\$115**

Sorry, no senior discounts

Locations: ZOOM Only!

## Sheila's Fitness JAM



## MENS BASKETBALL #WS25-BBMS

Basketball for *exercise* and *recreation* (LeBron James wannabes need not apply!) for men high school graduates and up.

Coordinator: Aaron Lundmark

Mondays: \*7:00 pm - 9:00 pm

Begins: January 13th

End Date: May 19th

**No Basketball: 1/20, 2/17, 4/14**

Fee: **\$20**

Room: Middle School Gym

Note: Showers are NOT available!

\*Start time may be delayed if Iroquois athletic teams are using the gym for a game or event!



### \*\*\*\*WAIVERS\*\*\*\*

Are required of all who participate in physical fitness or swimming classes unless a health certificate is issued by your doctor. Remember to check with your doctor before starting any new exercise program.

We **DO NOT** confirm! Your registration is accepted unless notified otherwise!

## TRIPS & TOURS

### St. Patrick's Day Blarney

TUES., March 11 or

WED., March 12

\$65.00

It's a Scenic Excursions exclusive event! We're ALL Irish during the St. Patrick's Day holiday time of year! LAST EVENT WAS A SELL OUT—so do not delay in booking your tickets! Dress in green, and head to **SEAN PATRICK'S IRISH RESTAURANT** for a delicious **COMPLETE LUNCHEON**. Following lunch, enjoy an afternoon show starring the **BLARNEY BUNCH BAND**. Whether your Irish all year or just for a day, this musical celebration is sure to bring out your green! For nearly 30 years, the Blarney Bunch has been entertaining throughout Western New York. Specializing in traditional Irish music and throwing in some rock and country just to mix it up. With their love and ability to play all types of music—this day is sure to show everyone of all ages a great time. Cash bar available.

#### CHOOSE YOUR ENTRÉE:

- Corned beef with cabbage
- Chicken piccata (light lemon wine sauce)
- Baked haddock

**DRIVE ON OWN:** Doors open 11:30am

**SHOW ENDS:** 3:00pm



#### PROTECT YOUR TRAVEL INVESTMENT:

Scenic Excursions highly recommends Travel Protection on all trips. **ALL ONE DAY EXCURSIONS** Can be protected at a rate of \$25 per person. This is cancellation protection for medical reasons **ONLY** and a doctor note is required for full refund. Travel protection for **CASINO** excursions is available at a rate of \$10 per person. Contact Scenic Excursions at **649-9694** for additional information.

**Southtowns pickup location:**  
Tops Plaza , 355 Orchard Park Rd., Park at FAR END near poles marked "I" or "F".

### EVERYTHING LUCY

THUR., APRIL 28

\$189.00

Visit the LUCY/DESI MUSEUM. Enjoy the beautiful gowns and costumes from Lucy's wardrobe, see painting and photographs that once hung in their home in Beverly Hills. The DESILU STUDIO has exact recreations of Lucy and Desi Ricardo's New York City apartment and Hollywood suite. You'll find interactive sets, screening area, original scripts, vintage costumes, and memorabilia. We will do a PHOTO SHOOT ON THE "I LOVE LUCY" set. Enjoy a BUFFET LUNCH AND AN EPISODE OF A SHOW in the TROPICANA ROOM AT LUCI DESI CENTER...following lunch, our finale of the day is the visit to the AWARD WINNING NATIONAL COMEDY CENTER which was named the nations' best new museum by USA today. More than 50 immersive interactive exhibits.

**DEPART** Tops Plaza 9:00 am

**RETURN** Tops Plaza 5:00 pm



### AMISH IN CHERRY CREEK

WED., APRIL 30

\$169.00 per person

Take a trip back in time with a visit through the Old Orchard Amish Country in the **CHERRY CREEK & CONEWANGO VALLEY**. They live without all the modern conveniences such as electricity, telephone, and cars. Their lifestyle separates them from the modern world. They emphasize humility, faith, family, honesty, and hard work. They are recognized by their plain dress and travel by horse and buggy. Our day begins with meeting a step on guide. Along the way you'll visit sites, shopping delights, and bring home special treats. From an Alpaca Farm and Gift Shop, Amish Quilt Shop, **LUNCH** at the **SOUTH DAYTON HOTEL**, visit to an Amish Greenhouse, the Valley View Cheese Shop as well as an in-home visit to an Amish Bakery. The Amish have a unique way of life which we respect, while on the tour we ask that you are thoughtful and courteous of their ways. Bring cash for Amish purchases, as credit cards are not accepted.

#### CHOOSE YOUR ENTRÉE:

- Roast beef dinner with mashed potatoes
- Fish fry with coleslaw and homemade potato salad
- Chicken Parmesan served on side of spaghetti
- Vegetarian upon request

**DEPART** Tops Plaza 8:30 am

**RETURN** Tops Plaza 5:30 pm



### CRUISIN ON SENECA LAKE

TUES., JUNE 10

\$185.00

Head to **HAMONDSPORT**—America's coolest small town! Enjoy a fantastic **SIT DOWN LUNCHEON AT SENECA HARBOR STATION** highlighting their Pierside Platter. Following lunch, board **CAPTAIN BILL'S** for a 50 minute **SIGHTSEEING CRUISE**. Discover the beauty and charm of Seneca Lake as it can only be seen from the water. You'll be captivated by Hector Falls, the majestic cliffs of the east shore with Native American paintings, and a view of the salt industry. This afternoon we will visit **SAUDERS MENNONITE STORE** located in Seneca Falls, enjoy a visit to this unique Country Store. They welcome you to discover their Farm Fresh Produce, Fresh & Smoked Meats, Dutch Country Bakery, Swiss Deli & Cheese Shoppe & Country Cookin' Café where you may wish to bring a snack for the travels home.

#### CHOOSE ONE ENTREE:

- Sirloin Steak
- Shrimp Pasta
- Marinated Chicken Breast
- St. Louis Ribs
- Grilled applejack salad with chicken

**DEPART** Tops Plaza 8:30 am

**RETURN** Tops Plaza 6:00 pm

We **DO NOT** confirm! Your registration is accepted unless notified otherwise!



# OVERNIGHT TRIPS & TOURS

## **OVERNIGHT TRIP PAYMENT & CANCELLATION POLICY**

Make your check for overnight trips payable to **Scenic Excursions**. There are **NO** refunds for cancellations for overnight trips. As such, trip insurance is strongly recommended to protect your travel plans! Insurance cost varies depending on occupancy and trip cost. Online registration is not available for trips. Mail your check and registration form to Iroquois Community Education.

**NOTE:** Failure to follow payment instructions will delay your booking.

### "NOAH"

#### ALL ABOARD THE ARK

**MARCH 25 – 27**

**TUES. – THUR. - 3 Days**

Highlights Include: • Visit Lutz, PA • Julius Sturgis Pretzel Bakery • Wilbur Chocolate • Hershey Farm Restaurant Dinner • "Noah" at Sight and Sound Theatre • Greenfield Restaurant • Historic Lancaster, PA tour • Kitchen Kettle Village • James Buchanan's Wheatland.

#### **TRIP INCLUDES**

2 Nights Accommodations  
Down on the Farm Amish Dinner  
2 Breakfast Buffets at Hotel  
Ryan & Friends All-Star Comedy Entertainment  
Hershey Farm Restaurant Dinner  
"Noah" at Sight & Sound—GREAT seats!

#### **Non-Refundable Price Per-Person\*:**

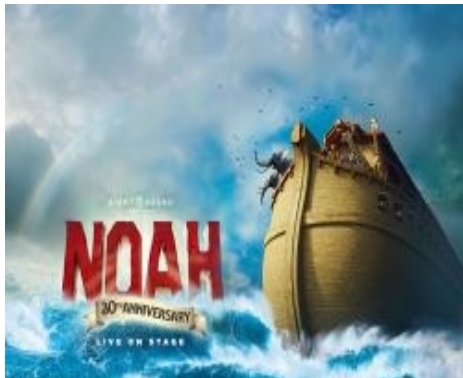
**\$959.00** per/person Double  
**\$1,129.00** per/person Single  
**\$919.00** per/person Triple

**\*Save \$50 off per person if booked by 12/31/24**

#### **Additional Trip Insurance:**

Contact a Scenic Excursions Travel Specialist at 716-649-9694 to assist you in choosing which protection plan is best for you.

Depart: Tops Plaza March 24th @ TBA  
Return: Tops Plaza March 27th @ TBA



### WASHINGTON DC

#### Cherry Blossom Time

**APRIL 4 - 7**

**FRI-MON.—4 Days**

#### **TENTATIVE ITINERARY**

**Day 1:** Departure from WNY early in the morning for **WASHINGTON DC**. Check into hotel. **DINNER** this evening is included.

**Day 2:** **BREAKFAST** at the hotel. Stop at **ARLINGTON CEMETERY** to see the grounds via TRAM, including the Women in Military Memorial and Marine Corp War Memorial's Iwo Jima Statue. Lunch on your own. Visit the **CAPITOL VISITOR CENTER, U.S CAPITOL, the KENNEDY CENTER FOR THE PERFORMING ARTS.** **DINNER** included. Enjoy a **DRIVING TOUR OF THE ILLUMINATED MNUMENTS.**

**Day 3:** **BREAKFAST** at the hotel. Drive past the Cherry Blossoms as you visit some of the memorials in the area. Afterwards continue to the SMITHSONIAN INSTITUTION to visit any of the museums. This evening, enjoy **DINNER** followed by a relaxing night.

**Day 4:** **BREAKFAST** at the hotel. Check out and departure for home.

#### **TRIP INCLUDES**

Three-nights lodging • 3 breakfasts • 3 dinners • Cherry Blossom Time • Tram Ride at Arlington Cemetery • Visits to Memorials • Guided Sight seeing Tour • Capitol Visitor Center • U.S. Capitol • U.S. Library of Congress • Visit to Kennedy Center • Guided Tour of Illuminated Monuments • Smithsonian Institution.

#### **Non-Refundable Price Per-Person\*:**

**\$1,435.00** per/person Double  
**\$1,809.00** per/person Single  
**\$1,415.00** per/person Triple

**\*Save \$50 per person if booked by 12/31/24**

#### **Additional Trip Insurance:**

Contact a Scenic Excursions Travel Specialist at 716-649-9694 to assist you in choosing which protection plan is best for you.

Depart: Tops Plaza April 4 @ TBA  
Return: Tops Plaza April 7 @ TBA

### SAVANNAH & CHARLESTON

**JUNE 8–14**

**SUN.—SAT - 7 Days**

Highlights of this 7-day trip include Two Guided Tours of Charleston \* Charleston's Old Historic District \* Charleston Harbor Cruise \* Fort Sumter \* Magnolia Plantation & Gardens (Home Tour and Tram Tour of the Gardens) \* Savannah's City Market \* Guided Tour of Historic Savannah. Check the Scenic Excursions website for a complete detailed itinerary!

#### **TRIP INCLUDES**

6 Nights Accommodations  
6 Breakfasts  
4 Dinners

#### **Non-Refundable Price Per-Person:**

**\$2,360.00** per/person Double  
**\$3,100.00** per/person Single  
**\$2,320.00** per/person Triple  
**Save \$50 off per person if booked by 3/31/25**

#### **Additional Trip Insurance:**

Contact a Scenic Excursions Travel Specialist at 716-649-9694 to assist you in choosing which protection plan is best for you


Depart: Tops Plaza June 8th @ TBA  
Return: Tops Plaza June 14th @ TBA



**Southtowns pickup location:**  
**Tops Plaza , 355 Orchard Park Rd., at FAR END near poles marked "I" or "F".**

**We DO NOT confirm! Your registration is accepted unless notified otherwise!**

**Registration form** *(Please print)*

Please fill out one form per person and return to: 

**IROQUOIS COMMUNITY EDUCATION**

**P.O. Box 32**

**Elma, New York 14059**

**(716) 652-3000 ext 7402**

\_\_\_\_\_  
Last Name First

\_\_\_\_\_  
Street City Zip

\_\_\_\_\_  
Home Phone – REQUIRED Cell Phone E-Mail Address:

Course or Trip/Tour Title	Course #	Date	Time	Fee	(Office use)
1.					
2.					
3.					



**Make checks payable to:  
Iroquois Central School. Your  
canceled check is your receipt.**


**WAIVER**  
Signed and included with  
registration for physical  
fitness and/or  
swimming classes.

Check if a:

- District Resident
- Non-Resident: add \$5.00 (per person) \$ \_\_\_\_\_

**TOTAL FEE ENCLOSED** \$ \_\_\_\_\_

**Registration form** *(Please print)*

Please fill out one form per person and return to: 

**IROQUOIS COMMUNITY EDUCATION**

**P.O. Box 32**

**Elma, New York 14059**

**(716) 652-3000 ext 7402**

\_\_\_\_\_  
Last Name First

\_\_\_\_\_  
Street City Zip

\_\_\_\_\_  
Home Phone – REQUIRED Cell Phone E-Mail address

Course or Trip/Tour Title	Course #	Date	Time	Fee	(Office use)
1.					
2.					
3.					



**Make checks payable to:  
Iroquois Central School. Your  
canceled check is your receipt.**

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Signed and included with  
registration for physical  
fitness and/or  
swimming classes.

Check if a:

- District Resident
- Non-Resident: add \$5.00 (per person) \$ \_\_\_\_\_

**TOTAL FEE ENCLOSED** \$ \_\_\_\_\_

**Registration Form Directions:**

- 1 Fill out one registration form for each individual who enrolls.
- 2 Enclose proper fees. Please do **not** send cash.
- 3 One check may be issued for multiple registrations.
- 4 Registrations will be processed in the order in which they are received.
- 5 Please include a phone number so we may contact you if a class is cancelled or rescheduled.
- 6 No refunds are allowed.
- 7 Waiver **must** be signed for Physical Education and/or swimming classes.

**YOUR REGISTRATION WILL AUTOMATICALLY BE ACCEPTED UNLESS OTHERWISE NOTIFIED**

We **DO NOT** confirm! Your registration is accepted unless notified otherwise!

## IROQUOIS COMMUNITY ED PHYSICAL FITNESS/SWIMMING WAIVER

I hereby state that \_\_\_\_\_ does not have any ailments or conditions that could prevent me/him/her from participating in a physical fitness activity or class. Accordingly, I hereby consent and wish to participate in the physical fitness class offered by the Iroquois Central School District's Community Education Program, and do so without securing a physician's certificate or examination, which I deem to be unnecessary.

I hereby release Iroquois Central School District from any and all liability and waive any claim from injury that might have been forestalled, foreseen, determined, anticipated or uncovered by a physical examination, and accordingly do agree to hold harmless and indemnify the Iroquois Central School District for any related costs, expenses or losses (including legal fees) which may be related to any such condition which could or would have been discovered by a physical examination.

Class Name \_\_\_\_\_

Signature \_\_\_\_\_  
(parent or guardian if participant is under 18 years of age)

Date \_\_\_\_\_



## IROQUOIS COMMUNITY ED PHYSICAL FITNESS/SWIMMING WAIVER

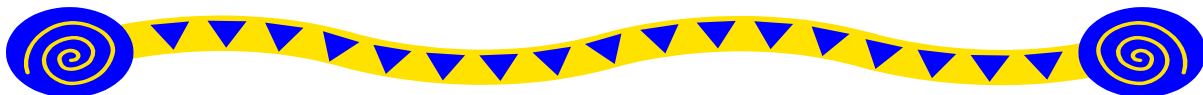
I hereby state that \_\_\_\_\_ does not have any ailments or conditions that could prevent me/him/her from participating in a physical fitness activity or class. Accordingly, I hereby consent and wish to participate in the physical fitness class offered by the Iroquois Central School District's Community Education Program, and do so without securing a physician's certificate or examination, which I deem to be unnecessary.

I hereby release Iroquois Central School District from any and all liability and waive any claim from injury that might have been forestalled, foreseen, determined, anticipated or uncovered by a physical examination, and accordingly do agree to hold harmless and indemnify the Iroquois Central School District for any related costs, expenses or losses (including legal fees) which may be related to any such condition which could or would have been discovered by a physical examination.

Class Name \_\_\_\_\_

Signature \_\_\_\_\_  
(parent or guardian if participant is under 18 years of age)

Date \_\_\_\_\_



**Please complete a separate waiver for each participant. Additional copies are available on the district website. A parent or guardian must complete and sign on behalf of a minor child.**