West Irondequoit
Community Education

FALL 2026

Fall Classes Offered Sept. - Dec.







Registration Begins August 24

Community Education

Katie Tytler, Director of Community Education

585-336-3014

westirondequoit.org

Excellence in Education for All Ages

A NOTE FROM: COMMUNITY EDUCATION DIRECTOR KATIE TYTLER

As the Fall season approaches, we look forward to enjoying cooler temperatures, vibrant autumn colors, and all the traditions that make this time of year so special. We encourage you to take time to get outdoors and experience the beauty of the season.

Registration for Fall programs will begin on August 24. As you explore our Fall 2026 Community Education Brochure, we hope you and your family will find opportunities to learn, grow, and connect through our wide variety of programs. Whether you are interested in trying something new, developing a skill, or staying active, we offer programs for all ages and interests.

We are always interested in hearing new program ideas and welcome your suggestions. If there is a class or activity you would like to see offered, please contact our office.

If you have any questions or need assistance, please do not hesitate to contact our office at 585-336-3014.

Wishing you a healthy, active, and enjoyable fall season.

PHOTOGRAPHY CONTEST

We need your help! Do you have a photographer in the making residing in your home? Submit entries for the back page of the Community Education Winter Brochure. Using your talents show us what Winter in West Irondequoit means to you. If chosen your photograph and name will be featured on the back cover of the Winter 2027 Community Education Brochure.

Ages: 6 & Up
Dates: Due by October 1
Fee: FREE

Scan/Email entries to:
katie_tytler@westiron.monroe.edu
Subject Line: Winter Brochure Photography Contest

Questions, please call our office @ 585-336-3014

FALL 2026 INFO

Eligibility

All persons 18 years of age or older may register unless listed otherwise. Non-residents are welcome.

Registrations Due

Prior to the start of your class. Decisions whether a class or program will be held are made approximately three days prior to the start date.

Register Online

registration.xendirect.com/wisd

If you have participated in any Community Education activity or class and would like to register on-line, log in using your user name and password (if you have forgotten your user name call Community Education)
If you are a NEW Community Education participant, you can click the "Create Account" link on the registration page.

Register by Mail

West Irondequoit CSD
Community Education
260 Cooper Road
Rochester, NY 14617

Register by Phone

(585) 336 - 3014

9 am-3:30 pm

Register by Fax

(585) 336 - 3154

Register in Person

Drop off your completed registration & payment
Monday - Friday, 8 am - 4 pm
District Office
321 List Ave.
Rochester, NY 14617

Community Education

WEST IRONDEQUOIT CSD COMMUNITY EDUCATION DISCLAIMER

The West Irondequoit CSD Community Education program contracts with instructors to present information in various areas of expertise. Instructors are not permitted to use their courses to solicit business for personal or corporate benefit. Any contact with an instructor outside the classroom is not the responsibility of the West Irondequoit CSD. Community Education students are hereby advised that the West Irondequoit CSD does not assume responsibility for loss or damages incurred from the information and/or advice provided by an instructor, whether in or out of class

The West Irondequoit CSD does not discriminate on the basis of race, color, national origin, sex, disability, or age in its program or activities. The following person handles inquiries regarding the non-discrimination policies:

Brenna Farrell
Assistant Superintendent for Human Resources

(585) 336 - 2995
321 List Ave.
Rochester, NY 14617

SCAN QR CODE TO REGISTER

COMMUNITY EDUCATION
FALL 2026 CLASSES

Aquatics 5-6
- Adult Lap Swim/Water Walking
- Pre-School Swim Lessons
- Swim Lesson Parent & Child
- Private Swim Lessons
- Swim Lessons

Arts & Crafts 7-8
- Abstract Stained Glass in a Frame
- Fabric Beads
- Fiber Arts! Needle & Wet Felting
- Pastel Painting - Introduction
- Pencil Drawing Beginner & Advanced
- Pottery Wheel Sampler
- Watercolor Beginner to Advanced

Automobile / Driving 9
- Online Permit Testing
- 5-Hr. Course

Business & Financial Matters 10-11
- Estate Planning
- Preparing For Retirement
- Stock & Bond Market Strategies For Your Goals
- Understanding Medicare
- Understanding Social Security

Family & Youth 11
- Safe @ Home

Sports 12-13
- Eagles Wrestling Club All Levels & Advanced
- Fall Youth Wrestling
- RWK Kids Run The Nation Level 1 & 2
- IBC Girls Basketball

Fitness Health & Wellness 14-17
- Active Vin Yasa Yoga
- Belly Dance
- Cardio & Strength Morning & Evening
- Essentrics Stretch, Strengthen & ReBalance
- Face Yoga
- Goal Ball
- Hips, Thighs & Otherwise
- Metabolism Boosters & Busters
- Water Fitness Workout
- Pilates
- Rejuvenate Your Brain
- Yoga Level I & II

Pickleball 18

Music 19-21
- How To Play Piano By Ear
- Instant Piano/Guitar for Busy People
- Instant Ukulele For Busy People
- Irondequoit Community Orchestra
- Irondequoit Concert Band
- The Irondequoit Chorale

Personal Interest 22
- Become a Notary with Notary Public License Law
- Plan Your Own European Adventure
- Wine Making Made Simple

SafetyEducaion 23
- Heartsaver CPR
- Pet First Aid & CPR

Ed2Go 24

Gold Card Information 25

Eagles Care 26

Irondequoit Community Cupboard 27

Driver's Education 28

School Calendar 29

Registration Information 30-31

Community Education

REGISTRATION BEGINS
AUGUST 24
REGISTER ONLINE
registration.xendirect.com/wisd

AQUATICS PROGRAMS

ADULT LAP SWIM/WATER WALKING

Enjoy lap swimming or water for individual conditioning in our eight lane pool. You may pay at the door per visit or purchase a discounted pass by calling our office at 585-336-3014. The pool pass does NOT expire.

Fee:	**$4 per visit**
	$105 / 30 visit pass
Gold Card Fee:	**$100 / 30 visit pass**
Location:	**IHS Pool**



Scan QR Code to View Schedule

Here you can find a complete listing of pool times by month.

Or call Community Education at 585-336-3014 and we will mail you a schedule.

SEE PAGE 17 FOR WATER FITNESS CLASS

SWIM LESSON REGISTRATION BEGINS THURSDAY OCTOBER 1

PRESCHOOL SWIM LESSONS

Class is designed to orient preschool-age children to the aquatic environment and to help them acquire basic aquatic skills.

Ages:	**4-5 years**
Days:	**Saturday**
Dates:	**October 17-December 12**
No Program:	**October 31 & November 28**
Fee:	**$80 (7 classes)**
Location:	**IHS Pool**
Instructor:	**Aqua, Staff**
Course Code:	**FIT6100F**
Time:	**9:30-10:05 am**
Course Code:	**FIT6100F2**
Time:	**10:50-11:25 am**
Course Code:	**FIT6100F3**
Time:	**10:10-10:45 am**

SWIM LESSONS - PARENT & CHILD

Class is designed to familiarize young children to the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own. It is a great way to spend time with your child. An adult must be in the water with the child. Children in diapers must wear appropriate swim pants.

Course Code:	**FIT6099F**
Ages:	**6 months to 4 years**
Days:	**Saturday**
Dates:	**October 17-December 12**
No Program:	**October 31 & November 28**
Time:	**12:10-12:40 pm**
Fee:	**$80 (7 classes)**
Location:	**IHS Pool**
Instructor:	**Aqua, Staff**

PRIVATE SWIM LESSONS

Feel comfortable working one on one with a member of our aquatic staff to learn to swim.

Ages:	**3 years & Up**
Days:	**Saturdays**
Dates:	**October 24-December 5**
No PrograM:	**October 31 & November 28**
Fee:	**$105 (5 classes)**
Location:	**IHS, Pool**
Instructor:	**Aqua Staff**
Course Code:	**FIT6107F**
Time:	**1:00-1:30 pm**
Course Code:	**FIT6107F2**
Time:	**1:30-2:00 pm**

Registration Information Pages 30-31

SWIM LESSONS
WITH COMMUNITY EDUCATION

The levels are listed below. Each level is described as accurately as possible but some adjustments may be necessary in order to place your child in the proper level. Any physical limitations should be noted on the child's registration form. When choosing the level of instruction for your child underestimate your child's abilities. Instructors will verify the ability of each child during the first class. Pre-registration is required. You are encouraged to stay in the pool area the first and the last class to observe. For the remainder of the lessons, parents/guardians and siblings are asked to not be in the pool area.

Ages: 6 years & Up
Days: Saturday
Dates: October 17-December 12
No Program: October 31 & November 28
Fee: $80 (7 classes)
Location: IHS Pool
Instructor: Aqua Staff

SWIM LESSONS - LEVEL 1

In Level 1 Introduction to Water Skills, your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including, entering the water independently using ladder, steps or side, traveling at least 5 yards, bobbing 3 times then safely exiting the water,gliding on front supported at least 2 body lengths, rolling to a back float for 3 seconds with support, recovering to a vertical position with support.

Course Code: FIT6101F
Time: 10:10-10:45 am

Course Cose: FIT6101F2
Time: 11:30 am-12:05 pm

SWIM LESSONS - LEVEL 2

Level 2 Fundamental Aquatic Skills builds on skills learned in Level 1. Some of the milestones that are necessary for successful completion of Level 2 include: stepping from the side into chest deep water, moving into a front float for 5 seconds,rolling to back, floating for 5 seconds then recovering to a vertical position, moving into a back float for 5 seconds, rolling to front then recovering to a vertical position, pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

Course Code: FIT6102F
Time: 10:10-10:45 am

Course Code: FIT6102F2
Time: 10:50-11:25 am

SWIM LESSON REGISTRATION BEGINS THURSDAY OCTOBER 1

SWIM LESSONS - LEVEL 3

In Learn to Swim Level 3, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Some of the milestones in Level 3 Stroke Development include: jumping into deep water from the side, swimming the front crawl for 15 yards, maintaining position by treading or floating for 30 seconds, swimming the elementary backstroke for 15 yards.

Course Code: FIT6103F
Time: 9:30-10:05 am

Course Code: FIT6103F2
Time: 11:30 am-12:05 pm

SWIM LESSONS - LEVEL 4

In Learn to Swim Level 4, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Some of the milestones in Level 4 stroke improvements include: swimming the front crawl for 25 yards, swimming the elementary backstroke for 25 yards, swimming the breaststroke for 15 yards, swimming the back crawl for 15 yards, open turns on the front and back.

Course Code: FIT6104F
Time: 12:10-12:45 pm

SWIM LESSONS - LEVEL 5

In Learn to Swim Level 5, our instructors follow a plan to introduce new swimming and water safety skills and to build on ones previously learned. The expectations are higher for participants now in regards to distance and quality. Some of the milestones in Level 5 Stroke Refinement include: performing a shallow angle dive into deep water, swimming the front crawl for 50 yards, swimming the elementary backstroke for 50 yards, swimming the breaststroke for 25 yards, swimming the back crawl for 25 yards.

Course Code: FIT6105F
Time: 12:10-12:45 pm

ARTS & CRAFTS

ABSTRACT STAINED GLASS IN A FRAME

Create a unique stained-glass wall hanging to beautifully display in your home or office—or give as a handmade gift! In this creative class, participants will design framed artwork using colorful stained-glass pieces on a painted 6x6 canvas or wood background. Learn basic glass-cutting techniques; pre-cut pieces will be provided. No foiling or soldering in this class, making this class perfect for beginners. **Please bring an apron. A $30 materials fee** is due to the instructor at class.

Course Code:	**ART7315F**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**October 7-October 21**
Time:	**5:00-7:00 pm**
Fee:	**$135 (3 classes)**
Location:	**100 Boxart St. Studio 263 Use Door #5**
Instructor:	**Marlene Canavan**

FABRIC BEADS

Create beautiful handmade fabric beads using silks, cottons, yarn, seed beads, and sequins in this fun and creative class! Learn how to design and embellish unique beads, then transform them into wearable art. Participants may choose to create one or two finished projects using their beads, including a bangle bracelet, earrings, brooch, safety pin brooch, or purse dangle. Whether you are a beginner or experienced crafter, you'll leave with a one-of-a-kind creation to be proud of! **A $10 materials fee** is due to the instructor at class.

Course Code:	**ART7314F**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**September 15-22**
Time:	**5:30-7:30 pm**
Fee:	**$75 (2 classes)**
Location:	**100 Boxart St. Studio 263 Use Door #5**
Instructor:	**Marlene Canavan**

SCAN QR CODE TO REGISTER

FIBER ARTS! NEEDLE & WET FELTING

Create a darling needle felted animal and a wet felted item (i.e. wool bag). You will leave with the tools and knowledge to continue this wonderful craft! **A $20 materials fee** is due to the instructor at class.

Course Code:	**ART1000F**
Ages:	**Adults**
Days:	**Friday**
Dates:	**October 23-November 13**
Time:	**4:00-5:30 pm**
Fee:	**$90 (4 classes)**
Location:	**100 Boxart St Studio 209 Use Door #5**
Instructor:	**Sue Barnes**

PASTEL PAINTING: INTRODUCTION

If you have ever admired the beautiful pastel paintings of the Impressionists, this class is for you! Pastel paintings can look loose like a drawing or refined like an oil painting. Through instruction, informal discussion, demonstrations and plenty of opportunities for the student to work with the medium, we will learn about the incredible versatility of pastel. Areas to be covered include pastel painting techniques, design concepts, tricks of the trade, safety, storage and framing. No experience is necessary, just the desire to learn. Come and play! Fee includes all materials.

Course Code:	**ART1090F**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**September 29-October 27**
Time:	**6:00-8:00 pm**
Fee:	**$145 (5 classes)**
GC Fee:	**$140 (5 classes)**
Location:	**IHS, Faculty Cafe**
Instructor:	**Collette Savage**

REGISTER ONLINE

registration.xendirect.com/wisd

Registration Information Pages 30-31

ARTS & CRAFTS

PENCIL DRAWING BEGINNER & ADVANCED

If you've ever wanted to do more with your doodles, come join us. We will begin with learning how to shade and draw things in proportion in a still life. Then move on to all sections of the human face. The human hand and its mechanics will follow. The final 2 weeks will be drawing the human body and perspective drawing. **Supply list:** drawing pencils: 2H, HB, 2B, 6B, sketchbook, at least 9 x 12, kneaded eraser

Course Code:	**ART1249F**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**September 22-November 10**
Time:	**7:00-9:00 pm**
Fee:	**$103 (8 classes)**
GC Fee:	**$98 (8 classes)**
Location:	**IHS, Room 1150**
Instructor:	**Darlene Zoricak**

SCAN QR CODE TO REGISTER

POTTERY WHEEL SAMPLER

A great opportunity to learn how to throw on the wheel in a small class. 2 weeks after class you will be able to pick up your pottery! Class is located @ 100 Boxart St., The Studio

Ages:	**Adults**
Days:	**Saturday**
Time:	**6:00-7:30 pm**
Fee:	**$60 (1 class)**
Location:	**100 Boxart St., The Studio**
Instructor:	**Sue Barnes**
Course Code:	**ART5797F**
Dates:	**November 7**
Course Code:	**ART5797F2**
Dates:	**December 5**

WATERCOLOR BEGINNER TO ADVANCED

This class will consist of 8 weeks of hands-on, step by step instruction in the medium of watercolor. The novice or beginners to this medium will involve 3 classes of learning techniques and color mixing. A specific subject matter will be worked on. Once mastered the student will be given the opportunity to work from a photo of their choosing. Advanced students will bring in a project that they would like to work on with one on one assistance to complete it. **Supply list** can be found online @ www.westirondequoit.org/community_education under class supply lists.

Course Code:	**ART1102F**
Ages:	**Adults**
Days:	**Monday**
Dates:	**September 21-November 16**
No Program:	**October 12**
Time:	**6:30-8:30 pm**
Fee:	**$103 (8 classes)**
GC Fee:	**$98 (8 classes)**
Location:	**IHS , Room 1150**
Instructor:	**Darlene Zoricak**

REGISTER ONLINE

registration.xendirect.com/wisd



AUTOMOBILE/DRIVING

ONLINE LEARNERS PERMIT TESTING

Is it time to get your learner's permit? The NYS Department of Motor Vehicles (DMV) allows students to take the driver's license knowledge test in their own school via the internet. Participation in this program will drastically reduce time spent at the DMV office by students and their parents. After passimg the exam you will be given all the paperwork needed to take to the DMV office to apply for your permit. To be eligible, you must be at least 15 years of age and a current IHS student. You may register in the counseling office with your school ID. DMV manuals are available at the counseling office.

Dates for testing:

Sept: 23, 25, 30
Oct: 14, 16, 20
Nov: 13, 18, 20
Dec: 9, 16, 18



PRELICENSING - NYS 5-HR.

In order to obtain a New York State Operator's License, you must complete this mandatory five-hour course. Topics include: information on drug and alcohol abuse, defensive driving techniques, and appropriate driving behavior. Attendance for five hours is required in order to obtain the Certificate of Completion necessary for your road test.
You must possess a valid learning permit at the time of registration. you must forward a copy of your permit to community education:
tiffany_robinson@westiron.monroe.edu

Ages:	**16 years & Up**
Time:	**8:00 am-1:00 pm**
Fee:	**$45 (1 class)**
Location:	**Offsite, Online**
Instructor:	**Peter Haugh**
Course Code:	**AUT6100F**
Days:	**Sunday**
Dates:	**September 27**
Course Code:	**AUT6100F2**
Days:	**Sunday**
Dates:	**October 25**
Course Code:	**AUT6100F3**
Days:	**Sunday**
Dates:	**November 29**



Registration Information Pages 30-31

BUSINESS/FINANCIAL

ESTATE PLANNING

Estate planning is not just for the wealthy. This program is designed to provide estate planning basics to preserve and distribute your assets while providing tax efficient strategies, avoid probate and provide financial protection. Join us to discover how an estate plan can help you achieve your goals.

Course Code:	**FIN2197F**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**September 22**
Time:	**6:15-8:15 pm**
Fee:	**$15 (1 class)**
Location:	**IHS, Room 1214, Door #3**
Instructor:	**Mario Melidona**

PREPARING FOR RETIREMENT

Join us for an insightful seminar designed to help you navigate the complexities of retirement planning. Whether you're just starting to think about retirement or are nearing the big day, this session will equip you with the tools to maximize your savings, catch up if you're feeling behind, understand Social Security, and create a strategy to enjoy a comfortable retirement.

Course Code:	**FIN2027SP**
Ages:	**Adults**
Days:	**Thursday**
Dates:	**December 3**
Time:	**6:00-7:00 pm**
Fee:	**$15 (1 class)**
Location:	**IHS, Room 1214, Door #3**
Instructor:	**Troy Gribnau**

STOCK & BOND MARKET STRATEGIES FOR YOUR GOALS

Join us for an engaging seminar designed to help investors better understand how stock and bond markets work and how they fit together in a thoughtfully constructed portfolio. Participants will learn key principals behind market behavior, risk management, and diversification, as well as common challenges investors face along the way. The discussion will focus on aligning investment decisions with personal goals, time horizons, and comfort with risk to support a more confident, long-term approach to investing

Course Code:	**FIN1110F**
Ages:	**Adults**
Days:	**Thursday**
Dates:	**November 12**
Time:	**6:00-7:00 pm**
Fee:	**$15 (1 class)**
Location:	**Offsite, Online**
Instructor:	**Troy Gribnau**



REGISTER ONLINE

registration.xendirect.com/wisd

BUSINESS/FINANCIAL

UNDERSTANDING MEDICARE

Confused by Medicare? This informative PowerPoint presentation breaks down the many parts of the Medicare program in a clear and easy-to-understand way. Participants will learn about available coverage options and gain helpful information to better evaluate choices that fit their individual healthcare needs. This is a completely informational session with no obligation or commitment required—just practical guidance to help navigate the often confusing world of Medicare.

Course Code:	**FIN2021F**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**September 23**
Time:	**6:30-7:30 pm**
Fee:	**$15 (1 class)**
Location:	**IHS, Room 1214, Door #3**
Instructor:	**Mark Angelo**

UNDERSTANDING SOCIAL SECURITY

Join us for an educational seminar to help you get a better understanding of the ins and outs of Social Security. We'll help answer these questions: How does Social Security fit into my retirement income plan? When should I start taking benefits? What about taxes? What should I consider if my spouse and I are both eligible?

Course Code:	**FIN1109S**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**October 6**
Time:	**6:00-7:00 pm**
Fee:	**$15 (1 class)**
Location:	**IHS, Room 1214, Door #3**
Instructor:	**Troy Gribnau**

SCAN QR CODE TO REGISTER

FAMILY / YOUTH

SAFE @ HOME

This interactive course involves games and prizes, where students 8-12 learn how to stay safe when home alone. The course focuses on safety and first aid skills. Students receive a workbook in this course.

Course Code:	**SAF7148F**
Ages:	**8-12 years**
Days:	**Thursday**
Dates:	**November 5**
Time:	**5:00-7:30 pm**
Fee:	**$55 (1 class)**
Location:	**IHS, Room 1214, Door #3**
Instructor:	**Meg Jones** **Safety Team Solutions**



West Irondequoit Community Education

Like & Follow Us

SPORTS

EAGLES WRESTLING CLUB ADVANCED

The Advanced Wrestling level program is for experienced wrestlers who are looking to build on their current skill set. The program adds one additional night to the EWC schedule. Practices are conducted to prepare your wrestler to compete in area wrestling competitions throughout the Rochester area.

Course Code:	**KID7052F**
Grades:	**K-6th (Boys & Girls)**
Days:	**Monday, Tuesday & Thursday**
Dates:	**November 16-March 4**
No Program:	**School Breaks/Regents**
Time:	**6:15-7:45 pm**
Fee:	**$100**
Location:	**IHS, Conn Gym Dake, APR**
Instructor:	**Keith Jarrell**

FALL YOUTH WRESTLING

This Youth Wrestling camp is designed for girls and boys to experience the sport of youth wrestling through fun activities and wrestling drills. Contact with other participants is expected. **The Participants must wear** gym shorts, athletic pants or sweats and t-shirt. No buttons and zippers. No jewelry including earrings. For kids entering grades 1-6.

Course Code:	**KID6911F**
Grades:	**1st-6th (Boys & Girls)**
Days:	**Monday**
Dates:	**September 14-October 26**
No Program:	**October 12**
Time:	**6:30-7:30 pm**
Fee:	**$35 (6 classes)**
Location:	**IHS, Room 2085 Connorton Gym**
Instructor:	**Keith Jarrell**

EAGLES WRESTLING CLUB ALL LEVELS

The Eagle Wrestling Club (EWC) is for girls and boys grades K-6. The club offers programs for the beginner, intermediate and experienced wrestler. The children will be grouped by age, weight, and experience. Everyone participates. **Participants must** wear gym shorts, athletic pants or sweats and t-shirt. No buttons and zippers. No jewelry including earrings. Wrestling shoes recommended, but not required. Limited number of various sizes available to borrow.

Days:	**Tuesday/Thursday**
Dates:	**December 1-February 25**
No Program:	**School Breaks/Regents**
Fee:	**$85**
Location:	**IHS, Room 2085 Connorton Gym**
Instructor:	**Keith Jarrell**

Course Code:	**KID7050F**
Ages:	**5-7 years (Boys & Girls)**
Time:	**6:15-7:00 pm**

Course Code:	**KID7050F2**
Ages:	**8-12 years (Boys & Girls)**
Time:	**7:00-8:00 pm**

REGISTER ONLINE

registration.xendirect.com/wisd

Community Education

SPORTS

RWK KIDS RUN THE NATION

Kids Run the Nation has been a Road Runners Club of America program since 2008, starting in response to the growing national concern for children's health. It is a gender inclusive program with an emphasis on participation and developing a healthy lifestyle. Running with Kelly's adaptation of the curriculum offers a more individualized approach, coaching each child at their current level. We cover several topics, including: pacing, running form, nutrition, safety, physiology, and goal setting.

Participants should bring:
Good fitting running shoes
Weather appropriate clothing (we do run in the rain)
A labeled water bottle
A great attitude :)

LEVEL 1
Perfect for beginners and young runners

Course Code:	**KID4411F**
Ages:	**6-11 years**
Days:	**Monday & Wednesday**
Dates:	**September 14-November 4**
No Program:	**October 12 & 26**
Time:	**4:00-5:00 pm**
Fee:	**$140 (14 classes)**
Location:	**Briarwood, APR**
Instructor:	**Kelly Nash**

LEVEL 2
Mature runners able to run 2-3 miles and are comfortable running in the neighborhood

Course Code:	**KID9780F**
Ages:	**8-12 years**
Days:	**Monday & Wednesday**
Dates:	**September 14-November 4**
No Program:	**October 12 & 26**
Time:	**5:15-6:15 pm**
Fee:	**$140 (15 classes)**
Location:	**Briarwood, APR**
Instructor:	**Kelly Nash**



IBC GIRL'S BASKETBALL

Program to develop basketball skills of Girls in the West Irondequoit School District. Who can register: Grades 3-4, 5-6, 7-8. Practice times, days and location are subject to change. See your coach for more information. **Please note:** There will be tryouts and cuts will be made. Players who are not selected for a travel team are encouraged to participate in the developmental program to continue improving their skills and preparing for future opportunities.

Days:	**Varies**
Dates:	**October 12-February 26**
Time:	**Varies**
Fee:	**$250 (multiple weeks)**
Location:	**Varies**
Instructor:	**Greg Geesler**

Course Code:	**KID7090F**
Grades:	**3rd-4th**

Course Code:	**KID7090F2**
Grades:	**5th-6th**

Course Code:	**KID7090F3**
Grades:	**7th-8th**

IBC BASKETBALL DEVELOPMENTAL PROGRAM

Designed for boys and girls who want to develop their basketball skills in a fun, supportive environment, this program is open exclusively to West Irondequoit students. Participants will attend one weekly skill-development session and one structured open gym each week, with a focus on fundamentals, game concepts, and overall player development. This program is separate from the IBC GRAB League Travel Program. Travel team tryouts will be held on September 19 at the Field House. Players who are not selected for a travel team are encouraged to participate in this developmental program to continue improving their skills and preparing for future opportunities.
For more information about travel team boys tryouts, please email irondequoitbasketball@gmail.com

Days:	**Sunday, plus one weekday open gym to be determined**
Dates:	**October 25-December 13**
Fee:	**$125 (8 weeks)**
Location:	**IHS, Gym**
Instructor:	**IHS Basketball Staff**



Course Code:	**KID5501F**
Grades:	**K-2**
Time:	**11:00 am-12:00 pm**

Course Code:	**KID5501F2**
Grades:	**3rd-6th**
Time:	**12:00-1:30 pm**

Registration Information Pages 30-31

FITNESS / HEALTH WELLNESS

ACTIVE VINYASA YOGA

Improve flexibility, balance and strength in this flowing hatha yoga practice. This class focuses on body awareness and breathing while providing functional fitness for everyday life. Participants should be able to move between standing and kneeling without assistance. Yoga mat required, block and yoga strap optional.

Ages: Adults
Days: Wednesday
Location: Briarwood, APR
Instructor: Sheri Dumire-Hamilton
Fee: $100 (7 classes)
GC Fee: $95 (7 classes)

Course Code: HEA3152F
Dates: September 16-October 28
Time: 6:30-7:30 pm

Course Code: HEA3152F2
Dates: November 4-December 23
No Program: November 25
Time: 6:30-7:30 pm

BELLY DANCE

Belly Dance is a great way to be active in dance and fitness. Isolation movements will tone the hour glass figure, along with turns, figure of 8 and flowing arms and hand movements.

Course Code: REC3561F
Ages: Adults
Days: Monday
Dates: September 28-November 23
No Program: October 12
Time: 6:00-7:00 pm
Fee: $95 (8 classes)
GC Fee: $90 (8 classes)
Location: Colebrook, APR
Instructor: Elizabeth Ladd



CARDIO & STRENGTH MORNING

This class is an invigorating aerobic workout designed to increase cardiovascular endurance, muscular strength and flexibility all while having fun. Exercise variations will be demonstrated to fit all levels of desired intensity and ability. Each class includes: warm up, low impact aerobics, muscle strengthening, floor work, cool down and stretch all done to a wide variety of music. **Please bring** weights, mat and water bottle to class.

Course Code: FIT6022F
Ages: Adults
Days: Tuesday
Dates: September 8-December 22
No Program: November 3
Time: 9:00-10:00 am
Fee: $95 (14 classes)
GC Fee: $90 (14 classes
Location: Resurrection Lutheran
3736 St. Paul Blvd.
Instructor: Terry Slocum

CARDIO & STRENGTH AFTERWORK

End your workday with the an invigorating aerobic workout designed to increase cardiovascular endurance, muscular strength and flexibility all while having fun. Exercise variations will be demonstrated to fit all levels of desired intensity and ability. Go at your own pace as you burn calories and feel good. Each class includes: warm up, low impact aerobics, muscle strengthening, floor work and cool down, all done to a wide variety of music. **Please bring** weights, mat and water bottle to class.

Ages: Adults
Time: 5:30-6:30 pm
Location: Listwood, APR
Instructor: Terry Slocum

Course Code: FIT6021F
Days: Monday
Dates: September 14-December 21
No Program: October 12
Fee: $84 (14 classes)
GC Fee: $79 (14 classes)

Course Code: FIT6021F2
Days: Thursday
Dates: September 10-December 17
No Program: November 26
Fee: $84 (14 classes)
GC Fee: $79 (14 classes)

FITNESS / HEALTH WELLNESS

ESSENTRICS – STRETCH, STRENGTHEN & REBALANCE

Essentrics is a full-body, joint-friendly workout designed to help you move with greater strength, balance, and freedom. Through flowing, gentle movements inspired by tai chi, ballet, and physiotherapy, we lengthen and strengthen every muscle while improving posture and flexibility. Perfect for anyone who wants to move with more freedom, balance, and vitality — especially those looking to stay active and strong as the years go by. Participants should be comfortable getting up and down from the floor, standing on one leg briefly, and moving through both standing and floor exercises. The pace is moderate, with clear guidance and options to adjust as needed. This is a 60 minute class with approximately 40 minutes standing + 20 minutes floor work.

What to Bring: A fitness mat, exercise strap, and a beach towel. Wear comfy clothes — and plan to move in bare feet!

Please note: If you're new to exercise or recovering from significant injury, please reach out before registering to ensure this class is the right fit.

Want to learn more about Essentrics? Visit essentrics.com
Questions? Reach out to April: azdebes@gmail.com



Ages:	**Adults**
Time:	**10:30-11:30 am**
Location:	**Resurrection Lutheran 3736 St. Paul Blvd.**
Instructor:	**April Debes**
Course Code:	**FIT3449F**
Days:	**Tuesday**
Dates:	**September 15-October 20**
Fee:	**$95 (6 classes)**
Course Code:	**FIT3449F2**
Days:	**Thursday**
Dates:	**September 17-October 22**
No Program:	**October 8**
Fee:	**$80 (5 classes)**
Course Code:	**FIT3449F3**
Days:	**Tuesday**
Dates:	**November 10-December 15**
Fee:	**$95 (6 classes)**
Course Code:	**FIT3449F4**
Days:	**Thursday**
Dates:	**November 5-December 17**
No Program:	**November 26**
Fee:	**$95 (6 classes)**

West Irondequoit Central School Distrcit assumes no reponsibility with respect to an individual's pyhsical and/or mental suitability to engage in any physical activities.

It is advisable to check with your personal physican if you have a health problem.

Check with your insurance company for possible reimbursement for fitness classes.

FITNESS / HEALTH WELLNESS

FACE YOGA

There are over 30 individual muscles on each side of your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing 'puppet mouth' lines, lifting and firming your neckline, making your upper and lower cheeks fuller, reducing puffiness and sagging around the eyes, improving circulation and nutrient flow into cells, and improving lymph circulation. Learn simple exercises that will rejuvenate your face. You will need a regular teaspoon for a few of the exercises and a little of your favorite facial moisturizer.

Course Code:	**HEA1007F**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**December 1**
Time:	**7:00-8:30 pm**
Fee:	**$30 (1 class)**
Location:	**Offsite, Online**
Instructor:	**Janice Novak**

GOAL BALL

Goalball is a team sport designed specifically for athletes with a vision impairment. Participants compete in teams of three, and try to roll a ball that has bells embedded inside of it into the opponents' goal while the opponents try to block it. The ball is rolled by hand and never kicked. Using ear-hand coordination, originating as a rehabilitation exercise, the sport has no able-bodied equivalent. Sighted people are welcome to participate especially to experience a sport where sight is not used. Sighted people are blindfolded when playing this sport.

Course Code:	**FIT1087F**
Ages:	**Adults**
Days:	**Saturday**
Dates:	**September 26** **October 10** **October 17** **November 7** **November 21** **December 5**
Time:	**3:00-5:00 pm**
Fee:	**$65 (6 classes)**
Location:	**Rogers Middle School Gym**
Instructor:	**Lea Werner**

HIPS, THIGHS & OTHERWISE

If you've noticed hip/thigh/butt spread, you are not alone. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop, you will learn: my famous 10 Minute Miracle Exercise series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have time, money, or inclination to haul yourself to a gym, you will love these powerful and effective techniques. **You will need** a resistance band, tied in a loop for some of the exercises.

Course Code:	**FIT7039F**
Ages:	**Adults**
Days:	**Monday**
Dates:	**October 26**
Time:	**7:00-8:30 pm**
Fee:	**$30 (1 class)**
Location:	**Offsite, On-line Course**
Instructor:	**Janice Novak**

METABOLISM BOOSTERS & BUSTERS

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving, and you just can't seem to lose weight. THE GOOD NEWS - You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism.

Course Code:	**HEA3365F**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**November 10**
Time:	**7:00-8:30 pm**
Fee:	**$30 (1 class)**
Location:	**Off site, On-line Course**
Instructor:	**Janice Novak**

Community Education

FITNESS / HEALTH WELLNESS

WATER FITNESS WORKOUT

For a solid hour of invigorating water aerobics for a total body workout in shallow or deep water. Strengthen muscles, circulation and respiration; increase your range of motion through warm-ups and stretching, cardiovascular workout with aerobic exercise, and upper body conditioning workout ending with a cool down, stretch and tone. This class is designed for everyone to have fun and feel good. **Must have** prior swim experience and be comfortable in shallow and deep water.

Ages:	**Adults**
No Program:	**Oct 12, Nov 23 & Nov 26**
Time:	**6:00-7:00 pm**
Location:	**IHS Pool**
Instructor:	**Charleen Calabro**
Course Code:	**FIT6041F**
Days:	**Monday & Thursday**
Dates:	**October 5-December 17**
Fee:	**$105 (19 classes)**
Course Code:	**FIT6041FMonday**
Days:	**Monday**
Dates:	**October 5-December 14**
Fee:	**$54 (9 classes)**
Course Code:	**FIT6041FThursday**
Days:	**Thursday**
Dates:	**October 8-December 17**
Fee:	**$60 (10 classes)**

PILATES

In this class you will explore the exciting world of IM=X Pilates which can help you lose weight while strengthening core muscles. We will work on strenthening and stabilizing your entire body while increasing your overall flexibility. Learn the secrets of IM=X routines and enjoy all the benefits such as back strenghtening and increased hip range of motion which can help alleviate lower back pain, hip discomfort and improve posture. This class is appropriate for all fitness levels. Participants will need to bring a yoga or pilates mat to class.

Course Code:	**FIT6015F**
Ages:	**Adults**
Days:	**Monday**
Dates:	**September 14-December 14**
Time:	**6:15-7:15 pm**
Fee:	**$150 (14 classes)**
GC Fee:	**$145 (14 classes)**
Location:	**Briarwood, APR**
Instructor:	**Bethany Reniff**



REJUVENATE YOUR BRAIN

Improve cognitive function at any age. Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking, and reasoning, CAN improve. The very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We will discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information, and reducing stress. You will learn simple, easy strategies to help your brain stay healthy and alert.

Course Code:	**HEA1006F**
Ages:	**Adults**
Days:	**Monday**
Dates:	**September 28**
Time:	**7:00-8:30 pm**
Fee:	**$30 (1 class)**
Location:	**Offsite, Online**
Instructor:	**Janice Novak**

YOGA - LEVEL 1 & 2

In the Iyengar tradition, this class is designed to give beginners a strong foundation of yoga postures and continue to challenge the more advanced student. Yoga is an exercise that will compliment any fitness program. **Please bring** a mat, blanket and belt.

Course Code:	**HEA3110F**
Ages:	**Adults**
Days:	**Monday**
Dates:	**October 5-November 30**
No Program:	**October 12**
Time:	**6:00-7:00 pm**
Fee:	**$105 (8 classes)**
GC FEe:	**$100 (8 classes)**
Location:	**Dake Jr. High, APR-167**
Instructor:	**Suzanne Linsky R.Y.T.**

Registration Information Pages 30-31



Registration Opens September 9th

Beginner - Pickleball

Become a part of the fast growing racquet sport of Pickleball. No experience necessary. Paddles will be provided.

Ages: Adults
Day: Wednesday
Fee: $72
Location: Rogers Middle School, Gym

Course Code: REC3006F
Dates: Sept. 16 - Dec. 16
No Program Nov. 11 & Nov.25
Time: 6:00 - 7:15 pm

Course Code: REC3006F2
Dates: Sept. 16 - Dec 16
No Program: Nov. 11 & Nov.25
Time: 7:15 - 8:30 pm

Pickleball - Open

Become a part of the fast growing racquet sport of Pickleball. Join us and shake off the stress of the day with a game of Pickleball. **Must have previous experience and understanding of the game and scoring.**

Ages: Adults
Fee: $60
Location: Rogers Middle School, Gym

Course Code: REC3007F
Days: Monday
Dates: Sept. 14 - Dec. 7
No Program: Oct. 12
Time: 6:00- 7:15 pm

Pickleball - Open Continued

Course Code: REC3007F2
Days: Monday
Dates: Sept. 14 - Dec. 7
No Program: Oct. 12
Time: 7:15 - 8:30 pm

Course Code: REC3007F3
Days: Tuesday
Dates: Sept. 15 - Dec. 1
Time: 6:00 - 7:15 pm

Course Code: REC3007F4
Days: Tuesday
Dates: Sept. 15 - Dec. 1
Time: 7:15 - 8:30 pm

Course Code: REC3007F5
Days: Thursday
Dates: Sept. 17 - Dec. 10
No Program: Nov. 26
Time: 6:00 - 7:15 pm

Course Code: REC3007F6
Days: Thursday
Dates: Sept. 17 - Dec. 10
No Program: Nov. 26
Time: 7:15 - 8:30 pm

MUSIC

HOW TO PLAY PIANO BY EAR

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

Course Code: **MUS5177F**
Ages: **13 years-Adult**
Days: **Saturday**
Dates: **November 21**
Time: **11:00 am-1:30 pm**
Fee: **$69 (1 class)**
Location: **Off site, On-line Course**
Instructor: **Craig Coffman**

SCAN QR CODE TO REGISTER

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

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. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.
Topics include:
How chords work in a song
How to get more out of sheet music by reading less of it
How to form the three main types of chords
How to handle different keys and time signatures
How to avoid "counting"
How to simplify over 12,000 complex chords

Course Code: **MUS2018F**
Ages: **13 years - Adult**
Days: **Monday**
Dates: **October 26**
Time: **6:30-9:30 pm**
Fee: **$69 (1 class)**
Location: **Off site, On-line Course**
Instructor: **Craig Coffman**

West Irondequoit Community Education

Like & Follow Us

MUSIC

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? 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. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students.

Topics include:
How chords work in a song
How to form the three main types of chords
How to tune your guitar
Basic strumming patterns
How to buy a good guitar (things to avoid)
How to play along with simple tunes

Course Code:	**MUS2084F**
Ages:	**13 years - Adult**
Days:	**Tuesday**
Dates:	**October 27**
Time:	**6:30-9:00 pm**
Fee:	**$69 (1 class)**
Location:	**Off site, On-line Course**
Instructor:	**Craig Coffman**

INSTANT UKULELE FOR HOPELESSLY BUSY PEOPLE

In just a few hours you can learn enough about playing the ukulele to give you years of musical enjoyment and you won't have to take private lessons to do this. 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 recorded follow up lessons, a recording of the class and also access to optional live periodic question and answer sessions at no additional cost. Class is online using zoom and is partly hands on and partly lecture/demonstration.

Course Code:	**MUS2049F**
Ages:	**13 years-Adult**
Days:	**Thursday**
Dates:	**October 29**
Time:	**6:30-9:00 pm**
Fee:	**$69 (1 class)**
Location:	**Off site, On-line Course**
Instructor:	**Craig Coffman**

REGISTER ONLINE
registration.xendirect.com/wisd



West Irondequoit Community Education

Like & Follow Us

MUSIC

IRONDEQUOIT COMMUNITY ORCHESTRA

Do you play violin, viola, cello or bass? Perhaps you already play in an orchestra, or want to refresh your playing skills in a fun non-threatening setting? The Irondequoit Orchestra is looking for musicians at all levels beyond "beginner". You are never too young or old to join the orchestra. Teenager, retiree or somewhere in between, the Irondequoit Community Orchestra may be just what you are looking for. You do not have to be an Irondequoit resident to play with us. All are welcome to join. We play music of all varieties, classical, Broadway, pop, Latin, etc. and schedule a few "gigs" to share our excitement with the community. If you are interested but not quite sure, **for more information** contact: David Weiss, dweiss2@rochester.rr.com, 585-738-0413 or attend a rehearsal, but be prepared to have fun.

Course Code:	**MUS2014F**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**September 16-June 23**
Time:	**7:30-9:00 pm**
Fee:	**$15 / participant**
Location:	**Dake Jr. High, Band Room**
Instructor:	**Evan Meccarello**

IRONDEQUOIT CONCERT BAND

The Irondequoit Concert Band plays a variety of pops, classics, big band, movie and show tunes. The group rehearses from September through June and concerts are performed throughout the entire year. Auditions are required. For potential openings, **please contact the band at**: irondequoitband@gmail.com.

Course Code:	**MUS3014F**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**September 8-June 29**
Time:	**7:30-9:30 pm**
Fee:	**$15 / participant**
Location:	**Dake Jr. High Band Room**
Instructor:	**David Schantz**

THE IRONDEQUOIT CHORALE

Come and make beautiful music with us. We are a community-based vocal ensemble that provides an opportunity for individuals with musical interests and talents to share in learning and performing. We explore a wide variety of music: contemporary, classical, Broadway, traditional and holiday. Singers from all area communities are welcome. Performances occur 3-4 times per year. The ability to read music is helpful. Auditions are required. **Any questions, please contact** Heide Jorgensen-Murray at heidejmurray@gmail.com or (585) 266-5018

Course Code:	**MUS9044F**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**September 8-June 15**
Time:	**7:00-9:30 pm**
Fee:	**$15 / participant**
Location:	**Dake, Chorus Room**
instrutor:	**Chorale Staff**



REGISTER ONLINE

registration.xendirect.com/wisd

Registration Information Pages 30-31

PERSONAL INTEREST



BECOME A NOTARY WITH NEW NOTARY PUBLIC LICENSE LAW

Whether you are looking to become a new Notary Public or need a refresher on Notary Law and the duties/ responsibilities afforded to you, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as appointment, testing and renewal policies and procedures. You must enter a valid e-mail to register.

Course Code:	**PER8121F**
Ages:	**Adults**
Days:	**Monday**
Dates:	**October 19-26**
Time:	**5:30-8:45 pm**
Fee:	**$60 (2 classes)**
Location:	**IHS, Room 1214, Door #3**
Instructor:	**Kristin Cavallaro**



PLAN YOUR OWN EUROPEAN ADVENTURE

Dreaming of exploring Europe but not sure where to start? This class is designed for first-time travelers who want the freedom to discover Europe at their own pace. You'll learn how to find affordable flights and lodging, plan your sightseeing, and navigate transportation once you're on the ground. We'll cover practical tips like packing light, managing foreign currency, using your cell phone abroad, and what to do if you get sick while traveling. You'll even discover insider strategies for skipping long lines at popular attractions—without spending extra money. By the end of this class, you'll have the tools and confidence to design your own independent European adventure, tailored to your interests, budget, and travel style. Get ready to turn your travel dreams into reality!

Course Code:	**PER8163F**
Ages:	**Adult**
Days:	**Wednesday**
Dates:	**October 7**
Time:	**6:30-8:30 pm**
Fee:	**$45 (1 class)**
Location:	**IHS, Room 1214, Door #3**
Instructor:	**Kate Torrey**

WINE MAKING MADE SIMPLE

Looking for a unique way to spend time with family or an evening out with your friends? Then Wines By Design is the perfect place for you! It's easy and fun! You will learn the process of making wine and get a hands-on experience to create your very own wine in four one-hour classes throughout a six week span. The cost includes instruction and materials to make ten bottles of wine per person or couple. You will work together to make the wine base, but wine can be individualized on the final day of class. Create your own labels to further personalize your ten bottles of wine. In addition to the wine making instruction, various discussions (and some samples) of wine parings will be held (ex: cheeses, chocolates, wine sauces). Minimum age of participants: 21 years.

Ages:	**21 years and over**
Time:	**6:00-7:00 pm**
Fee:	**$99 (single)** **$109 (couple)**
Location:	**Wines By Design** **3392 Buffalo Road**
Instructor:	**Wines By Design Staff**
Course Code:	**PER8253F**
Days:	**Tuesday**
Dates:	**Sept 15, Oct 6,** **Oct 20, Oct 27**
Course Code:	**PER8253F2**
Days:	**Wednesday**
Dates:	**Sept 23, Oct 14,** **Oct 28, Nov 4**

SAFETY EDUCATION

HEARTSAVER CPR

This CPR training for ages 16+, designed by the American Heart Association, involves learning 1-rescuer CPR for adults, children and infants in cardiac arrest, how to respond to choking, and how to use an AED.

Ages: Adult
Days: Thursday
Time: 5:30-8:30 pm
Fee: $80 (1 class)
Location: IHS, Room 1214, Door #3
IInstructor: Meg Jones
Safety Team Solutions

Course Code: SAF7149F
Dates: September 17

Course Code: SAF7149F2
Dates: November 12

PET FIRST AID & CPR (CAT/DOG)

In this class, you will learn how to check your pet's vital signs, recognize behaviors that indicate health concerns, provide first aid for injuries and how to perform CPR. Two-year Pro Pet Hero certification included. For ages 16+

Course Code: SAF7150F
Ages: Adult
Days: Thursday
Dates: October 8
Time: 5:00-8:00 pm
Fee: $85 (1 class)
Location: IHS, Room 1214, Door #3
IInstructor: Meg Jones
Safety Team Solutions



SCAN QR CODE TO REGISTER

West Irondequoit Community Education

Like & Follow Us

Registration Information Pages 30-31

ed2go

Partnered With

Community Education
ONLINE TRAINING PROGRAMS

PERSONAL & PROFESSIONAL

Photography Suite
Java Programming
Oracle Series
Medical Terminology Series
Microsoft Access 2019/Office 365 Series

Popular Courses:
Speed Spanish
Accounting Fundamentals Series
Intro to Interior Design

New Courses:
Blockchain Fundamentals
Certificate in Mindful Relationships
Veterinary Assistant Series

CAREER TRAINING

Arts & Design
Business
Computer Applications
Computer Science
Construction & Trades
Health & Fitness
Information Technology
Language
Legal

Externship Opportunities
Clinical Dental Assistant
Certified Residential Interior Design
Pharmacy Technician



ED2GO.COM/WICSD

CAREERTRAINING.ED2GO.COM/WICSD

WICSD GOLD CARD

SENIOR CITIZEN PROGRAM

West Irondequoit CSD residents 62 and older are invited to join our Gold Card Program The card is free of charge and entitles holders to:

- Discounted fees for select Community Education courses.
- Discount on Fitness Center Pass
- A special invitation and free admission to select student theater performances.
- A special invitation to our Senior Citizen Fun Night, sponsored by the Irondequoit High School Student Council
- Free admission to regular season home sports events.

To receive a Gold Card, complete the application on this page and mail it in with proof of age and residence to the address on the application. You will receive a West Irondequoit CSD Gold card with an identification number in the mail. Use this Gold Card for future select Community Education programs to receive your discounted fee. Gold Card (GC) fees are listed after regular fees in the brochure where applicable. Additional materials costs and book fees will be the responsibility of the senior citizen. The Gold Card is non-transferable. Moving from the district invalidates your Gold Card.

Questions about school events?

Call Public Relations at 336-3067

Questions about Community Ed. offerings?

Call Community Ed. at 336-3014

Lost Your Gold Card?

Call us at

336-3014

Gold Card Application

Eligibility:

62 years of and a current resident of the West Irondequoit District.

Application:

- Fill out form below
- Photocopy proof of age and residency such as a drivers license, birth certificate, tax bill etc.
- Mail in

Mail To:

WICSD Community Education

260 Cooper Rd.

Rochester, NY 14617

Name: _____

Address: _____

Zip: _____

Phone: _____

Email: _____

Date of Birth: _____

Office Use Only

Gold Card Number: _____

COMMUNITY EDUCATION

EAGLE'S CARE



Eagles Care provides before and after school care for West Irondequoit students in grades Kindergarten - 6th . This program is designed to provide students with professional and nurturing care in an educational setting that provides age appropriate activities, academic enrichment, and recreation.

Community Education
Eagle's Care
From Your Nest to Ours

PROGRAM ACTIVITIES

Morning *- Quiet socialization, homework, and board games*

Afternoon *- Snack, recreation, homework, supervised computer use, art & crafts, and board games. .*

Registration Opens June 1.
Spots are not guaranteed as it will be open to those currently in the program first.
Call us for more information.

LOCATION:

The location the student attends is based on the child's home school.

The two locations are Rogers Middle School and Iroquois Middle School

HOURS:

Choose morning or afternoon or both.
The times are as follows

7:00 am until the start of school
dismissal from school until 6:00 pm

TRANSPORTATION:

Arrangements for any bussing needs must be made with the West Irondequoit CSD transportation department

CONTACT US

585.336.3014

585.336.3154

tiffany_robinson@ westiron.monroe.edu

IRONDEQUOIT COMMUNITY CUPBOARD, INC
284 Culver Road
Rochester, NY 14622
(585) 336-9107
Info@IrondequoitCommunityCupboard.org

> ***Mission:*** *" To provide emergency assistance to Irondequoit residents with dignity, kindness and without prejudice."*

> ***Vision*** *" To raise awareness of the presence and impact of hunger and poverty in our community. We envision a community where all people share resources to ensure the residents' basic needs are met in times of limited resources. We advocate for and reach out to those in need and work to influence public policy so that every person in our community has the necessary support and resources to enhance nutrition, health and wellness*

Dear Irondequoit families,

The Irondequoit Community Cupboard is a Non-profit organization that assists Irondequoit families. We provide 7 days of food once every 30 days as needed. The food includes non-perishable items, fresh produce, eggs, cheese and a choice of meat. We also provide snack for children.

In addition, we offer school supplies year-round, gently used warm coats, hats and gloves. We also provide assistance for Thanksgiving and Christmas.

Our distribution days are Tuesday and Saturday mornings buy appointment. If you are in need of assistance, please call the above number and someone will return your call on a Monday, Wednesday or Friday.

Sincerely,

Debbie Evans
President and Executive Director



DRIVER'S EDUCATION

OUR PROGRAM

Driver & Traffic Safety Education in New York State schools is a course implemented via a joint partnership between the New York State Education Department (NYSED) and the Department of Motor Vehicles (DMV). The Driver Education course is intended to educate students, age 16 or older, on appropriate driving skills and habits as well as playing a responsible role in the highway transportation/safety system. Course highlights include 24 hours of classroom instruction, 6 hours behind the wheel training, and 18 hours of car observation. Students who satisfactorily complete the course are eligible to receive the MV-285: Student Certificate of Completion. The MV-285 allows:

- A Junior Permit holder to schedule a road test
- Young drivers a possible reduction in automobile insurance cost. This is dependent upon insurance provider participation.
- A 17 year old to receive a senior license. MV-285 form must be submitted to the local DMV in order to attain this benefit.

OFFERED SEASONALLY

Driver's Education is offered four times a year:
Fall, Winter, Spring, and Summer.

The dates and times are scheduled per season; please call our office for the next session dates.

Community Education

WESTIRONDEQUOIT.ORG

Call us for more info

585.336.3014

West Irondequoit CSD
2026-27 School Calendar

July

Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

August

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

September

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

October

Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

November

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

December

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

Superintendent's Conference Day
Parent-Teacher Conference Day
Holiday/Recess
Regents Exams
Regents Rating Day

Sept. 2-3	Superintendent's Conference Day - No School Pre-K-12
Sept. 4	12 Month Staff Report - No School Pre-K-12
Sept. 7	Labor Day - No School Pre-K-12
Sept. 8	First Day of School - Grades Pre-K-12
Oct. 9	Superintendent's Conference Day- No School Pre-K-12
Oct. 12	Indigenous Peoples' Day – No School Pre-K-12
Nov. 6	Pre-K-6 Parent-Teacher Conference Day - No School Pre-K-6
Nov. 11	Veterans Day - No School Pre-K-12
Nov. 25-27	Thanksgiving Recess – No School Pre-K-12
Dec. 23-Jan. 1	Holiday Recess - No School Pre-K-12
Jan. 18	Martin Luther King Jr. Day – No School Pre-K-12
Jan. 26-28	Regents Exams
Jan. 29	Rating Day - No School Grades 9-12
Feb. 6	Lunar New Year
Feb. 15-19	Winter Recess - No School Pre-K-12
Mar. 19	Pre-K-6 Parent-Teacher Conference Day- Half Day Grades Pre-K-6
Mar. 22-26	Spring Recess - No School Pre-K-12
May 31	Memorial Day Recess – No School Pre-K-12
June 14	Last Day of school for Grades 9-12
June 15-24	Regents Exams
June 19	Juneteenth
June TBD	Graduation-TBD
June 23	Last Day of School Grades Pre-K-8
June 25	Last Day all Faculty

Faculty Days 187 Student Days 181

includes 1 discretionary day to complete mandatory annual trainings no later than 10/1/26 (10 month staff)

Approved by the Board of Education: 2/5/26

January

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

February

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

March

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	~~19~~
22	23	24	25	26
29	30	31		

April

Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

May

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

June

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

REGISTRATION INFORMATION

Register early prior to the start of the class. Classes that have not met their minimum will be cancelled. Decisions to cancel will be made approximately three days prior to the class start date. You will be contacted if the class is cancelled.

Non- Residents Are Welcome

All persons 18 years of age or older may register unless listed otherwise

REGISTER ONLINE

registration.xendirect.com/wisd

If you have participated in any Community Education activity or class and would like to register on-line, log in using your username and password (if you have forgotten your username call Community Education).

If your a **NEW** Community Education participant, click the "Create Account" link at the top of the registration page.

REGISTER BY MAIL

West Irondequoit CSD
Community Education
260 Cooper Rd.
Rochester, NY 14617

REGISTER BY PHONE

(585) 336-3014
Visa or Mastercard
9am - 3:30pm

REGISTER IN PERSON

Drop off your completed registration form & payment.
Monday - Friday 8 am - 4pm
District Office
321 List Ave.
Rochester, NY 14617

POLICIES

ACCOUNT CREDITS

If a credit has been issued to your account, it will be active for 2 years from the credit issue date.

CLASS CONFIRMATION

When registering online you will automatically receive a receipt via email. Notifications are made only in case of cancellation or change in location or time. No news is good news.

CLASS TRANSFER

You can transfer a registration to a future class up to the end of that session (e.g., fall, winter etc.)

ONLINE CLASS LINK

Links to online classes will be emailed one day prior to the start of the class. Always check your spam folder as sometimes an email from an unknown sender will be automatically sent to your spam folder

REFUNDS

A $10 cancellation fee will be withheld on all refunds unless we cancel the class in which you will receive a full refund. Notice must be given three days prior to class to receive a refund. Registration in a class represents a commitment; classes run based on meeting the minimum participant requirement for each class.

PHOTOGRAPHS

WICSD Community Education takes photographs and videos of registrants for use in communications concerning the activities provided by or sponsored by WICSD (e.g., printed publications, social media, websites, and other mediums known or hereafter discovered). Your registration in a course shall constitute a signed authorization permitting WICSD and its sponsored parties to use any picture or video of you in such a limited fashion.

WAITLIST

If you have been waitlisted, you will be contacted if a spot becomes available

COMMUNITY EDUCATION
REGISTRATION FORM

Registration Due
Prior to the start of your class. Decisions whether a class or program will be held are made approximately three days prior to the start of the day.

Register by Mail
Mail in a completed registration form and payment to
WICSD Community Education
260 Cooper Rd.
Rochester, NY 14617

Register Online
If you have participated in any Community Ed. activity or class and would like to register on-line, log in using your user name and password (If you have forgotten your username call Community Education).
If you are **NEW** Community Ed. participant, click the "Create Account" link at the top of the registration page.

Register in Person
Drop off completed registration form and payment (Cash or Check).
Monday - Friday
8am - 4pm
District Office
321 List Ave.
Rochester, NY 14617

Register by Phone
(585) 336-3014
Visa or Mastercard
9am - 3:30pm

Questions?
Call
(585) 336-3014

Community Education Registration Form

Course Code: _____ Fee: _____

Course Title: _____

Date Class Begins: _____ Gold Card # : _____

Name: _____

Address: _____

Phone: _____

Email: _____

Make Checks Payable to West Irondequoit School District
There is a $20 bank fee for any returned check
Pay By Credit Card Online or By Phone @ 336-3014

For Office Use Only

Cash/Check #: _____ Receipt #: _____

Community Education Registration Form

Course Code: _____ Fee: _____

Course Title: _____

Date Class Begins: _____ Gold Card # : _____

Name: _____

Address: _____

Phone: _____

Email: _____

Make Checks Payable to West Irondequoit School District
There is a $20 bank fee for any returned check
Pay By Credit Card Online or By Phone @ 336-3014

For Office Use Only

Cash/Check #: _____ Receipt #: _____

West Irondequoit Central School District
Community Education
260 Cooper Road
Rochester, NY 14617

www.westirondequoit.org

Non-Profit Org
U.S. Postage
PAID
Rochester, NY
Permit No. 1021

Community Education

