

Churchville-Chili Continuing Education



Bringing a community together to learn and grow

Fall
2026

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Important: Registration deadline is one week prior to the first day of class unless otherwise noted.

Check our website for additional classes and updates.
www.cccsd.org/continuingeducation

WELCOME

Dear Churchville-Chili Community,

As the school year gets underway, fall is a wonderful time to learn something new, pursue a favorite hobby, stay active, and connect with others in our community. Our Continuing Education program offers opportunities for learners of all ages, and we are excited to share this season's lineup with you. This fall, we are pleased to introduce several new courses, including **Fashion Sewing 101**, **Domino Toppling**, and financial planning workshops such as **Maximizing Retirement Income** and **Protecting Your Legacy**. We are also expanding our wellness offerings with new classes including **Zumba + Lift**, **Reiki 1 Certification**, and **Your Nervous System is Running Your Life**.

Returning favorites include **swim lessons**, **Pickleball**, **Sourdough 101**, **FITKids**, and a variety of creative arts workshops. Whether your interests include fitness, creativity, personal enrichment, financial planning, aquatics, or family activities, there is something for everyone. You will find complete course details throughout this catalog, online, or by contacting the Continuing Education office. We encourage you to register early, try something new, and invite a friend to join you. Thank you for your continued support of our Continuing Education program.

Go Saints!

Dr. Carmine Peluso
Superintendent of Schools

Looking for a unique gift for that someone special?

Consider purchasing a gift certificate for a Continuing Education class that you think your loved one would enjoy taking.
Contact the Continuing Education Office for more information.

Registration Information

We encourage you to register early to enable us to effectively plan and run our programs.

Registrations can be completed online in addition to registering by mail or in person.

TO REGISTER ONLINE, go to www.cccsd.org/continuingeducation and follow the links. Online registration payment is by credit card.

To register by mail or in person, complete the registration form on page 19.

Completed registration forms and full payment should be mailed to:

Continuing Education Office
139 Fairbanks Road
Churchville, NY 14428

Make checks payable to: CC Continuing Education

For questions or inquiries, contact Michelle Matthews, Director of Continuing Education

Email: conted@cccscd.org
Phone: (585) 293-4429

We reserve the right to cancel any class after the enrollment deadline if the minimum enrollment has not been reached.

Students will be notified if there is a problem with the registration including no openings in the course of interest or cancellations for any reason.

Take Note!

The Fall Term includes classes that start in September through November.

If the district does close the facilities for any reason, including school emergencies and inclement weather, all Continuing Education Classes are canceled.

Abbreviations

- **CES** - Churchville Elementary
- **CRS** - Chestnut Ridge Elementary
- **FRS** - Fairbanks Road Elementary
- **MSN** - Middle School North
- **MSS** - Middle School South
- **SHS** - Senior High School

Keep this catalog until December 2026

This catalog contains information for classes through November 2026. Please keep it in a safe place so you have it for future reference on the courses being offered.

Follow us!

@CCCSDCONTEd



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Aquatics

Aquatics - Parent & Child

Pool Staff

Children 6 months to 3 years, accompanied by a parent or guardian, will learn to enter and exit the water, submerge face, blow bubbles, float, among other skills. Safety Topics such as wearing life jackets, basic water safety rules and general water safety will be covered. Each student will be assigned to one of two levels based on age and swim experience. (Note: The fee is one amount for both parent and child.)

AQSWPC-FA2627-W1
9/30/2026 - 11/18/2026
6:15 PM - 6:45 PM
CC High School Pool
No class on November 11

Fee: \$85.00
7 classes
Days: W
Entrance 5

AQSWPC-FA2627-S1
9/26/2026 - 11/21/2026
12:00 PM - 12:30 PM
CC High School Pool
No class on October 10 and 31

Fee: \$85.00
7 classes
Days: Sa
Entrance 5



Adult Group Swimming Lessons

Pool Staff

This course is for any adult swimmer 18+ who would like to improve on their skills and swimming strokes. Skills reviewed include rotary breathing, treading water, diving, front crawl, breaststroke, elementary backstroke, back crawl and sidestroke. Students must have swimming experience.

AQADLTLESN-FA2627-W1 **Fee: \$139.00**
Golden Saints Fee: \$139.00

9/30/2026 - 11/18/2026 7 classes
7:15 PM - 7:45 PM Days: W
CC High School Pool Entrance 5
No class on November 11

Learn to Swim Adult Lessons

Pool Staff

These group lessons are for adults 18+ who would like to learn the basic swimming skills and different strokes. Students will learn and review treading water, floating, gliding, rhythmic breathing, crawl stroke and elementary back stroke. No swimming experience necessary.

AQSWADLT-FA2627-W1 **Fee: \$139.00**
Golden Saints Fee: \$139.00

9/30/2026 - 11/18/2026 7 classes
6:45 PM - 7:15 PM Days: W
CC High School Pool Entrance 5
No class on November 11

American Red Cross Swimming Lessons



Visit the Continuing Education website at www.ccsd.org/continuingeducation for more swimming lesson opportunities this Fall starting late September! We offer group lessons for Pre-school Levels (ages 3-5), Learn to Swim Levels (ages 5+) and Individual Swim Lessons for all ages.



Aquatics Fitness

Family Open Swim

Churchville-Chili residents are invited to enjoy some time in the pool! On Friday evenings when the pool is available, bring your family for water fun. Pre-registration is required for each family member that will be attending. **Sign up at www.ccsd.org/continuingeducation.**

Please be familiar with the following:

- Parents must swim with children. Students are not permitted to be dropped off and left unattended.
- Patrons must sign-in upon arrival at Door 5.
- Appropriate bathing attire must be worn. No cutoffs or street clothes.
- Patrons should come to the school wearing their swim attire.
- Lockers are available to store personal belongings. Please bring your own lock.
- Locker rooms may be used briefly after exiting the pool.
- Instruction by lifeguards must be obeyed at all times.
- All patrons must shower before entering the pool
- Street shoes are not permitted on the deck.



Water Walking

Kim Dodson

Do you want a great workout without the impact on a hard floor? Then this class is for you! Like all water exercises, water walking is easy on the joints. Students will utilize the natural resistance of the water to build strength, improve balance, and enhance cardiovascular health. You can burn up to 600 calories per hour! This total body workout is in water while wearing a buoyancy belt.

Target Participants: Adults ages 21 and older

AQWALK-FA2627-1 **Fee: \$65.00**
Golden Saints Fee: \$48.75

9/23/2026 - 11/18/2026 8 classes
6:30 PM - 7:30 PM Days: W
CC High School Pool Entrance 5
No class on November 11

CC Community Fitness

Community Fitness Membership

For Churchville-Chili Residents Only

You can now register for Churchville-Chili's new all-encompassing Community Fitness Membership. Membership includes access to all three areas of our program (walking for fitness, fitness room, and lap swim), offering you flexibility and variety. We welcome any Churchville-Chili adult resident to take advantage of this awesome opportunity! You do not need to have children attending school to participate; simply live in the community.

Target Participants: High School Graduates through Adults

Becoming an Annual Member

To join, each individual must attend an orientation for the nominal fee of \$20. Orientations are scheduled every Wednesday. Meet your orientation leader at Entrance 5 of the High School. **Sign up at: www.cccsd.org/continuingeducation.**

Once you complete the orientation, you will be an authorized member of our facility. You will receive a fitness pass that you are to wear each time you visit. Your fitness pass is valid until June 30, 2027. Half year memberships starting in January through June will be prorated to a fee of \$10.

Golden Saints Discount does not apply to the orientation fee.

View the Community Fitness calendar here:



Fitness Room

Take time to build your cardio endurance and increase your strength. If you are a resident interested in using the fitness room, then this is for you! You can access the room by entering the high school at Entrance 6 and following the fitness room signs. Upon arrival patrons must sign in with their community fitness membership number.

Hours are:

Mondays / Wednesdays - 7:30 PM - 9:00 PM

Saturdays - 7:00 AM - 10:00 AM



Walking

Residents are encouraged to get up and move. During the school year, the high school hallways will be open each Monday through Thursday from 4:00 - 8:00 pm. There is no hall walking when school is not in session.



Lap Swim

Community members can enjoy lap swimming at our pool facility! There are several opportunities available to Churchville-Chili residents.

Hours are:

Mondays / Wednesdays - 7:30 PM - 9:00 PM

Tuesdays / Thursdays - 6:00 AM - 7:00 AM

Saturdays - 6:00 AM - 8:00 AM



Details You Should Know

- You will enter the facility at Entrance 5 of the Senior High School. Upon arrival at the pool, patrons must sign in with their community fitness membership number.
- Swimmers are asked to arrive wearing their swimsuit under their clothing. Appropriate bathing attire must be worn. No cutoffs or street clothes.
- Lockers will be available to place clothing while swimming. Please bring your own lock. Any locks remaining that evening will be cut off and the contents will be removed and placed in lost and found.
- Street shoes are not permitted on the pool deck.
- All patrons must shower before entering the pool. There are showers available on the deck.
- Instructions given by the lifeguards must always be obeyed.

Become a Continuing Education Instructor

Interested? Have questions?

Need information?

Call (585) 293-4429

Do you have a talent, interest, or skill that you could share with the community?

We are always looking for instructors to expand on our existing courses or teach exciting new ones!

You do not need to be a certified teacher, just enthusiastic about your topic and willing to share your knowledge with others.

**Join our dedicated staff
of instructors!**



Looking for a unique gift for that someone special?

Consider purchasing a gift certificate for a Continuing Education class that you think your loved one would enjoy taking.

Contact the Continuing Education Office for more information.

Crafts and Hobbies

Deck the Halls with Wooden Blooms!

Julie Zimpfer, Petal & Timber

Skip the messy pine needles this year and craft a gorgeous, forever-fresh wreath for the holidays! In this fun and relaxing class, you'll work with eco-friendly wood flowers, vibrant colors, lush winter greenery, and festive accents to build a customized holiday or winter wreath that perfectly matches your style. It's the perfect excuse for an afternoon out with friends, a family craft day, or just some creative "me-time".

Everything is provided - just bring your holiday cheer! The wreath will measure 14-16 inches total after assembly. Upon registration, choose between Traditional colors (green, white, gold or silver) or Winter Wonderland (blues, white, purple, silver). Image is an example of previous work, class project may vary.

Target Participants: Adults ages 21 and older

PTWREATH-FA2627-1

Fee: \$69.00

Golden Saints Fee: \$69.00

11/7/2026

1 class

11:00 AM - 1:00 PM

Days: Sa

CC Middle School Room 3802

Entrance 24



New

Fashion Sewing 101

Shawnice Powell

In four focused sessions, you'll build the foundation that makes every sewing project easier - working with commercial patterns, understanding pattern sizes, selecting and preparing the right fabric, sewing technique, pinning and marking fabric with accuracy, and finishing seams like a pro. We also cover stitches, seam allowances, and basic hand stitching so you have a complete toolkit before you ever cut into good fabric. If you've been intimidated by sewing your own clothes, this is exactly where you start.

Prerequisite: Must know how to operate a home sewing machine. Machines are provided. The instructor will collect a \$20 supply fee at the first class for all provided supplies.

Target Participants: Teens through adults

SEWFASH-FA2627-1

Fee: \$169.00

Golden Saints Fee: \$169.00

11/2/2026 - 11/23/2026

4 classes

5:30 PM - 8:30 PM

Days: M

CC Middle School Room 3522

Entrance 24

New

Learn to Sew for Absolute Beginners

Shawnice Powell

Discover the perfect introduction to sewing with this comprehensive beginner course.

Ideal for aspiring creators, you'll learn the essentials needed to sew custom clothing, craft unique accessories, or mend garments. Gain confidence with hands-on experience, ensuring you'll be equipped to tackle your sewing projects effortlessly. You will complete and take home three projects during this 4-week program. Sewing machines will be provided. The instructor will collect a \$20 supply fee at the first class for all provided supplies.

Target Participants: Teens through adults

SEWBEGN-FA2627-1

Fee: \$169.00

Golden Saints Fee: \$169.00

9/29/2026 - 10/20/2026

4 classes

5:30 PM - 8:00 PM

Days: Tu

CC Middle School Room 3522

Entrance 24



Mah Jongg for Beginners

Joyce Newton

Let's play Mah Jongg! This course will cover an introduction to the game and the rules. We will review the Mah Jongg suits - Dots, Bams, and Cracks, along with matching Dragons, and the Flowers, Winds and Jokers. During the session, we will focus on hands-on learning, discuss strategies, and have an opportunity to play the game of Mah Jongg as you learn. Take advantage of this wonderful opportunity to socialize, meet new people, and enjoy the camaraderie that makes Mah Jongg such a popular group activity. Participants will receive an instruction book to take home with them.

Target Participants: Adults ages 21 and older

MAHJONGG-FA2627-1

Fee: \$19.00

Golden Saints Fee: \$14.25

10/1/2026 - 10/22/2026

4 classes

7:00 PM - 8:30 PM

Days: Th

CC Middle School Library

Entrance 20

MAHJONGG-FA2627-2

Fee: \$19.00

Golden Saints Fee: \$14.25

10/29/2026 - 11/19/2026

4 classes

7:00 PM - 8:30 PM

Days: Th

CC Middle School Library

Entrance 20

Participants registering only for the second session, must have some prior knowledge of the game rules.



Become a Continuing Education Instructor

Interested? Have questions? Need information?

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Do you have a talent, interest, or skill that you could share with the community? We are always looking for instructors to expand on our existing courses or teach exciting new ones!

You do not need to be a certified teacher, just enthusiastic about your topic and willing to share your knowledge with others.

Join our dedicated staff of instructors!



Crafts and Hobbies

Wine Making Made Simple

Wines By Design

Looking for a unique way to spend time with your family or an evening out with your friends? Then Wines By Design is the perfect place for you! It's easy and it's 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 pairings will be held (ex. cheeses, chocolates, wine sauces).

Target Participants: Adults ages 21 and older

Classes will be held at Wines By Design – 3392 Buffalo Road, Rochester, NY 14624

WINE-FA2627-1

Fee: \$119.00

Golden Saints Fee: \$119.00

9/15/2026 - 10/27/2026

4 classes

6:00 PM - 7:00 PM

Days: Tu

Wines By Design, Inc

Class meets on 9/15, 10/6, 10/20, 10/27

WINE-FA2627-2

Fee: \$119.00

Golden Saints Fee: \$119.00

9/23/2026 - 11/4/2026

4 classes

6:00 PM - 7:00 PM

Days: W

Wines By Design, Inc

Class meets on 9/23, 10/14, 10/28, 11/4



Creative Arts

Beginner Watercolor

Carole Agosto

Become an artist by painting your own watercolor masterpiece during this fun night out. Students will capture a scene with a variety of micron pens, then complete the sketch with a watercolor wash that will bring the illustration to life. Whether you're a beginner or an experienced artist, this workshop is designed to help you develop your skills, experiment with different techniques, and find your creative voice. All class supplies are included - just come ready to create and relax!

Note: If you have taken a previous offering of this class and have the class supplies, you can choose to reuse the supplies you received before. Please contact the office before registering to receive a credit.

Target Participants: Teens through adults

WATER-FA2627-1

Fee: \$49.00

Golden Saints Fee: \$36.75

10/21/2026

1 class

6:30 PM - 8:30 PM

Days: W

CC Middle School Room 3802

Entrance 24

Glass Beadmaking Sampler

Rochester Arc + Flame Center

Ignite your creativity in this hands-on introduction to the mesmerizing art of glass beadmaking! In just three hours, you'll transform molten glass into beautiful, one-of-a-kind beads using a professional torch setup. You'll be guided through safety basics, color blending, shaping techniques, and decorative details - no experience needed. By the end of class, you'll have created your own handmade beads, ready to turn into jewelry or display as tiny works of art. Come discover the magic of flame and glass in this exciting, beginner-friendly workshop.

NOTE: To ensure your glass pieces anneal properly, projects will be ready for pickup within one week after the class to avoid damage.

Target Participants: Adults ages 21 and older

AFCBEADS-FA2627-1

Fee: \$89.00

Golden Saints Fee: \$89.00

9/16/2026

1 class

6:00 PM - 9:00 PM

Days: W

Rochester Arc + Flame Center

125 Fedex Way, Rochester, NY 14624



Glass Flameworking Sampler

Rochester Arc + Flame Center

Curious about working with fire and glass? In this hands-on class, you'll learn the fundamentals of flameworking using borosilicate glass. Get comfortable lighting and adjusting the torch, then practice techniques like stretching, gathering, cutting, and fusing glass rods into colorful designs. You'll create up to three pieces while experimenting with a wide range of vibrant colors - no experience needed, but plenty of room to build your skills if you've tried it before.

NOTE: To ensure your glass pieces anneal properly, projects will be ready for pickup within one week after the class to avoid damage.

Target Participants: Adults ages 21 and older

AFCFLAME-FA2627-1

Fee: \$89.00

Golden Saints Fee: \$89.00

11/18/2026

1 class

6:00 PM - 9:00 PM

Days: W

Rochester Arc + Flame Center

125 Fedex Way, Rochester, NY 14624



Creative Arts

Glass Flameworking Specialty Sampler: Halloween Ornaments

Rochester Arc + Flame Center

Get into the Halloween spirit with this fun and creative glass flameworking specialty sampler! Using molten glass and vibrant seasonal colors, you'll learn the fundamentals of flameworking as you create your own spooky Halloween ornaments. Along the way, you'll discover how to control the flame, shape and sculpt hot glass, add decorative details, and safely use flameworking tools. Whether you craft ghosts, pumpkins, or witch's hats, you'll leave with unique handmade ornaments that are perfect for celebrating the season.

NOTE: Because projects need to anneal to avoid damage, items will be available for pickup within 1 week.

Target Participants: Adults ages 21 and older

AFCHALLORN-FA2627-1 Fee: **\$119.00**
Golden Saints Fee: \$119.00

10/3/2026 1 class
 3:00 PM - 7:00 PM Days: Sa
 Rochester Arc + Flame Center
 125 Fedex Way, Rochester, NY 14624



Glass Fusing Date Night: Halloween Plate

Rochester Arc + Flame Center

Celebrate the spooky season with a creative date night that's full of fun, laughter, and a little Halloween magic! In this hands-on glass fusing class, you'll design and create your own festive Halloween plate using colorful glass and a variety of seasonal design elements. Learn how to safely cut, shape, and layer glass while exploring the basics of glass fusing in a relaxed and welcoming atmosphere. Whether you're crafting with your partner, a friend, or a family member, you'll enjoy an unforgettable evening creating something both beautiful and functional for your Halloween celebration.

NOTE: Course fee includes 1 couple (2 students). Because glass pieces must be annealed to avoid damage, projects will be ready for pickup within 2 weeks.

Target Participants: Adults ages 21 and older

AFCHALL-FA2627-1 Fee: **\$209.00**
Golden Saints Fee: \$209.00

10/10/2026 1 class
 2:00 PM - 5:00 PM Days: Sa
 Rochester Arc + Flame Center
 125 Fedex Way Rochester, NY 14624



Glass Fusing Sampler: Mosaic Plate

Rochester Arc + Flame Center

Create a colorful mosaic glass plate in this fun and creative beginner-friendly class! You'll learn the basics of glass fusing as you safely cut and arrange vibrant pieces of glass into a one-of-a-kind design. We'll guide you through every step of the process, from planning your pattern to preparing your project for the kiln. No experience is necessary - just bring your creativity and get ready to make something beautiful!



NOTE: To avoid damage, projects will be ready for pickup within 2 weeks after class to ensure proper annealing.

Target Participants: Adults ages 21 and older

AFCMOSAIC-FA2627-1 Fee: **\$89.00**
Golden Saints Fee: \$89.00

9/12/2026 1 class
 9:00 AM - 12:00 PM Days: Sa
 Rochester Arc + Flame Center
 125 Fedex Way Rochester, NY 14624

Jewelry Sampler: Chainmaille Bracelet

Rochester Arc + Flame Center

Learn the basics of Chainmaille - the art of linking jump rings into a specific pattern, most commonly the European 4-in-1 weave, where each ring passes through four others to create a flexible sheet of armor or decorative fabric. Students will have the opportunity to make their own bracelet using jump rings and small tools. Choose from a wide variety of colors and add a personalized touch to your jewelry collection. These projects are great to keep for yourself or gift to others!

Target Participants: Adults ages 21 and older

AFCJEWEL-FA2627-1 Fee: **\$85.00**
Golden Saints Fee: \$85.00

9/26/2026 1 class
 2:00 PM - 5:00 PM Days: Sa
 Rochester Arc + Flame Center
 125 Fedex Way Rochester, NY 14624

AFCJEWEL-FA2627-2 Fee: **\$85.00**
Golden Saints Fee: \$85.00

11/7/2026 1 class
 2:00 PM - 5:00 PM Days: Sa
 Rochester Arc + Flame Center
 125 Fedex Way Rochester, NY 14624



Glass Fusing Family Workshop: 3D Gingerbread House

Rochester Arc + Flame Center

Celebrate the holiday season together in our Glass Fusing Family Workshop! Work as a family to design and create a colorful 3D fused glass gingerbread house filled with festive details and holiday charm. Your finished piece will become a special keepsake to display year after year as part of your family traditions. You'll learn the basics of glass fusing, including how to safely cut, arrange, and layer glass while exploring color, texture, and creative design. With guidance from our instructors, families will work together to create a unique holiday decoration and lasting memories.

NOTE: Because glass pieces must be annealed to avoid damage, class projects will be available for pickup within 2 weeks after class completion.

Target Participants: Up to 4 people per family, ages 5 and older

AFCGINGER-FA2627-1 Fee: **\$225.00**
Golden Saints Fee: \$225.00

11/15/2026 1 class
 9:00 AM - 12:00 PM Days: Su
 Rochester Arc + Flame Center
 125 Fedex Way, Rochester, NY 14624

Creative Arts

Welded Metal Sculpture Date Night

Rochester Arc + Flame Center

Get creative with metal in this unforgettable workshop-for-two! Working side by side, you'll learn the basics of MIG welding and plasma cutting as you transform a premade silhouette into a custom metal sculpture using an assortment of scrap pieces and hardware. Choose from designs like a heart, shamrock, or circle, then follow along with demos and guided hands-on practice to craft a one-of-a-kind keepsake for your home or garden. Whether it's your first time welding or you're adding to your skills, this experience promises a fun, collaborative night you'll remember forever.

NOTE: Course fee includes 1 couple (2 students).

Target Participants: Adults ages 21 and older

AFCWELDDN-FA2627-1 Fee: **\$225.00**
Golden Saints Fee: **\$225.00**

10/9/2026 1 class
6:00 PM - 10:00 PM Days: F
Rochester Arc + Flame Center
125 Fedex Way Rochester, NY 14624



Driver & Traffic Safety Education

5-Hour Pre-Licensing Course

Jim Miller

Complete the necessary classroom materials required by the New York State Department of Motor Vehicles in order to schedule your road test. Students must bring their driving permits to the class to be eligible for participation. Upon successful completion of the course, students will receive an MV278 Certificate to give to the examiner at the road test.

Please note: If enrolled in a full Driver Education course, this class is not needed.

Target Participants: High school aged students

DRV5PL-FA2627-1
9/12/2026
8:00 AM - 1:00 PM
CC High School Room 1120

DRV5PL-FA2627-2
10/3/2026
8:00 AM - 1:00 PM
CC High School Room 1120

DRV5PL-FA2627-3
11/7/2026
8:00 AM - 1:00 PM
CC High School Room 1120



Fee: **\$55.00**
1 class
Days: Sa
Entrance 4

Fee: **\$55.00**
1 class
Days: Sa
Entrance 4

Fee: **\$55.00**
1 class
Days: Sa
Entrance 4

AARP Smart Driver Program

Ed Newton

The AARP Smart Driver Program is to help drivers of any age understand the effects of aging on driving; learn driving strategies that take into account the changes we experience as we age; identify the most common crash situations you face and reduce the chances of having a crash; update your knowledge and understanding of today's roads, vehicles and other road users; and think about how you drive so you can identify when driving may no longer be safe. Upon completion, you may be entitled to up to a 10% discount on the liability and collision portions of your auto insurance premiums. In addition, up to 4 points may be removed from your driving record for some infractions in the past 18 months. All drivers are welcome to attend.

The instructor collects class fee on the first evening. Fee is \$25 for AARP members and \$30 for everyone else. Please bring a check or money order made payable to AARP. The instructor will NOT accept cash.

Please bring your driver license and AARP card to class.

Target Participants: Adults ages 21 and older

DRVAARP-FA2627-1 Fee: **\$30.00**
AARP Member Fee: **\$25.00**
10/6/2026 - 10/8/2026 2 classes
6:00 PM - 9:00 PM Days: Tu,Th
CC Middle School Room 3802 Entrance 24

DRVAARP-FA2627-2 Fee: **\$30.00**
AARP Member Fee: **\$25.00**
11/16/2026 - 11/18/2026 2 classes
6:00 PM - 9:00 PM Days: M,W
Gates Chili High School Room 205
1 Spartan Way, Rochester, NY 14624
Park in Lot E and enter in Door 4

Financial Sense

Maximizing Retirement Income

Jessica Lepore, New York Life

Retirement is about more than just saving; it's about making your money last. Learn practical strategies to create sustainable income, optimize Social Security and retirement accounts, manage taxes, and prepare for the unexpected so you can retire with greater confidence.

Your spouse or significant other residing at the same home address is welcome to join you at no additional cost. Please provide this person's name when prompted at checkout.

Target Participants: Adults ages 21 and older

FINMAX-FA2627-1

9/23/2026
6:00 PM - 7:30 PM
CC Middle School Room 3802

Fee: **\$19.00**
Golden Saints Fee: **\$14.25**
1 class
Days: W
Entrance 24



New

Financial Sense

Medicare Made Clear

Mark Angelo, Lawley Insurance

Medicare can be, and often is, confusing. There are so many plans and so many changes year to year that it's not surprising folks need some help to decipher it all. If you are approaching age 65, or already there...your mailbox may already be stuffed full of advertisements from Medicare and everyone else who wants you to buy their plan. So what do you do? Should you purchase an HMO or a PPO plan...maybe an HMO/POS? What about a Medicare Supplement/Medigap plan? Maybe you want to work past age 65, and wonder how that will affect you and the insurance at your job? Maybe your questions are more basic, like "When do I sign up?" or "Where do I sign up?"

Don't worry! This is a real-world, interactive class with real-life illustrations. In this two hour class you will learn about the various types of plans, processes and penalties associated with Medicare for this year. You will leave with a good basic understanding of Medicare and what the plans cover. There will be plenty of time for Questions and Answers at the end of class. If you are 64 or older, this class will help you make better decisions for your healthcare when it is time for you to choose a Medicare plan for yourself.

Your spouse or significant other residing at the same home address is welcome to join you at no additional cost. Please provide this person's name when prompted at checkout.

Target Participants: Adults ages 21 and older

FINMED-FA2627-1

9/29/2026
6:30 PM - 8:30 PM
CC Middle School Room 3802

Fee: \$19.00

Golden Saints Fee: \$14.25

1 class
Days: Tu
Entrance 24

Protecting Your Legacy: Estate and Lifetime Giving Strategies

New

Jessica Lepore, New York Life

Discover how thoughtful estate and charitable planning can help you protect your assets, provide for loved ones, and support the causes you care about. This class explores essential estate planning concepts and tax-efficient lifetime giving strategies for creating a lasting legacy.

Your spouse or significant other residing at the same home address is welcome to join you at no additional cost. Please provide this person's name when prompted at checkout.

Target Participants: Adults ages 21 and older

FINGIVE-FA2627-1

10/20/2026
6:00 PM - 7:30 PM
CC Middle School Room 3802

Fee: \$19.00

Golden Saints Fee: \$14.25

1 class
Days: Tu
Entrance 24



Food and Cooking

Hands-on Sushi 101

Liz Bauld

Don't pay for those expensive prices for pre-made sushi rolls when they are SO easy to make. Join Liz Bauld tonight, by yourself or with a significant other, for sushi rolling instruction. After a demonstration, you will be able to make your own rolls with a variety of fresh vegetables, imitation crab and cooked shrimp. (No raw fish will be used). Sign up today, limited spots available.

Class fee includes supplies for per person or per couple. If registering as a couple, please register one person and add your significant other's name when prompted at checkout. You will work together to make the sushi rolls. If you would both like to make your own rolls, please register each person separately as an individual.

Target Participants: Adults ages 21 and older

CULSHI-FA2627-1

10/1/2026
6:30 PM - 8:00 PM
CC Middle School Room 3524

Fee: \$55.00

Golden Saints Fee: \$55.00

1 class
Days: Th
Entrance 24



Sourdough 101

Kate Snyder, Sourdough Mama

Discover the art and science of sourdough bread making in this hands-on class with Sourdough Mama, Kate Snyder. Whether you are a beginner or experienced baker, this class covers everything you need to know to create delicious, homemade sourdough bread. During this experience, Kate will walk you through the entire process and show you how to feed and maintain a sourdough starter, mix and shape dough through its various stages, and score your loaf for beautiful, professional results.

Each participant will start their own dough during the class to take home and bake the next day. All supplies will be provided and yours to keep: proofing basket, cheesecloth, spatula, jar, bread lame, sourdough starter, information packet and loaf of bread. As a bonus - sourdough scones will be provided during a snack break!

Target Participants: Adults ages 21 and older

SD101-FA2627-1

11/14/2026
10:00 AM - 12:00 PM
CC Middle School North Cafeteria

Fee: \$75.00

Golden Saints Fee: \$75.00

1 class
Days: Sa
Entrance 24



Health and Fitness

Aerobics and Conditioning

Helen Bilak

This aerobics and toning combo class is designed for a great workout at a go-at-your-own-pace. The first half of the class will consist of a warm up and cardio set. The second half will be muscle toning and cool down. Please wear comfortable clothes and sneakers. Bring a towel or mat for floor work.

Target Participants: Adults ages 21 and older

AER-FA2627-M1

9/14/2026 - 11/30/2026
5:30 PM - 6:30 PM
Fairbanks Road School Gym
No class on October 12 and November 2

AER-FA2627-Th1

9/17/2026 - 12/3/2026
5:30 PM - 6:30 PM
Fairbanks Road School Gym
No class on September 24 and November 26



Fee: \$79.00

Golden Saints Fee: \$59.25

10 classes

Days: M

Entrance 1

Fee: \$79.00

Golden Saints Fee: \$59.25

10 classes

Days: Th

Entrance 1

POUND®

Joelle Lachance

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. It is designed to be fun and accessible to all fitness levels, as movements can be modified for all ages and abilities. No experience necessary. Ripstix will be provided.

Target Participants: Adults ages 21 and older

POUND-FA2627-1

9/24/2026 - 11/19/2026
6:00 PM - 6:45 PM
CC High School Dance Studio
No class on October 15 and November 5



Fee: \$45.00

Golden Saints Fee: \$33.75

7 classes

Days: Th

Entrance 1

Reiki 1 Certification

Jesse Wicher, Holistic Arts

Become a certified Reiki healer! During this in-depth session, you will delve deeply into the ancient Japanese art of energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances. This class provides training, course manual, Attunement and in-class 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!

Class will be held online via Zoom. Before the start of class, you will be e-mailed a unique Zoom weblink invitation.

Target Participants: Adults ages 21 and older

REIKI-FA2627-1 Fee: \$175.00

Golden Saints Fee: \$175.00

10/3/2026 1 class

10:00 AM - 5:00 PM Days: Sa

Online



New

Zumba®

Necole Batz

Are you ready to party yourself into shape by burning up to 1,000 calories an hour? Yes? Then Zumba® is just what you're looking for! Each class features exotic dance rhythms set to high-energy Latin beats and popular dance music. Zumba is a fusion of high-intensity cardio, muscle conditioning, balance and flexibility. After experiencing your first class, you will instantly see why Zumba classes are often called "exercise in disguise".

Target Participants: High school aged students through adults

ZUMB-FA2627-1

Fee: \$49.00

Golden Saints Fee: \$36.75

9/22/2026 - 11/10/2026 8 classes

6:15 PM - 7:15 PM Days: Tu

Chestnut Ridge School Gym Entrance 7



Zumba® + Lift

Carolyn Keenan

Join this new fun and effective fitness class that combines your favorite Zumba® rhythms with strength training for a total body workout! Each class consists of alternating strength and cardio dance segments to help you achieve a high calorie burn and tone your muscles. Please bring a set of light to medium dumbbells to class that you are comfortable using. 5-10 pounds are recommended.

Target Participants: High school aged students through adults

ZUMLIFT-FA2627-1 Fee: \$49.00

Golden Saints Fee: \$36.75

9/23/2026 - 11/18/2026 8 classes

6:15 PM - 7:15 PM Days: W

Chestnut Ridge School Gym Entrance 7

No class on November 11



New

Music

Instant Guitar for Hopelessly Busy People

Craig Coffman

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. The course fee includes the online book, online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session.

Class is held online using Zoom and is partly hands on instruction and partly lecture/demonstration. Before the start of class, you will be e-mailed a unique Zoom weblink invitation.

Target Participants: Adults ages 21 and older

MUSGTR-FA2627-1 **Fee: \$69.00**

Golden Saints Fee: \$69.00

10/10/2026 1 class
1:00 PM - 3:30 PM
Online Days: Sa



Instant Piano for Hopelessly Busy People

Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play the piano the way professionals do - using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. The course fee includes the online book, online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session.

Class is held online using Zoom and is partly hands on instruction and partly lecture/demonstration. Before the start of class, you will be e-mailed a unique Zoom weblink invitation.

Target Participants: Adults ages 21 and older

MUSPNO-FA2627-1 **Fee: \$69.00**

Golden Saints Fee: \$69.00

10/10/2026 1 class
9:00 AM - 12:00 PM
Online Days: Sa



Instant Ukulele for Hopelessly Busy People

Craig Coffman

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 it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. The course fee includes the online book, online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session.

Class is held online using Zoom and is partly hands on instruction and partly lecture/demonstration. Before the start of class, you will be e-mailed a unique Zoom weblink invitation.

Target Participants: Adults ages 21 and older

MUSUKE-FA2627-1 **Fee: \$69.00**

Golden Saints Fee: \$69.00

10/22/2026 1 class
6:30 PM - 9:00 PM
Online Days: Th



Personal Interest / Development

Avoid the Pitfalls of Perimenopause/Menopause

Janice Novak

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, fibroids, exaggerated PMS, and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured - blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

Class will be held online via Zoom. Before the start of class, you will be e-mailed a unique Zoom weblink invitation.

Target Participants: Adults ages 21 and older

JNMENO-FA2627-1 **Fee: \$29.00**

Golden Saints Fee: \$29.00

9/30/2026 1 class
7:00 PM - 8:30 PM
Online Days: W



Becoming a Notary Public-Traditional

Kristin Cavallaro

Whether you are looking to become a new notary public or need a refresher on notary law and 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. Electronic notary procedures are not covered in this class.

Target Participants: Ages 18 through adult

NOTARY-FA2627-1 **Fee: \$69.00**

Golden Saints Fee: \$69.00

10/17/2026 1 class
9:00 AM - 3:45 PM
Pittsford Community Center Room 204
35 Lincoln Ave, Pittsford, NY 14534
Days: Sa

NOTARY-FA2627-2 **Fee: \$69.00**

Golden Saints Fee: \$69.00

10/19/2026 - 10/26/2026 2 classes
5:30 PM - 8:45 PM
West Irondequoit High School Room 1214
260 Cooper Rd, Rochester, NY 14617
Days: M



Personal Interest / Development

Becoming a Notary Public-Traditional - Virtual

Kristin Cavallaro

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. Electronic Notary procedures are not covered in this class.



You must enter a valid e-mail to register. This class is being offered using the Zoom Pro format. The instructor will contact students about how to access the class.

Target Participants: Ages 18 through adult

NOTARYOL-FA2627-1

12/5/2026
9:00 AM - 3:45 PM
Online

Fee: \$69.00
Golden Saints Fee: \$69.00

1 class
Days: Sa

NOTARYOL-FA2627-2

12/7/2026 - 12/14/2026
5:30 PM - 8:45 PM
Online

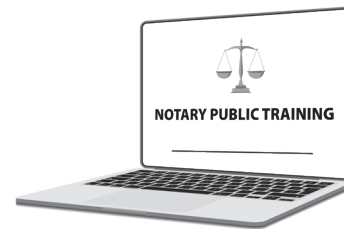
Fee: \$69.00
Golden Saints Fee: \$69.00

2 classes
Days: M

Electronic Notary Training Class

Kristin Cavallaro

Effective February 2023, new NYS laws went into effect that allow for electronic notarizations. You may not perform electronic notarizations unless you have registered the capability to do so with the state. This class will train you on what you need to know to become an Electronic Notary in the State of New York and the policies, procedures and software requirements that are mandated by the State for electronic notarizations. Only electronic procedures are covered in this class.



This class is only for current traditional notaries who want to learn about electronic notarization and/or students that have already taken the "Become a Notary Public-Traditional" class.

You must enter a valid e-mail to register. This class is being offered using the Zoom Pro format. The instructor will contact students about how to access the class.

Target Participants: Ages 18 through adult

NOTARYELC-FA2627-1

11/4/2026
5:30 PM - 8:45 PM
Online

Fee: \$55.00
Golden Saints Fee: \$55.00

1 class
Days: W

Domino Toppling

Brian Staebell

Domino building is much more than lining up pieces and watching them fall. Participants learn principles of engineering, physics, design, problem-solving, patience, and teamwork while creating exciting domino chain reactions and artistic displays. These fun hands-on classes for students ages 5-16 introduces the fundamentals of domino construction. No prior experience needed.



New

Participants will work individually and collaboratively to build increasingly complex projects while also building skills, confidence, creativity, and community through domino toppling.

Snack and drink will be provided. Please contact the Continuing Education office with any allergies.

Target Participants: School aged students ages 5 - 16

DOMINO-FA2627-1

9/19/2026 - 11/21/2026
10:00 AM - 11:30 AM

Chestnut Ridge School Cafeteria

Classes held on September 19, October 17 & November 21

Fee: \$15.00

3 classes
Days: Sa
Entrance 1

Emotional Release for Inner Peace

Jesse Wicher, Holistic Arts

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.

Class will be held online via Zoom. Before the start of class, you will be e-mailed a unique Zoom weblink invitation.

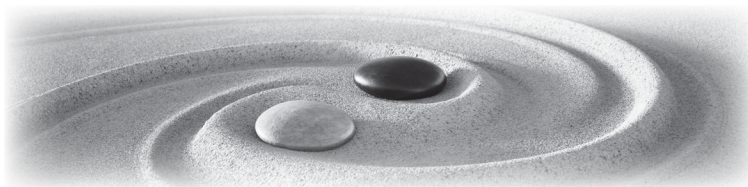
Target Participants: Adults ages 21 and older

PEACE-FA2627-1

9/28/2026
6:30 PM - 9:00 PM
Online

Fee: \$39.00
Golden Saints Fee: \$39.00

1 class
Days: M



Personal Interest / Development

Estate Planning and Probate

Kate Kruk, Esq.

This course provides an overview of estate planning in upstate New York including thorough discussion of wills, trusts, health care proxies, powers of attorney and living wills. We will also discuss probate and how to avoid it in certain instances as well as the role of the executor in a probate or administration proceeding.

Your spouse or significant other residing at the same home address is welcome to join you at no additional cost. Please provide this person's name when prompted at checkout.

Target Participants: Adults ages 21 and older

ESTPLAN-FA2627-1 **Fee: \$19.00**

Golden Saints Fee: \$14.25

9/30/2026 1 class

6:00 PM - 7:30 PM Days: W

CC Middle School Room 3802 Entrance 24



Plan Your European Adventure

Kate Torrey

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!

Target Participants: Adults ages 21 and older

TVLEUROPE-FA2627-1 **Fee: \$45.00**

Golden Saints Fee: \$45.00

10/14/2026 1 class

6:30 PM - 8:30 PM Days: W

CC Middle School Room 3802 Entrance 24

Hips, Thighs, & Otherwise

Janice Novak

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.

Class will be held online via Zoom. Before the start of class, you will be e-mailed a unique Zoom weblink invitation.

Target Participants: Adults ages 21 and older

JNHIP-FA2627-1 **Fee: \$29.00**

Golden Saints Fee: \$29.00

10/26/2026 1 class

7:00 PM - 8:30 PM Days: M

Online



Thyroid Things You Need to Know

Janice Novak

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. We'll discuss the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified professional.

Class will be held online via Zoom. Before the start of class, you will be e-mailed a unique Zoom weblink invitation.

Target Participants: Adults ages 21 and older

JNTHYRD-FA2627-1 **Fee: \$29.00**

Golden Saints Fee: \$29.00

11/9/2026 1 class

7:00 PM - 8:30 PM Days: M

Online

Your Nervous System is Running Your Life - The Missing Link to Taking Back Control

Ann Knapp

If you have ever wondered why you shut down, overreact, feel drained by certain people, or can't just "calm down", the reason isn't your personality - it is your nervous system quietly steering your reactions behind the scenes. Most of us were never taught how this system works, yet it influences our mood, energy, confidence, intuition, and even how you show up in relationships.

In this class with Ann Knapp, you will learn the hidden settings inside your body and learn simple, practical tools to shift your state quickly, interrupt old patterns and create a calmer, more relaxed version of yourself. Class will include Guided Imagery which is a powerful tool in working with the Nervous System.

Target Participants: Adults ages 21 and older

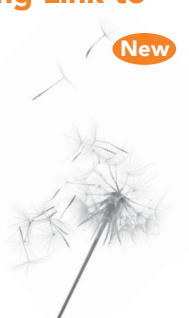
NERVE-FA2627-1 **Fee: \$39.00**

Golden Saints Fee: \$39.00

10/3/2026 1 class

10:00 AM - 12:00 PM Days: Sa

CC Middle School Room 3802 Entrance 24



Recreational and Team Sports

Adult Kickboxing

Sensei Al Grimaudo, Fighting Arts Training Center

This class combines techniques from karate, boxing, and Muay Thai. Students will learn striking and blocking techniques while benefiting from a full-body workout.

Target Participants: Adults ages 18 and older

KICK-FA2627-1 **Fee: \$50.00**

Golden Saints Fee: \$50.00

9/30/2026 - 11/4/2026

6 classes

5:30 PM - 6:30 PM

Days: W

Fighting Arts Training Center

24 South Main Street, Churchville, NY 14428

Boys' Basketball Skills Clinic

Tim Miller

The primary focus at this clinic will be to provide instruction of the offensive and defensive individual and team skills needed to compete in the game of basketball at the Modified, Junior Varsity and Varsity levels. Participants will be given drills that can be practiced at home to reinforce the skills learned. The emphasis will be on handling the ball, shooting and defense. Fee includes a shirt for each participant. Registration deadline to receive a shirt is Monday, November 2.

This section is for students in Grades 5-8

BBBSKLS-FA2627-1 **Fee: \$49.00**

11/9/2026 - 11/10/2026

2 classes

6:00 PM - 7:30 PM

Days: M,Tu

CC High School Gym A

Entrance 6

This section is for students in Grades 9-12

BBBSKLS-FA2627-2 **Fee: \$49.00**

11/9/2026 - 11/10/2026

2 classes

7:30 PM - 9:00 PM

Days: M,Tu

CC High School Gym A

Entrance 6



FITKids

Rochester Fencing Club

Calling all Mini Musketeers: Come play pirate and other fun games in this safe introduction to the sport of fencing. Start with warm up, obstacle courses, and skill building activities to develop focus, agility, balance and eye/hand coordination. Games are used to teach the basic footwork and arm action. Children experience the thrill of sword play in the context of a structured class and build self confidence using specialized plastic foils, chest plates and masks. New skills are practiced one-on-one with the coach. Geared for the short attention span of little ones. Due to USA Fencing regulations, please bring \$10 to your first class to be registered with USA Fencing. Sneakers required.

All classes are held at the Rochester Fencing Club, 3335 Brighton Henrietta Townline Road, Rochester, NY 14624

Target Participants: Individuals ages 5 through 7

FENCE-FA2627-1

Fee: \$70.00

9/23/2026 - 10/14/2026

4 classes

4:00 PM - 4:45 PM

Days: W

Rochester Fencing Club

FENCE-FA2627-2

Fee: \$70.00

11/11/2026 - 12/9/2026

4 classes

4:00 PM - 4:45 PM

Days: W

Rochester Fencing Club

No class on November 25

Jujitsu for Kids

Sensei Al Grimaudo, Fighting Arts Training Center

In this class students will be taught the fundamentals of the Japanese martial art of Jujitsu including basic throws, take downs, various forms of submissions, chokes, and joint locks.

Target Participants:

Individuals ages 9 and older

JUJITSU-FA2627-1

Fee: \$50.00

10/1/2026 - 11/5/2026

6 classes

5:30 PM - 6:20 PM

Days: Th

Fighting Arts Training Center

24 South Main Street, Churchville, NY 14428



Girls' Fall Basketball Clinic

Steve Shepanski

The Girls' Fall Basketball Clinic taught by Churchville-Chili Varsity coaches will provide a fun environment where students can build confidence, develop and improve their fundamental skills, and grow their love for the game. Each class we will focus on dribbling, shooting, passing, and defense while working together as a team.

This section is for students in Grades 3 - 6

GBBCLINIC-FA2627-1 **Fee: \$39.00**

10/19/2026 - 10/29/2026

4 classes

6:00 PM - 7:30 PM

Days: M,Th

CC Middle School Gym C

Entrance 37

This section is for students in Grades 7 - 9

GBBCLINIC-FA2627-2 **Fee: \$39.00**

10/19/2026 - 10/29/2026

4 classes

7:30 PM - 9:00 PM

Days: M,Th

CC Middle School Gym C

Entrance 37



Recreational and Team Sports

Karate

Master Josh Ruth

Classes are geared towards physical fitness, strength training, improving coordination, and team-building while learning the basic principles of traditional Japanese Karate. All classes are taught by Master Josh Ruth (5th Degree Shihan).

Classes are held at The Temple of the Peaceful Mind Dojo, 48 South Main Street, Churchville.

Target Participants: Individuals ages 13 through adult

KRTTEEN-FA2627-2 Fee: \$35.00

Golden Saints Fee: \$35.00

9/22/2026 - 10/1/2026 4 classes

7:15 PM - 8:30 PM Days: Tu, Th

KRTTEEN-FA2627-3 Fee: \$35.00

Golden Saints Fee: \$35.00

10/6/2026 - 10/15/2026 4 classes

7:15 PM - 8:30 PM Days: Tu, Th

KRTTEEN-FA2627-4 Fee: \$35.00

Golden Saints Fee: \$35.00

10/20/2026 - 10/29/2026 4 classes

7:15 PM - 8:30 PM Days: Tu, Th

KRTTEEN-FA2627-5 Fee: \$35.00

Golden Saints Fee: \$35.00

11/3/2026 - 11/12/2026 4 classes

7:15 PM - 8:30 PM Days: Tu, Th

Karate Kids

Master Josh Ruth

Youth classes are geared towards physical fitness, strength training, improving coordination, and team building while learning the basic principles of traditional Japanese Karate. All classes are taught by Master Josh Ruth (5th Degree Shihan).

Classes are held at The Temple of the Peaceful Mind Dojo, 48 South Main Street, Churchville.

Target Participants: Individuals ages 6 through 12

KRTKIDS-FA2627-2

9/22/2026 - 10/1/2026

6:00 PM - 7:00 PM

Fee: \$35.00

4 classes

Days: Tu, Th

KRTKIDS-FA2627-3

10/6/2026 - 10/15/2026

6:00 PM - 7:00 PM

Fee: \$35.00

4 classes

Days: Tu, Th

KRTKIDS-FA2627-4

10/20/2026 - 10/29/2026

6:00 PM - 7:00 PM

Fee: \$35.00

4 classes

Days: Tu, Th

KRTKIDS-FA2627-5

11/3/2026 - 11/12/2026

6:00 PM - 7:00 PM

Fee: \$35.00

4 classes

Days: Tu, Th



Men's Basketball

Pete Spyra

Enjoy a good workout through the game of basketball with this group of active older adults. Pickup games are organized each session. Please wear workout clothes and good court shoes.

Target Participants: Adults ages 21 and older

MBB-FA2627-1 Fee: \$99.00

Golden Saints Fee: \$74.25

9/24/2026 - 4/29/2027 27 classes

7:00 PM - 9:00 PM Days: Th

CC High School Gym B Entrance 6



Ninja Warrior Obstacle Training

The Warrior Factory

Calling all big kids! Are you ready to have some FUN fitness? You will have fun as you "Build Strength Through Obstacles." Play on ninja obstacles as seen on TV! Each class will include upper body, lower body and trampoline activities with specific obstacle techniques! No experience necessary; participants should be able to hang from a bar for ten seconds.

After registration, please go online and complete the waiver at <https://www.waiverking.com/print/46598>.

Clean, dry sneakers are required for participation. Positive attitude and a willingness to try new things are suggested! Come have fun with us!

Target Participants: Adults ages 21 and older

NINJA-FA2627-1 Fee: \$219.00

Golden Saints Fee: \$219.00

9/14/2026 - 11/23/2026 10 classes

6:30 PM - 7:30 PM Days: M

The Warrior Factory

3150 West Henrietta Rd, Rochester, NY 14623



Recreational and Team Sports

Open Pickleball

Lee Peers

Get fit, socialize, and have fun participating in pickleball! Beginner and advanced skill levels intermix for a variety of games. Whether you are new to the game or have experience, come and be a part of the pickleball craze! Basic knowledge of the rules and game-play experience is required. Please bring your own paddles. Open play rules apply.

Target Participants: Adults ages 21 and older

PICKLOPEN-FA2627-1

9/22/2026 - 11/10/2026

7:30 PM - 9:00 PM

CC Middle School Gym D

Fee: \$79.00

Golden Saints Fee: \$59.25

8 classes

Days: Tu

Entrance 37

Pickleball

Susan Costello

Get out and try your hand at pickleball, a fun game that is played on a badminton court with a lower net and using a plastic ball and paddles. Whether you are new to the game or have experience, come and be a part of the pickleball craze! Time for instruction will be given for beginner players. For those needing a paddle, there will be some available for use during class. Plan to wear comfortable workout clothes and sneakers.

Target Participants: Adults ages 21 and older

PICKLE-FA2627-1

9/23/2026 - 11/18/2026

6:30 PM - 8:00 PM

CC Middle School Gym D

No class on November 11

Fee: \$79.00

Golden Saints Fee: \$59.25

8 classes

Days: W

Entrance 37



Street Self Defense

Sensei Al Grimaudo, Fighting Arts Training Center

This class utilizes techniques from various martial arts taught at the Fighting Arts Training Center and is geared for those who want to learn some basic self-defense. Students will be taught basic blocks, striking techniques, restraints, and basic throws to defend oneself against the most common types of street attacks.

Target Participants: Individuals ages 13 through adult

SELFDEF-FA2627-1

Fee: \$50.00

Golden Saints Fee: \$50.00

9/30/2026 - 11/4/2026

6 classes

7:30 PM - 8:30 PM

Days: W

Fighting Arts Training Center

24 South Main Street, Churchville, NY 14428



Become a Continuing Education Instructor

Interested? Have questions? Need information? Call (585) 293-4429

Do you have a talent, interest, or skill that you could share with the community? We are always looking for instructors to expand on our existing courses or teach exciting new ones!

You do not need to be a certified teacher, just enthusiastic about your topic and willing to share your knowledge with others.

Join our dedicated staff of instructors!



Program Information

Registration Period

In consideration for the instructors and all involved in setting up the Continuing Education courses, please register for the courses you are interested in as early as possible. One week prior to the start date, enrollment is reviewed. If the minimum enrollment is NOT met by this time, we reserve the right to cancel the class. If the class meets the minimum number of students and has not reached the maximum number of students, registrations will still be accepted up to the start of the class. Students can opt to join a multi-session class after it has started; however, there are no partial payments for courses, except for fitness courses. For fitness courses, students who register after the start of the program will pay a per class rate. All other offerings require payment of the full fee, regardless of number of sessions remaining. Please call the Continuing Education Office for more information.

Missed Classes

There are many times that students are not able to make classes for various reasons. That is unfortunate. We ask that you make every effort to keep your commitment. Continuing Education is unable to reimburse students for missed classes. If a class is canceled or unable to be held because of circumstances under the control of the Continuing Education office, all efforts will be made to reschedule that particular session or credit will be given toward a future class.

Who May Register

Registration is open to district and non-district residents. Adult courses are open to persons 21 years of age or older unless otherwise specified in the course description.

Refunds

If we cancel a course for any reason, you will receive notification and a full refund for that course.

Non-Residence Fee

We welcome anyone to participate in the courses that we offer. We do, however, require any participants who reside outside of the Churchville-Chili School District to add an additional \$3 to the listed course fee.

Golden Saints Discount

Are you a Churchville-Chili District resident over age 50? Then you should take note! You can sign-up to be a Golden Saints Member making you eligible for a discount price on many of our classes. All registrants 50 years of age or older will receive a 25% discount on courses (except for ones offered by organizations other than the Churchville-Chili School District or noted otherwise). **To become a member of the Golden Saints, please bring a form of photo ID and proof of age such as your driver's license or US passport to the Continuing Education Office at 145 Fairbanks Road, Churchville, NY. Office hours are 8:00 AM - 4:30 PM.**

Looking for a unique gift for that someone special?

Consider purchasing a gift certificate for a Continuing Education class that you think your loved one would enjoy taking. Contact the Continuing Education Office for more information.

Withdrawal Policy

If you need to withdraw from a course, please notify the Continuing Education Office at (585) 293-4429.

- Notification received at least 5 business days prior to the start of class will be accepted and you will be refunded in full.
- Notification received less than 5 business days prior to the start of class will be accepted and will be refunded the registration fee minus a \$5.00 processing fee.
- Notification received once the class has begun will NOT be accepted, unless there are extenuating circumstances. To be considered for a refund once the class has started, your request should be put in writing and sent to the Continuing Education Office. For medical reasons, include a note from your physician along with your written request. Any approved refund will be prorated and will be subject to a \$5.00 processing fee.

Program Policy

Churchville-Chili Continuing Education does not endorse the opinions or business affiliations of our instructors. Solicitation, promotion, or endorsement of a company, commercial venture, or product by instructors is not permitted. Churchville-Chili School District is not responsible for loss or damages incurred from information and/or advice given by a Continuing Education instructor, whether in or out of the class. Participants are responsible for their own injury protection; Churchville-Chili does not offer or provide medical insurance for participants in its Continuing Education program. Before starting any physical activity, please consult your medical professional. Participants are responsible for the protection of their personal belongings.

Additional Information

Questions should be directed to Michelle Matthews, Director of Continuing Education, at (585) 293-4429.



REGISTER EARLY!

Registrations for each are reviewed one week prior to start date.
If the minimum registration is not met, the class may be canceled.

*Registrations can now be completed online in addition to
registering by mail or in person (see page 2).*



Churchville-Chili Continuing Education

Name (Circle one – Parent/Guardian/Self).....

Street Address City Zip.....

Home Phone Cell Phone Email

Golden Saints Member? Yes: _____ No: _____

Make check(s) payable to: Churchville-Chili Continuing Education

Mail to: Churchville-Chili Continuing Education Office, 139 Fairbanks Road, Churchville, NY 14428

Participant	Course	Course Code	Fee (add \$3 for non-resident)
.....	-	-	-
.....	-	-	-
.....	-	-	-
.....	-	-	-
.....	-	-	-
.....	-	-	-
.....	-	-	-

Total Fee:

\$

Use this space for any additional requested information (ie – t-shirts for youth fitness classes, etc.)

FOR DRIVER'S EDUCATION ONLY

Please Circle One Choice: SR JR SOPH FRES GRAD

Please Check One Choice: CC Student __ Student Elsewhere __

Learner's Permit/Driver's License#:.....

Date Issued:.....

SPECIAL NEEDS

____ Please check here if you have any
special needs and a Continuing Education
representative will contact you.

FOR CONTINUING EDUCATION OFFICE USE ONLY

Date Received..... Date Entered Amt Rcv'd CA..... /CK# RCPT#

VOLUME 2027 - Issue 2

Churchville-Chili Continuing Education
Churchville-Chili Central School District
139 Fairbanks Road
Churchville, New York 14428

Non-Profit
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DATED MATERIAL PLEASE DELIVER PROMPTLY

Fall 2026

Churchville-Chili Mission Statement:

The Churchville-Chili Central School District challenges all students to strive for excellence while developing their unique talents and becoming respectful, resourceful citizens and contributing members of an interconnected global society.

~Core Beliefs~

The Churchville-Chili Central School District, within its community to include our board of education, superintendent, staff, families and students believe:

- In treating each other with mutual respect, dignity and honesty, that demonstrates appreciation.
- In respecting and preserving all of our school resources.
- That respecting diversity affirms individual worth and benefits the community.
- That everyone deserves a welcoming and nurturing environment that fosters positive relationships.
- Everyone learns best when they are engaged in meaningful, active work and encouraged to advance innovative ideas.
- Everyone is empowered to advance the learning of themselves and others.
- In promoting and modeling local, national and global citizenship for the greater good.

~District Priorities~

The Churchville-Chili Central School District, within its community to include our board of education, superintendent, staff, families and students will strive to:

- Engage all students in learner-centered instructional experiences based on state standards and rigorous district curriculum that leads to mastery on local, state, national assessments, graduation and the transfer and application of learning into their lives.
- Foster social, emotional and physical well-being in our school community.
- Communicate effectively with stakeholders, emphasizing quality and service.
- Promote cost effectiveness; develop and manage a budget that provides a quality education in a fiscally responsible manner.
- Provide access and inclusivity for all to achieve equity.
- Provide quality facilities that are well maintained and safe.
- Sustain a safe school environment that adheres to the Code of Conduct.
- Integrate and utilize technological resources to enhance and support teaching and learning, communication and school operations.