COMMUNITY EDUCATION

FALL 2026



LEARN • CREATE• GROW

IROQUOIS CENTRAL SCHOOL

2111 Girdle Rd., Elma, NY 14059

Visit our website
www.iroquoiscsd.org
for most up-to-date course listing!

IMPORTANT INFORMATION – PLEASE READ!

PROGRAM INFORMATION

Iroquois Community Education is a self-supported program which offers courses to adult district and non-district residents. School-aged students are welcome to participate in age-appropriate courses.

HOLIDAYS
CLASSES WILL NOT BE HELD ON:

October 12 - Columbus Day
November 11 -Veteran's Day
November 26- 27 - Thanksgiving
Classes may be held on Staff Development days as buildings are open and accessible

EMERGENCY SCHOOL CLOSINGS

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

ADDITIONAL FORMS

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

ONLINE & MAIL-IN REGISTRATION ONLY, PLEASE!



REGISTRATION

Registration online, by mail or by appointment only please! Phone registration is not accepted! Registration begins immediately upon receipt of this brochure. You will be registered unless notified of a cancellation or to advise you of a change, otherwise, no notification will be sent. Courses without sufficient enrollment will be cancelled. Please register early to avoid disappointment! Courses that have reached the minimum number of students may accept late registrants if there is space. Your cancelled check will be your receipt.
Notice: Iroquois Community Education reserves the right to deny access to any course/class for reasons including but not limited to; disruptive, confrontational or aggressive behavior, improper use of school equipment or facilities, or any activity or behavior that does not comply with the Iroquois Central School District Code of Conduct.

ADDITIONAL FEES/DISCOUNTS

Non-residents are required to pay an additional $5.00 registration fee per person per semester. Senior citizens of our school district, who are age 62 and over, are entitled to a $10.00 discount on some registration fees over $50.00, except where noted. We are not able to offer discounts for off campus classes. Lab/Supply fees may be collected by some instructors for materials or text books used. These fees are not included in registration fees and will be noted in the course description.

REFUND POLICY

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

COURSE LOCATIONS

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

CREATIVITY

Designing Dish
A paint your own pottery store

COBBLESTONE GLAZE PUMPKIN #FA26-CGP

Create a beautiful unusual pumpkin set. You will enjoy the outcome of this very fun class using a cobblestone glaze. Colors are your choice.

Instructor: Designing Dish Staff
Date: Thursday, September 17th
Time: 6:00-8:00pm
Registration Fee: $5.00
Material/Supply Fee:
1 Pumpkin - $30.00
Set of 2 pumpkins - $50.00
(payable to Designing Dish upon attendance). **MUST** specify quantity when registering!
Location: Designing Dish Studio



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

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

VINTAGE CHRISTMAS TREE #FA26-VCT

Your Grandmothers have nothing on these trees. Glaze with that special green glaze. Each tree comes with light kit. Space is limited, Deadline to register so trees can be ordered is ***September 21st.***

Instructor: Designing Dish Staff
Date: Thursday, October 8th
Time: 6:00-8:00pm
Registration Fee: $5.00
Material/Supply Fee:
12" Tree - $165.00
9" Tree - $85.00
(Payable to Designing Dish upon attendance). **MUST** specify tree size at time of registration!
Location: Designing Dish Studio



BLUE PEACOCK SERVING BOWL #FA26-BPSB

Cool stoneware technique done on earthenware. Perfect for your Thanksgiving table.

Instructor: Designing Dish Staff
Date: Thursday, November 5th
Time: 6:00-8:00pm
Registration Fee: $5.00
Material/Supply Fee: $50.00
(Payable to Designing Dish upon attendance)
Location: Designing Dish Studio



FINANCE

RETIREMENT PLANNING

This hour-long seminar is geared towards those within 10 years of retirement or just curious in retirement planning. We discuss ten important topics that everyone should discuss with their families prior to retirement. The goal of our session is to make sure everyone leaves with one actionable step that gets them closer to their ideal retirement. **Two course dates to choose from**!

Instructor: Tony Watson II, Financial Advisor

Course #FA26-RP1
Date: Wednesday, September 9th
Time: 6:00pm-7:00pm
Room: HS 101
Fee: $5 per person

OR

Course #FA26-RP2
Date: Wednesday, December 9th
Time: 6:00pm-7:00pm
Room: HS 101
Fee: $5 per person





LEISURE & RECREATION COURSES FOR PARENTS

Community Ed is proud to partner with **WildWood WNY**! Their mission is "to provide quality, accessible education through nature exploration to learners of all ages, abilities, and backgrounds."

AUTUMN TREE ID
#FA26-ATID

If you're curious to know which tree species you're seeing during your "leaf peeping" adventures this fall, this is the class for you! Learn how to use clues such as bark, leaves, and seeds to identify two dozen Northeastern tree species.

Instructor: WildWood WNY

Date: Thursday, September 17th
Time: 6:30pm-8:00pm
Room: HS 101
Fee: $15 per person



HALLOWEEN SPECIAL "CREATURE FEATURES"
#FA26-HSCF

Spend the evening exploring some of the stranger things that you may encounter out in the wild in the Eastern United States, including killer shrews, zombie insects, and birds with bone-melting stomach acid!

Instructor: WildWood WNY

Date: Thursday, October 29th
Time: 6:30pm-8:00pm
Room: HS 101
Fee: $15 per person

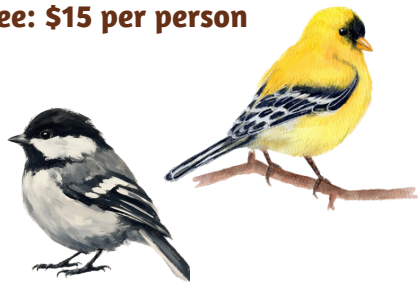


BIRDING 101
#FA26-B101

Join us for this introductory class to kickstart your new hobby! Birding 101 provides tips, tricks, and resources to help you get started on your birding journey. This class focuses on identifying bird species that are commonly found in yards, parks, and woodlands in Western New York.

Instructor: WildWood WNY

Date: Thursday, October 15th
Time: 6:30pm-8:00pm
Room: HS 101
Fee: $15 per person



BIRDING 201
#FA26-B201

Already comfortable with the basics of birding and looking to take your identification skills to the next level? Birding 201 is the class for you! Birding 201 focuses on how clues like behaviors, habitats, and field marks can be used to help you identify trickier groups of birds, such as sparrows, warblers, and raptors.

Instructor: WildWood WNY

Date: Thursday, November 12th
Time: 6:30pm-8:00pm
Room: HS 101
Fee: $15 per person

"GET THEM TALKING" Speech Therapy
#FA26-GTT

In this two-part class, you will be given a list of strategies which will also be discussed and demonstrated with a resource guide supplied. The first session will cover a few strategies and how the parents or caregivers can work with them in the home. The second session is a discussion and demonstration of remaining strategies to spur language and speech, especially if there is a suspected delay. Recap and a Q&A session.
Presented by Private Practice Owner, Krista Hammer of Double Talk Bilingual Speech Therapy Services 12+ years in the field. Experience in language delay, Apraxia of speech, bilingual Spanish/English, feeding disorders and dysphagia.

Instructor: Krista Hammer, MS, CCC-SLP

Course #FA26-GTT
Dates: September 22nd & 29th
Time: 6:30-8:30pm (both nights)
Location: HS 101
Registration Fee: $50.00 per person
Material/Supply Fee: $10.00 (payable to instructor upon attendance of first class)



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

HOLISITIC LIVING

NOTICE: ALL Holistic Living Courses are held over the internet using Zoom. Upon registration for your class you will be emailed a unique **Zoom web link invitation** that you click to automatically join the class at the scheduled class time via computer—***no other action is required!***

REIKI CERTIFICATION

Become a certified Reiki healer. During these in-depth sessions you will delve deeply into the ancient Japanese art of energy healing. Each course level provides training, course materials, attunement and hands-on experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice. Come experience the life-transforming power of Reiki. **Classes held via Zoom.**

Instructor: Holistic Arts Staff

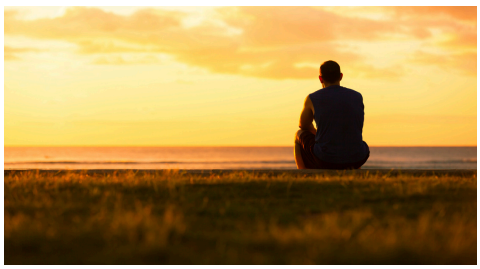
Course #FA26-RCLI
Level I—Saturday, Oct. 3rd
Time: 10 am—5 pm
Fee: $175.00

Course #FA26-RCLII
Level II—Saturday, Oct. 24th
Time: 10 am—5 pm
Fee: $199.00

Course #FA26-ART
Advanced Training—Sat, Nov. 14th
Time: 10 am—5 pm
Fee: $175.00

Course #FA26-MDR
Multi-Dimensional —Sat, Dec. 5th
Time: 10 am—5 pm
Fee: $175.00

Course #FA26-RCLIII
Level III—Master & Teacher Cert.
Saturday, Dec. 12th
Time: 10 am—6 pm
Fee: $249.00



HEALING WITH ENERGY #FA26-HWE

Harness your power to heal...Naturally! Whether you're looking for a quick and easy remedy for headaches, wanting to increase your vitality or seeking healing for a chronic condition, this class has something for you! In this engaging, hands-on course, you will work with healing tools and techniques from a variety of practices such as acupressure, auric-field healing, toning, chi gong and long-distance healing. Topics include the power of intent, using your intuition and mastering the mind/body/spirit connection. This course is ideal for healing professionals wishing to expand their tools as well as for individuals who want to open to powerfully experience their healing potential. **Class is held online via Zoom.** Receive a unique Zoom web link invitation via email upon registration.

Instructor: Holistic Arts Staff
Tuesdays, 7:00-9:00pm
Start Date: September 29th (5 weeks)
Fee: $149.00 (Sorry, no discounts)

MEDITATION FOR RELAXATION AND PERSONAL HEALING #FA26-MRPH

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

Instructor: Holistic Arts Staff
Wednesdays, 7:00-9:00pm
Start Date: September 30th (5 weeks)
Fee: $149.00 (Sorry, no discounts)

EMOTIONAL RELEASE FOR INNER PEACE #FA26-ERIP

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

Instructor: Holistic Arts Staff
Date: Monday, September 28th
Time: 6:30-9:00pm
Fee: $39.00

DEVELOPING YOUR INTUITION #FA26-DYI

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

Instructor: Holistic Arts Staff
Thursdays, 7:00-9:00pm
Start Date: October 1st (5 weeks)
Fee: $149.00 (Sorry, no discounts)

ONLINE COURSES

ED2GO offers you hundreds of engaging online courses, covering every topic from Accounting to Web Design. Each course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use. Instructors include some of the most well-known and trusted names in online education, and their dedication to customer service is second to none.

You can take all courses from the comfort of your home or office at the times that are most convenient to you. A new section of each course starts monthly. All courses run for six weeks and are composed of 12 lessons, representing 24 hours of instruction. You can ask questions and give or receive advice at any time during the course. Upon successful completion of the course, you will be able to download a certificate of completion.

Courses include but are not limited to:

GED PREPARATION
ENTERTAINMENT INDUSTRY CAREERS
LAW & LEGAL CAREERS
SALES AND MARKETING
RESUME WRITING WORKSHIP
WEB PAGE DESIGN
LANGUAGES
ACCOUNTING
MEDICAL
TEST PREP
plus many, many more .....

1. BROWSE THE ENTIRE CATALOG AT:
www.ed2go.com/iroqcomed

2. Pay securing online at time of registration with a credit card.

3. COMPUTER REQUIREMENTS:
For any ed2go course, you will need Internet access, a non-shared e-mail address, the Microsoft Internet Explorer or Mozilla Firefox Web browser, and the latest Adobe Flash and PDF plug-ins.

Participate entirely from the comfort of your home!

ed2go | Learn More

LIFE SAVING SKILLS

ADULT, CHILD AND INFANT CPR/AED #FA26-CPR/AED

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

Instructors: The Safety Company Staff
Date: TBD
Time: TBD
Room: MS Library
Fee: $65 per person





SELF-IMPROVEMENT

"CUTTING THE CORD" Learn How to Start Streaming

This course walks you through the steps of transitioning from traditional cable TV to modern streaming services and over-the-air (OTA) broadcasting. Whether you're looking to save money, gain more control over your viewing choices, or simply modernize your entertainment setup, you'll learn practical strategies to make the switch confidently and successfully. By the end of this course, you will have the knowledge to form your own cord-cutting plan and resources to optimize your viewing experience. **Two course dates to choose from!**

Instructor: Craig Fitzgerald

Course #FA26-CTC1
Date: Thursday, September 24th
Time: 7:00pm - 8:00pm
Room: HS 101
Fee: $15 per person

OR

Course #FA26-CTC2
Date: Tuesday, October 13th
Time: 7:00pm-8:00pm
Room: HS 101
Fee: $15 per person



COURSES FOR KIDS

CHILD AND BABYSITTER TRAINING (CABS)

The Child & Babysitting Safety (CABS) course from the American Safety Institute will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. Topics include: starting a business, leadership, CPR, choking and first aid. Students will gain confidence and valuable employment skills to impress parents. Targeted for students 11-15 years old, the course is held over one 3-hour session. Students who successfully complete the program will receive a babysitter's text, first aid kit, starter package and certification card.
NOTE: Registration closes at 10:00am the business day prior to the course date.. You MUST pre-register, walk-ins are NOT permitted!

Instructors: The Safety Company Staff

Course #FA26-CABS
Date: TBD (1 day only)
Time: 9:00 am - 12:00 pm
Room: MS Library
Fee: $69
You ***MUST*** pre-register by 10:00am on Oct. 24th Walk-ins are NOT permitted!

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





FENCING FOR BEGINNERS

Fencing Center of Buffalo
485 Cayuga Rd., Cheektowaga
www.fencingbuffalo.com

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

Mixed (Ages 10-14) - 6 weeks
Course #FA26-Fence1
Starts September 12th (Saturdays)
Time: 1:30pm-3:00pm
Fee: $150.00

Mixed (Ages 7-9) - 4 weeks
Course #FA26-Fence2
Starts: October 24th (Saturdays)
Time: 10:00am —11:00am
Fee: $115.00





IROQUOIS SKI CLUB Grades 6-12

Community Education offers a once-weekly Ski Club program to Kissing Bridge beginning in January! Space is limited and "Sells Out" every year so don't wait to register! Go to the Community Education section of the Iroquois webpage for complete details and registration information.



NORDIC (CROSS COUNTRY SKI) Grades 9-12

This program is for Iroquois CSD students in grades 9-12 only. Learn to Nordic (Cross-Country ski) and train for racing opportunities! We will meet on Wednesdays and Fridays starting December 2nd. On Wednesdays we will stay on Iroquois main campus for training/conditioning and Fridays will ski at Elma Meadows. Transportation is provided to Elma Meadows, but skiiers will need to be picked up from the Middle School on Wednesdays and from Elma Meadows on Fridays. If there is no snow, we will have dry land training on main campus on Fridays. Participants will need to provide their own equipment. Resources to help you find equipment available. Space is limited so don't wait!

Course #FA26-NCCS
Days: Wednesdays (Training) and Fridays (Skiing)
Time: 2:45-4:00pm
Start Date: December 2nd
End Date: February 5th
No training/skiing: 12/25, 12/30, 1/1 (Winter break)
Meeting Room: Intermediate Rm 24
Fee: $75 per student



DRIVING

AARP DRIVER SAFETY

A two-day driver improvement program for those 50 years of age or older. Those who complete the course qualify for a discount of 10% for 3 years on their automobile liability and collision insurance premiums. They also qualify for a 4 point reduction on their drivers license for points that were previously accrued for moving violations. AARP no longer insists that a participant be 50 or older but we DO NOT guarantee that the participants insurance company will offer the discount.

Instructors: American Association of Retired Persons Staff

Course #FA26-AARP1
Wed & Thurs: October 7th and 8th (must attend both nights)
Time: 6:00-9:00pm
Room: HS Library
OR
Course #FA26-AARP2
Mon & Tues: November 16th & 17th (must attend both nights)
Time: 6:00—9:00 pm
Room: HS Library

AARP Fee: Please pay instructor at first class—check or money order made payable to AARP. **DO NOT** make payment to Iroquois with registration! $25 per person for members of AARP and $30 for non-members. You must bring a valid NYS Driver's License to class on first night. A license from any other state can no longer be accepted! **NOTE:** Community Ed **DOES NOT** issue certificates of completion. These certificates are issued through AARP.

5-HOUR PRE-LICENSING

The Pre-licensing Course, also known as the 5-hour course, is a DMV-designed classroom course that provides new drivers with information to help them drive safely. New drivers must complete this course (or a New York State approved Driver Education Course) before they can schedule their driving test for their driver license. At the end of this 5-hour session, each student will be issued the proper certificate. Students must have a valid Learners Permit and must bring it to the class for identification and certificate issuance. Bring snack/drink as this class will take place after school. Registration closes at 10:00am online on the day of the course. Pre-registration is required, walk-ins are not permitted as the instructor cannot accept payment.

Course #FA26-5HR
Instructor : Rob Booker
Date: Tuesday, October 20th
Time: 3:00-8:00pm
Fee: $50 per person

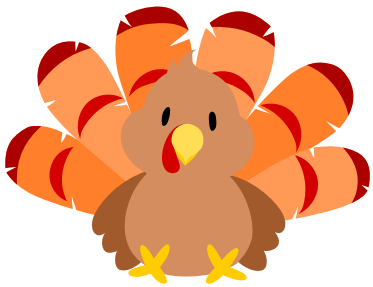
DEFENSIVE DRIVING ONLINE COURSE

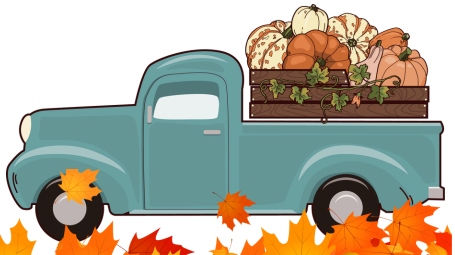
The 6 hour point/insurance reduction course can now be taken online! Receive the same benefits (10% insurance reduction for three years and up to 4 points removed from your driving record) as those that take the course in the classroom. You have up to 30 days from the day you start to finish the course. If you stop at any point when you log back on you are at exactly the same point, you lose nothing! The online course is approximately 6 hours in length to complete.
Register and pay online at:
www.empiresafetycouncil.com
Enter code: CLJ5 (to get $5.00 discount)
Fee: $44.95 ($39.95 after discount!)



DRIVER EDUCATION IMPORTANT NOTICE

Iroquois Central School in conjunction with Erie 2 BOCES offers a Summer Driver Education Program for high school students. Information will be posted to the website in the spring. Iroquois does not offer a Driver Education Program during the school year.





FITNESS FOR ADULTS

SHEILA'S AEROBIC JAZZ

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

Course #FA26 -SAJ
Monday/Wednesday/Friday
Morning, 9:00-10:00am
Begins: September 14th - 10 weeks
Fee: $115 (20 classes - In person or on Zoom)
Fee: $160 (30 classes - In person or on Zoom)
Fee $95 (30 clasees - Zoom only)
Sorry, no senior discounts.
Location: David DeMarie Dance Studio - 10151 Main St., Clarence

Course #FA26 -SAJEVE
Tuesday/Thursday
Evening, 6:30-7:30pm
Begins: September 15th - 10 weeks
Fee: $115 (20 classes - In person ONLY)
Sorry, no senior discounts.
Location: Refuse 2 Lose (Formerly Pride Martial Arts Academy) - 9135 Sheridan Dr., Clarence



SHEILA'S MUSCLE FLEX

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

Course #FA26 -FLEX
Monday/Wednesday/Friday
Mornings 8:30-9:00am
Begins: September 14th - 10 weeks
Fee: $110 (20 Classes- In person and on Zoom)
Fee: $155 (30 Classes- In person and on Zoom)
Fee: $90 (30 classes- Zoom only)
Sorry, no senior discounts.
Location: David DeMarie Dance Studio - 10151 Main St., Clarence

MENS BASKETBALL #FA26-BBMS

Basketball for exercise and recreation (LeBron James wannabe's need NOT apply) for men high school graduates and up

Coordinator: Aaron Lundmark
Mondays: *7:00 pm - 9:00 pm
Begins: Sept. 14th
Ends: Dec. 21st
No Basketball: 10/12
Fee: $20
Room: MS Gym
Note: Showers are NOT available!
*Start time may be delayed on 9/21 due to Iroquois athletic teams using the gym.

SHEILA'S UNLIMITED!

Sheila's Unlimited includes both in-person Muscle Flex and Sheila's Aerobic Jazz plus you get the ZOOM links too! What a SAVINGS!!

Course #FA26-UNLIM
Days: Monday-Friday
Time: 8:30am-9:00am Muscle Flex PLUS 9:00am-10:00am Aerobic Jazz or 6:30-7:30pm Aerobic Jazz.
Begins: September 14th - (10-weeks)
Fee: $195 (in person PLUS includes link to ZOOM!)
Sorry, no senior discounts
Locations:
M/W/F Morning Muscle Flex - David DeMarie Dance Studio, 10151 Main St., Clarence
M/W/F Morning Aerobic Jazz - David DeMarie Dance Studio, 10151 Main St., Clarence
T/Th Evening Aerobic Jazz - Refuse 2 Lose, 9135 Sheridan Dr., Clarence

SWIMMING

MORNING SWIM #FA26-MSwim

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

Mon. Wed. & Fri., 6:30 - 7:30 am
Begins: September 14th
End Date: December 18th
Fee: $99 per person
Room: MS Pool
No Swimming: 10/12, 11/11, & 11/27.
The lane closest to the Lifeguard stand is a designated recreational/low intensity lane.
Use the parking spaces along the south side of the building (perpendicular not parallel to the building) by entrance **#M-6**. Do NOT park along the fence near the track/football field as this will interfere with Morning Student Drop Off! **ALL** swimmers access the building only through entrance **#M-6.**
Please note: The lifeguard is at the exterior doors from @ 6:15am-6:25am to let swimmers into the building. At approximately 6:25am she leaves the exterior doors to open the pool and assume her post in the lifeguard stand, so swimming can start promptly at 6:30am!
DO NOT Leave locks on lockers. Remove your belongings as **ALL** lockers are used by students daily!
PLEASE NOTE: If the opening of school is DELAYED due to weather or other conditions, morning swim is CANCELLED.



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

SINGING & MUSIC

SELF-GROWTH & THE ART OF SINGING #FA26—SGAS

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

Instructor: Jesse Wicher

Date: Monday, November, 16th
Time: 7:00pm—9:00 pm
Fee: $39.00 per person
Location: Online. You will receive your ZOOM link via email after paid registration.



ONLINE SINGING LESSONS FOR EVERYONE

Learning to sing over the internet is Fun and EASY! Learn to bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages!
Lessons are 30 minutes of private instruction.
5 week session—flexible scheduling!
Introductory price for Community Ed: $125 for 5 lessons
Location: Online. You will receive your ZOOM link via email after paid registration.
Call 716-821-1404 or email HolisticArts@hotmail.com for additional information and to register!

INSTANT PIANO FOR BUSY PEOPLE #FA26-IPBP

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

Chords are Key Instructor:
Craig Coffman
Date: Sat., October 24th
Time: 9:00Am—12:00pm
Fee: $69.00 per person
Location: Online. You will receive your ZOOM link via email after paid registration.

CHORDS ARE KEY
A FASTER EASIER WAY TO LEARN

INSTANT GUITAR FOR BUSY PEOPLE #FA26-IGBP

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

Chords are Key Instructor:
Craig Coffman
Date: SAT., October 24th
Time: 1:00pm—3:30pm
Fee: $69.00 per person
Location: Online. You will receive your ZOOM link via email after paid registration.

INSTANT UKULELE FOR BUSY PEOPLE #FA26-IUBP

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.For ages 13+.

Chords are Key Instructor:
Craig Coffman
Date: THUR., October 29th
Time: 6:30pm—9:00pm
Fee: $69.00 per person
Location: Online. You will receive your ZOOM link via email after paid registration.

CHORDS ARE KEY
A FASTER EASIER WAY TO LEARN

HOW TO PLAY PIANO BY EAR #FA26-PBE

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.
Chords are Key Instructor:
Craig Coffman
Date: SAT., November 21st
Time: 10:00am—12:30pm
Fee: $69.00 per person
Location: Online. You will receive your ZOOM link via email after paid registration.

TRIPS & TOURS

LETCHWORTH STATE PARK TOUR & DEER RUN WINERY
WEDNESDAY, OCTOBER 14, 2026
$180.00 per person

We will begin our day with a beautiful ride to the beautiful LETCHWORTH STATE PARK - known as the GRAND Canyon of the East. Letchworth State Park is one of the most scenically magnificent areas in the eastern U.S. The Genesee River roars through the gorge over three major waterfalls between cliffs--as high as 600 feet in some places--surrounded by lush forests. We will meet a step on guide at the Mt. Morris gate to begin our tour of this famous park & have photo opportunities throughout the park as well as a stop at the fabulous overlooks. LUNCH is included at the GLEN IRIS INN. Following lunch, walk to the William Pryor Letchworth Museum. This state park museum exhibits collections of Indian artifacts, Civilian Conservations Corps history, pioneer artifacts, pre-Revolution Council house, the Nancy Jemison cabin, and historic documents belonging to William Pryor Letchworth. Our final stop of the day is Deer Run Winery in Geneseo for a cheese, chocolate and wine tasting and presentation by the winemaker.

CHOOSE ONE ENTREE:
- Lemon Pepper Chicken
- Eggplant Parmesan

DEPART: 7:30 am
RETURN: 6:00 pm



AN AMISH CHRISTMAS
HOLIDAY TASTING TOUR
MIDDLEFIELD, OH
WEDNESDAY, NOVEMBER 18, 2026
$230.00 per person

We are on our way to Middlefield, OH for an AMISH CHRISTMAS TOUR. Meet the Step on Guide & begin touring throughout Middlefield, OH. An Amish host invites you into her bakery to decorate ½ dozen cookies to take home. We're off to. FIG TREE unique BULK FOOD STORE to sample your way through this great shop. Lunch is a traditional Amish Christmas Dinner at either Ruth's or Rachels home. Baked Turkey, Mashed Potatoes W/ Gravy, Seasonal Vegetable, 7 Layer Salad, Date Nut Pudding, Homemade Bread & Pies all served Family Style. Stop at heritage marketplace. Enjoy shopping in the heart of Amish Country in Middlefield. This Complex has many components for all your shopping interests. to enjoy samples of hot cider & cookies as you browse their extensive gift shop Visit Mary Yoder's Amish Bakery & Kitchen. It's a lovely excursion to begin the holiday season with An Amish Christmas. Amish stops subject to change slightly based on Amish availability. Some slight substitutions may be made. A brief comfort / snack stop will be made en route home.

DEPART: 7:30 am
RETURN: 8:30 pm



"HOME FOR THE HOLIDAYS"
SALVATORE'S ITALIAN GARDENS
TUESDAY, DECEMBER 1, 2026
$75 per person (Drive on your own)

Get ready for an unforgettable holiday celebration! Indulge in a festive sit-down dining experience at the enchanting SALVATORE'S ITALIAN GARDENS, adorned with holiday decor. "Home for the Holidays" starring Tom Bender is a heartwarming musical celebration that captures the spirit, nostalgia, and joy of the season. Featuring one of Western New York's most beloved vocalists, this festive show blends timeless holiday classics with favorite songs that evoke memories of family gatherings, winter traditions, and coming home for Christmas. Tom Bender, a Western New Yorker, has a long career performing as lead vocalist and guitarist in multiple WNY groups and his solo performances covering a wide variety of genres. Tom's musical career includes voted Best Solo Act at the All WNY Music Awards highlighting his presence and reputation. Guests can expect an engaging, feel-good performance filled with rich vocals, familiar melodies, and moments of laughter and reflection. Tom Bender's warm stage presence and versatile style create an inviting atmosphere with fantastic holiday experience—making audiences feel like they're celebrating with an old friend. From cherished Christmas standards to seasonal sing-along favorites, this show is designed to leave guests smiling, uplifted, and truly "home for the holidays." Get ready to be entertained. Come join us for the Merriest Holiday celebration in Western New York. Reserve your spot early as tickets will sell out fast! **TRANSPORTATION ON OWN FOR THIS EVENT.** There will be a chance auction with basket raffle at this event along with holiday ca$h drawings.

CHOOSE ONE ENTRÉE:
- Chicken Francaise
- Fresh Salmon
- Vegetarian Napoleon

DEPART: 8:30 am
RETURN: 6:30 pm



Event Address: Salvatore's Italian Garden 6461 Transit Rd., Depew, NY. Enter rear banquet room closest to Genesee Street.



HOLIDAY POPS CONCERT
GREAT ORCHESTRA SEATING!!
BUFFALO PHILHARMONIC ORCHESTRA
THURSDAY, DECEMBER 17, 2026
$190.00

Begin the day at Kleinhans Music Hall for Coffee and DONUTS. Then enjoy the 10:30 am HOLIDAY POPS CONCERT. Join the Buffalo Philharmonic ORCHESTRA for a concert where memories are made! Western New York's top holiday tradition is back for another season of musical splendor and fun. The annual Holiday Pops concert, a beloved tradition returns to fill Kleinhans Music Hall with the joy and wonder of the season. Featuring the Buffalo Philharmonic Chorus, this festive gathering is a tapestry of holiday favorites that sparkle with the magic of winter. From the serene beauty of "Silent Night" to the jubliant "Jingle Bells," each piece is performed with the warmth and splendor that only your BPO can deliver. Perfect for families and friends of all ages, this concert invites you to revel in the music that makes the holiday season a time of communal joy and celebration, creating memories that last a lifetime. A delicious LATE Lunch is included following the morning show at PEARL STREET GRILL.

CHOOSE ONE ENTRÉE:
beer braised pot roast - fish & chips - grilled chicken breast on salad
DEPART: 8:30 am
RETURN: 4:00 pm



CAPTAIN BILL'S SENECA LAKE LEAF PEEPING CRUISE
WEDNESDAY, OCTOBER 7, 2026
$200 per person

Head to Hammondsport – America's Coolest small town! Enjoy a fantastic sit-down luncheon at Seneca Harbor Station highlighting their Pier side Platter with choice of entree. Following lunch, board Captain Bill's for a 50-minute SIGHTSEEING CRUISE. Enjoy LEAF PEEPING while you discover the beauty and charm of Seneca Lake as it can only be seen from the water. You will be captivated by Hector Falls at 165 ft., the majestic cliffs of the east shore with Native American paintings, and a view of the salt industry. The sights and sounds of this ageless body of water invite you aboard our one-hour cruise, a tradition of Captain Bill's since 1908. This afternoon, we will visit SAUDERS MENNONITE STORE located in Seneca Falls. Welcome to Sauders! Enjoy a visit to this unique Country Store in Seneca Falls.Mr. Sauder started it all in the front room of his house, and today, more than 40 years later, you will not be disappointed. We welcome you to come & discover our Farm Fresh Produce, Fresh & Smoked Meats, Dutch Country Bakery, Swiss Deli & Cheese Shoppe, & Country Cookin' Café where you may wish to bring a snack for the travels home.

CHOOSE ONE ENTRÉE:
*Sirloin Steak
*Shrimp Pasta
*Marinated Chicken Breast
*St. Louis Ribs
*Grilled Applejack Salad



Lunch is served with a fresh garden salad, breadbasket, new potatoes, vegetables and brownie with soft drinks, coffee/tea

DEPART: 8:30 am
RETURN: 7:30 pm

Southtowns pickup location:
Tops Plaza , 355 Orchard Park Rd., W. Seneca park at the FAR END between poles marked "I" & "F". Smoking is NOT permitted on the coach or near the coach during rest stops!

Travel Insurance:
Is strongly recommended and is an additional $25 per person for one-day trips.

OVERNIGHT TRIPS & TOURS

OVERNIGHT TRIP PAYMENT & CANCELLATION POLICY

Make your check for overnight trips payable to Scenic Excursions. There are NO refunds for cancellations for overnight trips. As such, trip insurance is strongly recommended to protect your travel plans! Insurance cost varies depending on occupancy. Call Scenic Excursions for pricing 716-649-9694. Online registration is not available for trips. Mail your check and registration form to Iroquois Community Education.
NOTE: Failure to follow payment instructions will delay your booking.

JACK O'LANTERN BLAZE

WEDNESDAY, OCTOBER 4 - SATURDAY, OCTOBER 17
HIGHLIGHTS INCLUDE: Luxury Motor Coach Transportation • 3-Nights Accommodations at the Sheraton Tarrytown Hotel (or similar) • 7 Meals Included (3 Breakfasts, 1 Lunch, 3 Dinners) • Guided Tour of the Military Academy at West Point • Old Dutch Church Graveyard Tour • Great Jack-O'Lantern Blaze • Tour of Sunnyside • Lyndhurst Mansion • Outdoor Performance of Irving's Legend • Round Trip Luggage Handling • All Standard Meal Gratuities
TENTATIVE ITINERARY:
Day One - October 14, 2026: Begin your journey aboard a luxury motor coach as we head to TARRYTOWN, NY. Our hotel check-in will be at the Sheraton Hotel, Tarrytown (or similar). Welcome gathering & DINNER is included this evening at the hotel.
Day Two - October 15, 2026: HOT BREAKFAST (included) at leisure at the hotel before beginning our exciting day of touring. We will be joined by a knowledgeable local Step-On Guide as we travel through the Hudson Valley. Our first stop is a guided tour of the prestigious U.S. Military Academy at West Point. Founded in 1802, West Point is the oldest continuously occupied military post in the United States. See significant landmarks such as the Cadet Chapel, Trophy Point, and the Parade Grounds. LUNCH (included) will be served at the historic Thayer Hotel, located right on the West Point campus. Enjoy a delicious meal while soaking in its grand military-inspired architecture and river views. In the afternoon, enjoy a GUIDED TOUR of the OLD DUTCH CHURCH GRAVEYARD in Sleepy Hollow. DINNER (included) will be enjoyed at a local restaurant, featuring regional flavors in a warm, welcoming atmosphere. This evening, experience a magical fall tradition: the Great Jack O'Lantern Blaze. Set along the grounds of Van Cortlandt Manor, this spectacular event features over 7,000 hand-carved, illuminated pumpkins arranged into breathtaking displays. Wander at your own pace through this enchanting Halloween wonderland, sure to be a highlight of the trip.
Day Three - October 16, 2026: HOT BREAKFAST (included) at leisure at the hotel before beginning another day of history, culture, and legend. Our morning begins with a guided tour of Sunnyside, the enchanting Hudson River estate of Washington Irving, beloved author of The Legend of Sleepy Hollow. Learn about his remarkable career as America's first internationally celebrated author and hear how this peaceful retreat inspired some of his most famous works. Lunch on your own in Tarrytown, where you'll have free time to explore this charming river village. This afternoon, step into the grandeur of the Gilded Age with a guided tour of Lyndhurst Mansion. DINNER (included) will be enjoyed at a local restaurant, offering a welcoming atmosphere and a delicious regional menu. This evening, gather for a memorable cultural experience: an outdoor performance of Irving's Legend. Master storyteller Jonathan Kruk, accompanied by live music, brings Washington Irving's timeless tale of Ichabod Crane and the Headless Horseman to life in an unforgettable setting beneath the autumn night sky.
Day Four: October 17, 2026: Farewell for Now - Enjoy your final breakfast at the hotel, then prepare to depart with warm memories and new stories to tell. We'll make comfort stops and allow time for lunch on the return journey home.

Departs from: Eastern Hills Mall; 4545 Transit Rd. Williamsville NY
DEPART: TBA
RETURN: TBA

PRICE PER PERSON:
$1,885.00 – Double
$1,785.00 – Triple
$2,297.00 - Single



HAUNTED HALLOWEEN IN SALEM

FRIDAY, OCTOBER 23 - SUNDAY, OCTOBER 25
HIGHLIGHTS INCLUDE: House of the Seven Gables • Salem Witch Museum • Real Pirates and Witches Experience
EXCURSION INCLUDES: Luxury Motorcoach transportation • Two nights lodging • Meals (2 breakfasts & 2 dinners) • Scenic Excursions Tour Host/Hostess
TENTATIVE ITINERARY:
Day One: Friday, October 23, 2026: A morning departure has you heading to Massachusetts making a pay on own lunch stop en route. Late afternoon check in to your hotel. DINNER is included this evening at a local restaurant.
Day Two: Saturday, October 24, 2026: BREAKFAST is included at your hotel this morning. Today, we will meet a LOCAL GUIDE IN SALEM. Your guide will give you commentary about Salem as you travel into town and as you travel from place to place today. Next, visit the HOUSE OF THE SEVEN GABLES. — Nathaniel Hawthorne You will tour the house in a light and informative manner. Lunch on own and FREE TIME in Salem (approx. 3 hours of free time). Visit SALEM WITCH MUSEUM. "You are there. Witness the testimony of the hysterical girls, the suffering of the blameless victims, and the decisions of the fanatical judges who sent innocent people to their deaths. Head to the REAL PIRATES ~ PIRATE AND WITCH EXPERIENCE. "Immerse yourself in the stories of Real Pirates! The family-friendly pirate experience features the true tale of 'Black Sam' Bellamy – the richest and one of the youngest pirates of all time – and Maria Hallett, the love of his life and so-called 'Witch of Wellfleet. See Real Pirate Treasure! See the world's only fully authenticated pirate treasure ever discovered – including coins, jewelry, and weapons – retrieved from the wreck and last touched by the hands of pirates more than 300 years ago." Quote excerpted from internet site. DINNER is included this evening at a local restaurant. Then, head out on a CANDLELIGHT WALKING TOUR. This hour walk through the streets of Historic Salem takes you to many of our most haunted houses and locations. The tour guide will advise you on the best methods of ghost photography as well as the different types of spectral evidence that appear in people's home photography. Note: This tour is 1 ½ hours of walking. Arrive back at the hotel approx. 10 pm (Comfortable walking shoes, a must on this day)
Day Three: Tuesday June 9, 2026: BREAKFAST included this morning. Prepare for CHECK OUT and departure. Depart from the hotel and share your memorable experiences with your traveling friends en route home!
Note: Please note that Salem is all-walking. The coaches cannot get around easily so this will be a full day of walking till the evening activities. The middle day REQUIRES comfortable walking shoes.

Departs from: Tops in West Seneca; 355 Orchard Park Road West Seneca NY
DEPART: TBA
RETURN: TBA

PRICE PER PERSON:
$1,345.00 - Double
$1,305.00 - Triple
$1,695.00 - Single



Southtowns pickup location:
Tops Plaza , 355 Orchard Park Rd., W. Seneca park at the FAR END between poles marked "I" & "F". Smoking is NOT permitted on the coach or near the coach during rest stops!
NOTE: Jack O'Lantern Blaze departs fromEastern Hills Mall

CHRISTMAS in NYC with the ROCKETTES

FEATURING A CANDLELIGHT CHRISTMAS TOUR
DECEMBER 5-6 (2 Days - 1 Night)
HIGHLIGHTS INCLUDE: Free Time in NYC • Rockettes Tickets
EXCURSION INCLUDES: Luxury Motorcoach transportation • One night lodging • Meals (1 breakfast) • Scenic Excursions Tour Host/Hostess

TENTATIVE ITINERARY:
Saturday, December 5: We will set forth for NYC promptly. Any guests late to departure point will need to meet up with the motorcoach or forfeit the trip. Please note that weekends in December are the most busiest times of the year. Please pack your patience as we, most likely, will incur large crowds as well as traffic en route both in & out of NYC. After comfort/lunch stop(s) en route, we will arrive in Manhattan's Bryant Park in the midafternoon. Between 40th and 42nd streets and fifth and sixth Ave. Enjoy the afternoon and evening on your own to do as you wish until we depart for our hotel. Bryant Park is centrally located to Times Square, Rockefeller Center, and a short stroll away from Macy's flagship store at Herald Square. Be sure to take in the holiday windows at the city's department stores and numerous museums to explore and countless other attractions to experience. You will receive a sheet to review your choices to explore this evening in your final document mailing. Later this evening, depart from Bryant Park for your New Jersey hotel. Check in to our hotel in New Jersey. *Arrival in NYC on 12/5 is based on travel conditions, weather, traffic, etc.

Sunday, December 6: Enjoy an INCLUDED HOT AND COLD BUFFET BREAKFAST at the hotel before checking out. We will depart the hotel and arrive at RADIO CITY MUSIC HALL area for some free time to browse the area before our 12 noon curtain time for the CHRISTMAS SPECTACULAR AT RADIO CITY MUSIC HALL. Important note: Per Radio City Music Hall please do not bring any unnecessary bags as this can delay entry. All persons and bags are subject to search. Oversized bags are prohibited. The Christmas Spectacular starring the Radio City Rockettes is an annual musical holiday stage show presented at Radio City Music Hall. The 90-minute show features more than 140 performers and an original musical score, and combines singing, dancing, and humor with traditional scenes. After the show, enjoy free time for lunch on your own and some last-minute shopping before departing the city. At 3:45 PM, we will depart for home from Bryant Park. We want to load and go. Estimate 11:15-11:45 pm arrival back to Buffalo

Departs from: Tops in West Seneca; 355 Orchard Park Road West Seneca NY
DEPART: 6:30am
RETURN: TBA

PRICE PER PERSON:
$825.00 – Double
$800.00 – Triple
$775.00 - Quad
$959.00 - Single



REGISTRATION

Registration form (Please print)
Please fill out one form per person and return to:

IROQUOIS COMMUNITY EDUCATION
P.O. Box 32
Elma, New York 14059 (716) 652-3000 ext. 7402

LAST NAME **FIRST NAME**

STREET **CITY/TOWN** **ZIP**

PHONE **EMAIL**

Course or Trip/Tour Title	Course #	Fee	(Office Use)
1.			
2.			
3.			

Non-resident add $5 (per person):_____

TOTAL FEE ENCLOSED:_____

LAST NAME **FIRST NAME**

STREET **CITY/TOWN** **ZIP**

PHONE **EMAIL**

Course or Trip/Tour Title	Course #	Fee	(Office Use)
1.			
2.			
3.			

Non-resident add $5 (per person):_____

TOTAL FEE ENCLOSED:_____

Registration Form Directions:
1 Fill out one registration form for each individual who enrolls.
2 Enclose proper fees. Please do not mail cash.
3 One check (payable to Iroquois Central School) may be issued for multiple registrations.
4 Registrations will be processed in the order in which they are received.
5 Please include a phone number so we may contact you if a class is cancelled or rescheduled.
6 No refunds are allowed.
7 Physical Fitness Waivers MUST be included when appropriate.
8. Email address must be included to receive a registration receipt.

WAIVER
Signed and included with registration for physical fitness and/or swimming classes. (last page)

IROQUOIS COMMUNITY EDUCATION PHYSICAL FITNESS WAIVER

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

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

Class Name_____

Signature_____
(parent or guardian if participant is under 18 years of age)

Date_____

IROQUOIS COMMUNITY EDUCATION PHYSICAL FITNESS WAIVER

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

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

Class Name_____

Signature_____
(parent or guardian if participant is under 18 years of age)

Date_____

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