



West Seneca Community Education

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www.wscschools.org/commed

FALL 2026

Welcome to the FALL 2026 Semester at West Seneca Community Education. We are so very excited with our new offerings this year. If you are looking to try something new, you are looking in the right place! You may find an interest that will last a lifetime! Make friends, have fun, learn a skill, try out a career, or make an heirloom to pass down...you'll find what YOU need **right here** – so register on-line or call TODAY! Courses fill up fast, so do not miss YOUR chance to sign up.

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

Building Locations

Allendale Elementary

1399 Orchard Park Rd

Clinton Elementary

4100 Clinton St

Northwood Elementary

250 Northwood Ave

West Elementary

1397 Orchard Park Rd

Winchester-Potters Elementary

675 Potters Rd

East Middle

1445 Center Rd

West Middle

395 Center Rd

East Senior

4760 Seneca St

West Senior

3330 Seneca St

District Offices

900 Mill Rd



Table of Contents	Page No.
Business & Finance.....	3 - 4
Health & Wellness.....	5 - 9
Kids & Teens.....	9 - 15
Physical Fitness.....	16 - 17
Swimming.....	17 – 21
Music & Arts.....	22 – 26
Crafts.....	27 – 28
Driver's Ed.....	29

BUSINESS & FINANCES

Strategies for Successful Aging & Retirement

Lester J. Robinson, CLTC,CRPC,CEP

Protecting Your Estate, Home, Retirement Income, Money, & Lifestyle from Medicaid, Self-Funding and an Incorrect Plan of Care

- Learn the Secrets to Protecting Your Home, Retirement, and Lifestyle from Self-Funding Risks
- Avoiding Costly Estate Planning Mistakes
- Avoid Losing Your Money, Income, and Home Due to an Incorrect Plan of Care, Overpaying for Care and Medicaid Risk
- Prevent Impoverishing Your Spouse
- Protect Your Children's and Grandchildren's Financial Future
- Understanding Longevity Risk on Your Home, Money, Retirement Income, & Lifestyle
- Gain Insights on Longevity for an Enhanced Retirement
- Plan for Both the Expected and Unexpected in Your Life
- ****Gold card Eligible.***

The Hidden Threat:

(BUS-001)

TUES

October 20

6:00 – 7:00 PM

1 Class: \$5

Bldg.: West Senior/Library

Protect Your Future:

(BUS-002)

WED

November 4

6:00 PM – 7:30PM

1 Class: \$5

Bldg.: West Senior/Library

Mortgage Financing 2026

Thomas J. Liolos

With as crazy as this market has been – and the roller coaster interest rates everyone needs some guidance and questions answered. We will discuss the housing market- how to position yourself and your offer to be in the position to get it accepted ahead of all others. Whether you are purchasing your first home or note – you need to be educated and understand the market and financing. There will be plenty of time for Q&A

(BUS-003)

THURS

October 22

6:00 – 7:30 PM

1 Class: \$5

Bldg.: West Senior/Library

Wills, Trusts, and Estates

Matthew McAnulty, CFP, EA, Sgroi Financial

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

(BUS-004)

Monday

October 26

6:30 – 7:30 PM

1 Class: \$5

Bldg: West Senior/Library

Tax Planning in Retirement

Matthew McAnulty, CFP, EA, Sgroi Financial

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

(BUS-005)

TUES

October 13

6:30 – 7:30 PM

1 Class: \$5

Bldg.: West Senior/Library

Savvy IRA Planning for Boomers *Strategies to Help You Save Taxes and Get More Out of Your IRA.*

Senior Wealth Manager Aaron Rybak of Cetera Investors. Learn practical strategies to manage contributions, navigate Required Minimum Distributions, explore Roth conversion opportunities, coordinate withdrawals with Social Security, and plan for tax-efficient distributions and beneficiaries—so you can keep more of what you've saved. Ideal for those approaching or in retirement who want clear, actionable guidance on making their IRAs work harder.

(BUS-006)

WED

October 21

6:30 – 7:30 PM

1 Class: \$5

Bldg.: West Senior/Library

(BUS-007)

THURS

November 12

6:30 – 7:30 PM

1 Class: \$5

Bldg.: West Senior/Library

Social Security for Women

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

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

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

(BUS-008)

WED

October 28

6:30 – 7:30 PM

1 Class: \$5

Bldg.: West Senior/Library

(BUS-009)

THURS

November 19

6:30 – 7:30 PM

1 Class: \$5

Bldg.: West Senior/Library

Savvy Social Security

Learn the best time to take your social security benefits, and whether you should continue to work after you begin getting benefits. Discover how your benefit amount is determined and how to minimize the tax on social security.

Discover five key strategies to position yourself best for maximum social security benefits. Class is for all ages.

(BUS-010)

WED

October 14

6:30 – 7:30 PM

1 Class: \$5

Bldg.: West Senior/Library

(BUS-011)

THURS

November 5

6:30 – 7:30 PM

1 Class: \$5

Bldg.: West Senior/Library

HEALTH & WELLNESS

Fitness With Julie

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

Zumba

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

(HEW-001)

MON

October 12 – December 14

6:45 – 7:45 PM

10 classes: \$95

(HEW-006)

SAT

October 17 – December 19

9:00 – 10:00 AM

10 classes: \$95

Zumba Gold

A fun, Latin-inspired dance class for active adults that also incorporates international music and dance to form a total body workout. You will burn calories, but it will also improve heart health, reduce stress and improve balance and coordination. *No Gold card discount.*

(HEW-002)

TUES

October 13 – December 15

9:00 – 10:00 AM

10 classes: \$95

Gentle Aerobics

A class for seniors or for those new to exercise. This is a fun class that combines easy movements to improve balance, increase flexibility, and strengthen the body using light hand weights. All moves can be modified and may be done in a chair. Please bring light hand weights. *No Gold Card discount.*

(HEW-003)

THURS

October 15 – December 17 (No class 11/26)

9:00 – 9:45 AM

9 classes: \$85

Boot Camp

A fun and exciting class to strengthen the entire body with a fun, new and challenging workout each week. We will combine body weight moves along with weighted moves to increase your strength and stamina. All moves may be modified to your fitness ability. Please bring a mat and hand weights. *No Gold Card discount.*

(HEW-004)

THURS

October 15 – December 17 (No class 11/26)

5:00 – 6:00 PM

9 classes: \$85

(HEW-007)

SAT

October 17 – December 19

10:15 – 11:15 AM

10 classes: \$95

Barre

BARRE is a blend of workouts. The best of Pilates, ballet, boot camp, and yoga movements combined with different body weights moves to strengthen your body and mind. It is a full body workout that focuses on low impact moves. *No Gold Card discount.*

(HEW-005)

THURS

October 15 – December 3 (No class 10/29, 11/26)

6:15 – 7:15 PM

6 classes: \$60

**Life Enrichment Seminars
with Richard D'Angelo**

MEDITATION – Everything You Need To Know

The act of meditation enables you to focus the energy of your heart and mind and direct it to a specific need or desire. This inward reflection bypasses the mind's fears and releases one's own personal power for inward reflection or outward manifestation. Students are invited to experience the power of meditation in class.

(HEW-009)

TUES

October 13

6:30 – 9:00 PM

1 class: \$35

Bldg: East Senior/Room 101

ENRICH YOUR LIFE WITH KEYS TO WELLNESS

Luisa Bruzga, MSACN

Nutritionist, Certified Consulting Hypnotist, Health Coach,

Reiki Practitioner/Instructor, Licensed Esthetician

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

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

You may visit www.wnyhypnosisandwellness.com or contact (716) 677-4679 for more information.

***No Gold Card discount**

REIKI PRACTITIONER – LEVEL 1

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

(HEW-010)

SAT

October 17

9:30 AM – 5:00 PM

1 Class: \$200

REIKI PRACTITIONER – LEVEL 2

Learn and practice the ancient healing art of “laying on of hands” helpful for stress reduction, relaxation, pain relief, restoring energy and boosting the immune system. All levels include course manual, certificate, and attunement. ***Prerequisite: Reiki Level 1.***

(HEW-011)

SAT

October 24

9:30 AM – 5:00 PM

1 Class: \$200

WEIGHT LOSS CLINIC WITH HYPNOSIS

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

(HEW-012)

WED

October 28

6:30 – 9:00 PM

1 Class: \$45

Lab fee: Reinforcement CDs are available for \$10

Bldg.: East Middle/Gym

Bodyshaping Fitness with Sandy Manella Schwendler
Look Good. Feel Good. Get into Shape!
Classes held at: Ebenezer Church of Christ, 630 Main St. West Seneca, NY 14224

Human Reformer Pilates

Human Reformer Pilates is a low impact, variation of Mat Pilates that utilizes resistance bands called FlexKords. (FlexKords will be supplied by the instructor, they mimic the resistance of the spring and straps used on a Reformer Machine). To replicate the resistance and core engagement of traditional REFORMER PILATES. It focuses on posture, core strength and alignment to REFORMER class. Our instructor is certified by FitPro; certification is: Human Reformer Pilates Certification. Bring a Floor Mat.

(HEW-013)

MON

September 28 – November 30

6:00 – 7:00 PM

10 Classes: \$110

Relax with Yoga

A gentle mat-based workout, focused on a series of postures designed to improve flexibility, posture, breathing, reduce stiffness, control stress reduction, improve sleep, increase energy and enhance overall well-being. Bring a floor mat. *No Gold card discount.*

(HEW-014)

MON

September 28 – November 30

7:00 – 8:00 PM

10 Classes: \$110

Pilates Fusion

Pilates is a low-pact program that is mat based exercises that build strength, flexibility, and body awareness using body weight and controlled movements. Pilates emphasizes the principles of breathing, concentration and precision while targeting the core muscles and improving posture, balance and can be done by EVERYONE! Pilates Fusion is traditional Mat Pilates and may add weight to this program. Bring a floor mat and 2,3 lb. weights. *No Gold card discount.*

(HEW-015)

TUES

September 29 - December 1

6:00 – 7:00 PM

10 Classes: \$110

Yoga for 55+

Kathryn Zawadzki

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

(HEW-016)

TUES

October 13 – November 17

1:30 – 2:30 PM

6 Classes: \$77

Location: 4184 Seneca St. (Miranda Dance)

KIDS & TEENS

Spanish Club - Grades K-5

Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-5 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. **If you have taken a Spanish Club class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students!** Join the fun! Program is offered at dismissal at each of the elementary schools below. Join the fun! For more details, visit www.TheEnrichmentCompany.com.

LAN-001 (Winchester Potters)

MON

October 19 – November 23

3:00 – 3:40 PM

6 Classes: \$99

Bldg.: Winchester Potters Elementary

LAN-002 (Northwood)

TUES

October 20 – December 1 (No class 11/3)

3:35 – 4:15 PM

6 Classes: \$99

Bldg.: Northwood Elementary

LAN-003 (Allendale)

WED

October 21 – December 9 (No class 11/11, 11/25)

3:00 – 3:40 PM

6 Classes: \$99

Bldg.: Allendale Elementary

LAN-004 (Clinton)

THURS

October 22 – December 3 (No class 11/26)

3:15 – 3:55 PM

6 Classes: \$99

Bldg.: Clinton Elementary

LAN-005 (West El)

FRI

October 16 – November 20

3:30 – 4:10 PM

6 Classes: \$99

Bldg.: West Elementary

HORIZON MARTIAL ARTS

Courses located at: 280 Center Road – Wimbledon Plaza

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

Bring a towel and water bottle.

Karate for Kids

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

(KID-001)

MON & WED

October 19 – November 11

5:15 – 5:45 PM

8 Classes: \$79

Location: Horizon Martial Arts

Little Ninjas

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

(KID-002)

MON & WED

October 19 – November 11

6:00 – 6:30 PM

8 Classes: \$79

Location: Horizon Martial Arts

Idea Builders Lego Club

Jen Zakrzewski & Katie Struckmann

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

(KID-003)

TUES

October 20 – December 1 (no class 11/3)

3:15 – 4:15 PM

6 Classes: \$82

Location: Clinton Elementary/Library

(KID-004)

THURS

October 15 – November 19

3:30 – 4:30 PM

6 Classes: \$82

Location: West Elementary/Library

Yoga for Kids, Grades: K-5

Build confidence, self-expression, mindfulness, and Have Fun! Students will receive a journal for our self-reflection and expression component with Christina Dawson

(KID-005)

THURS

October 15 – November 19 (no class 10/22)

4:30 – 5:30 PM

5 Classes: \$75

Location: Allendale/Gym

KidsPlay, Tim & Tricia Hirschbeck, Directors

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

Level I Indoor Soccer

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

(KID-006)

TUES

October 27 – December 15 (No class 11/3, 12/8)

5:30 – 6:30 PM

6 Classes: \$85

Bldg.: Northwood/Gym

U-8 Indoor Soccer League

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

(KID-007)

TUES

October 27 – December 15 (No class 11/3, 12/8)

6:30 – 7:45 PM

6 Classes: \$95

Bldg.: Northwood/Gym

NFL Flag Football League (Outdoor)

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

and games with 4-8 parent coaches providing assistance during training sessions. **A reversible NFL team-oriented football jersey and flag belt is included in the fee.**

(KID-008) Co-Ed U11 NFL Flag Football Ages 7-11

MON

September 14 – October 19

5:15 – 6:30pm

6 Classes: \$125

Bldg.: West Elementary/Field

(KID-009) Developmental NFL Flag Football Ages 5-7

WED

September 16 – October 21

5:15 – 6:30pm

6 Classes: \$125

Bldg.: West Elementary/Field

NHL STREET FLOOR HOCKEY

If you have a future Benny or Tage currently hitting a hockey ball around in the driveway, KidsPlay NHL Street is a fun and exciting introduction to hockey during a player's formative years. NHL Street stresses the development of stick-handling, passing and shooting skills in a safe and fun environment. Game rules are modified to heighten skill development and ensure equal playing time for all players. Players use the same equipment as used in school gym class. A mouth guard is the only mandatory equipment needed. ***A reversible NHL team-identified jersey is included in the program fee.***

(KID-010)

NHL Street Black & Red Floor Hockey (Ages 5-6)

THURS

5:30-6:30pm

December 10 – February 11 (No class 12/24,12/31,1/7,1/28)

Bldg.: West Elementary/Gym

Indoor NFL Flag Football

NFL Flag is an excellent alternative to full contact, full equipment, and youth football leagues. The game is non-contact football with primary emphasis on the development of passing, receiving, and running and coverage skills. Games are played 5-on-5 with modified rules to heighten skill development and assure equal playing time for all players. NFL Flag is not a highly competitive program. Players meet for 75 minutes each week with a 30-minute practice followed by a 45-minute game against another KidsPlay Team. A Nike reversible football jersey is included in the fee.

(KID-012) Co-ed U11 NFL Flag Football, Ages 7-11

MON

November 23 – February 1 (No class 12/14,12/23,12/28,1/11,1/18,1/25)

5:30 – 6:45 pm; 6:45 – 8:00 pm

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

6 Classes: \$125

Bldg.: East Middle/Gym

(KID-013) Co-Ed Developmental NFL Flag Football, Ages 5-7

WED

December 2 – January 20 (no class 12/23,12/30)

5:30 – 6:45 pm; 6:45 – 8:00 pm

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

6 Classes: \$125

Bldg.: East Middle/Gym

Kids Choice Sports

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

Hot Shots – Introduction to Basketball

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

(KID-014)

TUES

October 13 – December 8 (no class 10/27, 11/3, 11/17)

6:00 – 6:45 PM

6 Classes: \$114

Bldg.: West Elementary/Gym

Hot Shots – Introduction to Basketball

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

(KID-015)

TUES

October 13 – December 8 (no class 10/27, 11/17)

6:50 – 7:35 PM

6 Classes: \$114

Bldg.: West Elementary/Gym

Co-Ed Basketball

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

(KID-016)

TUES

October 13 – December 8 (no class 10/27, 11/17)

7:40 – 8:40 PM

6 Classes: \$114

Bldg.: West Elementary/Gym

Toddler Time Soccer

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

(KID-017)

WED

September 30 – November 18 (No class 10/14,11/11)

5:45 – 6:20 PM

6 Classes: \$114

Bldg.: East Middle/Gym

Little Sluggers – Introduction to Tee Ball

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

(KID-018)

WED

September 30 – November 18 (No class 10/14,11/11)

6:30 – 7:15 PM

6 Classes: \$114

Bldg.: East Middle/Gym

Youth Floor Hockey

Ages 7 – 12. This program provides a safe and fun environment for boys and girls to get together, make friends, and learn the basic skills and principles involved in the game of hockey. Skills such as stick handling, puck handling, and shooting will be taught followed by a scrimmage. ***All students are required to have mouthguards, shin guards, and a hockey stick.*** Please remember to bring a water bottle.

(KID-019)

WED

September 30 – November 18 (No class 10/14,11/11)

7:25 – 8:25 PM

6 Classes: \$114

Bldg.: East Middle/Gym

LACROSSE SKILLS INDOOR

Ages 5-7 and 8-12. In this noncompetitive co-ed program, kids will be taught the basic skills of lacrosse. These skills include scooping, cradling, passing, catching, and shooting. The idea is to have fun and make friends while learning the sport of lacrosse. A modified, non-contact version of lacrosse is played, also known as “Soft Lacrosse”. **A mouth guard is required.** Kids Choice Sports will provide all other equipment. Due to all classes being held outdoors, players should dress appropriately. Please remember to bring a water bottle.

(KID-020) (ages 5-7)

THURS

October 15 - December 3 (no class 10/22,11/26)

6:00 – 6:45pm

6 Classes: \$114

Bldg.: East Middle/Gym

(KID-021) (ages 8-12)

THURS

October 15 - December 3 (no class 10/22,11/26)

6:50 – 7:50 PM

6 Classes: \$114

Bldg.: East Middle/Gym

Tiny Touchdowns Football (Ages 3-4)

Tiny Touchdowns is an exciting co-ed, non-contact program, where **you and your child will participate** in a variety of football related games and activities. It will cover the basics of football; including passing, catching, and other essential skills. Kids “Learn through play” in a social environment while developing motor skills and coordination, building confidence, and much more; but most of all, it’s FUN! A T-shirt is included in the program fee. Please remember to bring a water bottle.

(KID-022)

FRI

October 16 – November 20

5:45 – 6:25 PM

5 Classes: \$114

Bldg.: East Middle/Gym

Boys Baseball Clinic

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

Players must supply their own gloves.

(KID-023) (ages 5-7)

FRI

October 16 – November 20

6:30 – 7:20 PM

5 Classes: \$119

Bldg.: East Middle/Gym

(KID-024) (ages 8-12)

FRI

October 16 – November 20

7:25 – 8:35 PM

5 Classes: \$119

Bldg.: East Middle/Gym

Girls Softball Clinic

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

Players must supply their own gloves.

(KID-025) (ages 5-7)

FRI

October 16 – November 20

6:30 – 7:20 PM

5 Classes: \$119

Bldg.: East Middle/Gym

(KID-026) (ages 8-12)

FRI

October 16 – November 20

7:25 – 8:35 PM

5 Classes: \$119

Bldg.: East Middle/Gym

PHYSICAL FITNESS

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

Horizon Martial Arts

Courses located at: 280 Center Road – Wimbledon Plaza

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

*No Gold Card discount

Fitness Kickboxing

Get ready for a high energy workout that leaves you feeling powerful, motivated, and absolutely unstoppable. This upbeat fitness class put the spotlight on heart-pumping cardio while giving you a full-body conditioning session you can feel working. You'll strengthen, tone, and fire up every muscle as you unleash your stress and burn a serious amount of calories on the heavy bags. Come ready to sweat, smile, and surprise yourself with what you can do. **Boxing gloves required** – your inner powerhouse is optional, but it usually shows up anyway.

(PHY-001)

TUES & THURS

October 20 – November 12

8:00 – 9:00 PM

8 Classes: \$69

(PHY-002)

TUES & THURS

October 20 – November 12

9:00 – 10:00 AM

8 Classes: \$69

Martial Arts for Adults

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

- Relieve stress
- Build Strength
- Help you lose weight
- Improve your concentration

and of course, learning valuable self-defense techniques for practical real-world applications. Furthermore, our program is set for all fitness levels, whether this is a first step towards improved health or working towards an ultimate fitness challenge the adult program is geared for you. Includes 4 weeks of training and a Student Uniform!

(PHY003)

TUES & THURS

October 20 – November 12

7:00 – 7:55 PM

8 Classes: \$79

Location: Horizon Martial Arts

(PHY004)
TUES & THURS
October 20 – November 12
12:00 – 1:00 PM
8 Classes: \$79
Location: Horizon Martial Arts

SWIMMING

The West Seneca Community Education Aquatic Program includes Levels 1-6 and the Infant and Pre-School program. Instructors are Certified Lifeguards.

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

*All children who are not toilet-trained must wear snug-fitting swim pants while using the pool - NO REGULAR DIAPERS.
*Please change your children's clothes in the locker room, NOT ON THE POOL DECK. If a mat is not available in the locker room to change your child for Aqua Babes or Pre-School Swim please notify the instructor to call the custodian to bring one.

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

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

AQUA BABES

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

TODDLER/ PRE-SCHOOL SWIM

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

LEVEL 1- INTRODUCTION TO WATER SKILLS

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

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

LEVEL 2- FUNDAMENTAL AQUATIC SKILLS

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

LEVEL 3- STROKE DEVELOPMENT

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

LEVEL 4- STROKE IMPROVEMENT

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

LEVEL 5- STROKE REFINEMENT

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

LEVEL 6 – SWIMMING AND SKILL PROFICIENCY

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

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

Check course description for location.

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

Note: class schedule subject to change.

AQUA BABES/PRE-SCHOOL SWIM

(SWM-001)

MON

October 19 – November 23

6:30 – 7:00 PM

6 Classes: \$60

Bldg: East Senior/Pool

(SWM-002)

THURS

October 22 – December 3 (No class 11/26)

6:30 – 7:00 PM

6 Classes: \$60

Bldg: East Senior/Pool

LEVEL 1

(SWM-003)

MON

October 19 – November 23

7:05 – 7:35 PM

6 Classes: \$60

Bldg: East Senior/Pool

(SWM-004)

TUES

October 13 – November 24 (no class 11/3)

6:30 – 7:00 PM

6 Classes: \$60

Bldg: East Senior/Pool

(SWM-005)

THUR

October 22 – December 3 (No class 11/26)

7:05 – 7:35 PM

6 Classes: \$60

Bldg: East Senior/Pool

LEVEL 2

(SWM-007)

TUES

October 13 – November 24 (no class 11/3)

7:05 – 7:50 PM

6 classes: \$72

Bldg: East Senior/Pool

LEVEL 3 & 4

(SWM-008)

TUES

October 13 – November 24 (no class 11/3)

7:55 – 8:40 PM

6 classes: \$72

Bldg: East Senior/Pool

(SWM-009)

WED

October 14 – December 2 (no class 11/11,11/25)

6:30 – 7:15 PM

6 classes: \$72

Bldg: East Senior/Pool

LEVEL 5 & 6

(SWM-010)

WED

October 14 – December 2 (no class 11/11,11/25)

7:20 – 8:15 PM

6 classes: \$72

Bldg: East Senior/Pool

(SWM-011)

THURS

October 22 – December 3 (No class 11/26)

7:40 – 8:40 PM

6 classes: \$72

Bldg: East Senior/Pool

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

GUARD START

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

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

(SWM-012)

WED

October 14 – December 2 (no class 11/11,11/25)

8:20 – 9:15 PM

6 classes: \$72

Bldg: East Senior/Pool

Adult Programs

***Adult classes: Monday and Thursday at EAST SENIOR POOL.**

EAST SENIOR SCHOOL: 4760 Seneca St

Enter through the Athletic entrance off the BACK parking lot.

WATER AEROBICS

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

(SWM-013)

MON

October 19 – November 23

7:40 – 8:40 PM

6 classes: \$72

Bldg: East Senior/Pool

MUSIC/PERFORMING ARTS

Walh Performing Arts Studios

2937 Southwestern Blvd. Orchard Park NY 14127 675-7607

David and Katie Walh

**No Gold Card discount*

Walh Performing Arts Studios is a dance and musical theatre training school. Our faculty consists of college-educated professionals with national and international performance credits. All classes will take place at our state-of-the-art facility. Visit www.walhstudios.com for more information!

DANCING STARS

Ages 3-5. Is my child ready to start dance lessons? Preschoolers can experience our outstanding Dancing Stars program, which combines the fundamentals of ballet and tap dancing. Students should have pink leather ballet shoes and black patent leather tap shoes for this class.

(MUS-001a)

MON

September 28 – November 2

4:00 – 4:45pm

6 Classes: \$125

(MUS-001b)

MON

September 28 – November 2

6:15 – 7:00 PM

6 Classes: \$125

(MUS-001c)

WED

September 30 – November 4

4:00 – 4:45 PM

6 Classes: \$125

(MUS-001d)

SAT

October 3 – November 7

10:00 – 10:45 AM

6 Classes: \$125

TUMBLE STARS

Ages 3-5. Ballet & Tumbling in one great class! Preschoolers can experience our fantastic Tumble Stars program, which combines the fundamentals of ballet and Acro fundamentals. Students should purchase pink ballet shoes for this class.

(MUS-002a)

TUES

September 29 – November 3

6:15 – 7:00 PM

6 Classes: \$125

(MUS-002b)

WED

September 30 – November 4

4:45 – 5:30 PM

6 Classes: \$125

(MUS-002c)

SAT

October 3 – November 7

10:45 – 11:30 AM

6 Classes: \$125

HIP HOP FOR KIDS

Ages 6-8 or 9-12. Come and learn the latest dance moves, in one of our most exciting classes! Great exercise, and great fun! Recommended attire is leotard & dance shorts or pants for girls, and athletic clothing for boys. Hip Hop shoes or clean sneakers only.

(MUS-003a) Ages 6-8

SAT

October 3 – November 7

10:45 – 11:30 AM

6 Classes: \$125

(MUS-003b) Ages 9-12

TUES

September 29 – November 3

7:00 – 7:45 PM

6 Classes: \$125

(MUS-003c) Ages 9-12

TUES

September 29 – November 3

7:45 – 8:30 PM

6 Classes: \$125

MUSICAL THEATRE

Do you love Broadway shows and movie musicals? Musical Theatre class will introduce the techniques of dancing, acting, and singing. Students will learn dance moves, acting and theatre through games, and music from the Broadway and movie musicals.

Ages 6-8

(MUS-004a)

SAT

October 3 – November 7

11:30 AM – 12:15 PM

6 Classes: \$125

Ages 9-12
(MUS-004b)

MON
September 28 – November 2
5:30 – 6:15 PM
6 Classes: \$125

Ages 13-18
(MUS-004c)

MON
September 28 – November 2
7:00 – 7:45 PM
6 Classes: \$125

ACRO CLASS

Students will learn tumbling skills such as cartwheels, handstands, backbends, walkovers, etc. Class will emphasize improving flexibility, strength, balance, and technique, including tumbling acrobatics.

(MUS-005a) Ages 6-8

SAT
October 3 – November 7
10:00 – 10:45 AM
6 Classes: \$125

(MUS-005b) Ages 9-12

TUES
September 28 – November 2
4:45 - 5:30 PM
6 Classes: \$125

BALLET CLASS

Ages 9-12. Ballet is the foundation of all dance techniques. It teaches correct posture, body placement, turnout, flexibility, and flow of movement. Come join us!

(MUS-006)

THURS
October 1 – November 5
4:45 – 5:30 PM
6 Classes: \$125

JAZZ CLASS

Students will experience the strength, grace, athleticism, poise, stretch, and conditioning that jazz has to offer. Jazz dance is fast-paced, uses popular music, and benefits school athletes and artists alike. Prepare for your school musical auditions. Come join us!

(MUS-007a) Ages 6-8

THURS
October 1 – November 5
4:00 – 4:45 PM
6 Classes: \$125

(MUS-007b) Ages 9-12

THURS

October 1 – November 5

5:30 – 6:15 PM

6 Classes: \$125

TAP CLASS

Tap is a technique which incorporates percussion with dance movement. Students learn rhythm, agility, speed, and clarity through tap dancing. Come join us! *Tap shoes required.

MUS-008a (ages 6-8)

MON

September 28 – November 2

5:30 – 6:15 PM

6 Classes: \$125

MUS-008b (ages 9-12)

TUES

September 29 – November 3

5:30 – 6:15 PM

6 Classes: \$125

MUS-008c (ages 13-18)

MON

September 28 – November 2

7:45 – 8:30 PM

6 Classes: \$125

LYRICAL CLASS

Lyrical Dance combines the dynamics and techniques of ballet and jazz dance. Sometimes called contemporary, lyrical is a feel-good genre where student can express their emotions through movement. A student favorite!

MUS-009a (ages 9-12)

WED

September 30– November 4

5:30 – 6:15 PM

6 Classes: \$125

MUS-009b (ages 13-18)

TUES

September 29 – November 3

8:30 - 9:15 PM

6 Classes: \$125

ACTING CLASS

Ages 9-12. Unlock your child's creativity and confidence with our dynamic acting classes designed for kids ages 9-12! We believe every child has a unique story to tell, and our engaging curriculum helps bring those stories to life.

(MUS-010)

MON

September 28 – November 2

6:15 – 7:00 PM

6 Classes: \$125

YOGA CLASS

Ages 11-18. Classes will explore the fundamentals of a flowing yoga practice including traditional poses, breathing techniques, strength and flexibility plus mindfulness. Join us to experience the benefits of yoga!

(MUS-011)

MON

September 28 – November 2

7:00 – 7:45 PM

6 Classes: \$125

ADULT DANCE

Country Line Dancing

Join us for an exciting 8-week Country Line Dancing program designed for both new and experienced dancers!

Each two-hour session includes:

- **1 hour of beginner instruction** featuring a structured, step-by-step curriculum.
- **1 hour of open dance**, where experienced dancers—and beginners ready to practice—can enjoy the dance floor together.

Beginners will build confidence week by week as they learn classic and today's most popular line dances, including **Choosin' Texas, Slap N Leather, Lonely Drum, Topsy, Austin, Good Time, The Wolf, Liar**, and many more. Each lesson builds on the previous one, creating a fun and supportive learning experience that helps dancers develop skills at a comfortable pace.

The second hour is dedicated to open dancing, giving participants the opportunity to practice what they've learned, dance with others, and enjoy a variety of favorite line dances in a welcoming, social atmosphere.

(DAN-001)

Tues

October 13 – December 8 (No class 11/24)

6:00 – 8:00 PM

8 classes: \$30

Bldg: Winchester Potters Elementary/Gym

CRAFTS

Designing Dish

Instructor: Genevieve Turner

All Classes held at

138 Grey St. East Aurora, NY 14052

Pumpkin(s)

Create a beautiful unusual pumpkin set. You will enjoy the outcome of this very fun class using a cobble stone glaze.



(CRF-001)

THURS

September 17

6:00 – 8:00 PM

1 class: \$5 registration fee, \$30/\$50 payable to instructor at class

Vintage Christmas Tree

Your Grandmothers have nothing on these tree's.

Glaze with that special green glaze. Each tree comes with light kit. 12" \$165.00, 9" \$85.00.



(CRF-002)

THURS

October 8

6:00 – 8:00 PM

1 class: \$5 registration fee, Must specify size at time of registration, Space is limited, Deadline to order is September 21st.

12" \$165/ 9" \$85 payable to instructor at class

Blue peacock serving bowl.

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



(CRF-003)

THURS

November 5

6:00 – 8:00 PM

1 class: \$5 registration fee, \$50 payable to instructor at class

WHIMSICAL PUMPKIN TOPIARY PAINT NIGHT

Celebrate the fall season with creativity at our whimsical pumpkins topiary paint night! Join us for a festive evening as you follow along with the instructor to paint spectacular whimsical pumpkins on canvas using beautiful fall-colored acrylic paints. Whether you're picking up a paintbrush for the first time or you're a seasoned artist, this class is perfect for all levels. Step-by-step guidance makes it easy to create a beautiful fall masterpiece. You'll be proud to display or gift! You're welcome to bring a snack to share as we celebrate great art, some laughs and the spirit of the season. Adult class

(CRF-004)

TUES

October 13

6:00-8:00 PM

1 class: \$30

Bldg: East Senior/Room 125

JINGLE & MINGLE, CANDY CANE FLORAL CENTERPIECES

Get into holiday spirit with this festive hands-on where creativity meets candy! In this cheerful workshop, students will design & craft their very own candy cane centerpieces - using classic red and white candy canes, seasonal fresh flowers & a variety of fun embellishments. perfect for adding a sweet touch to any Christmas table! Supplies included Adult class

(CRF-005)

FRI

December 18

6:00-7:30 PM

1 class: \$40

Bldg: East Senior/Room 125

Driver's Ed Lesson

16 in class sessions & 16 in car sessions -

- Select preferences for driving time slots in the registration questions; you will receive an email update prior to class with the confirming driving time based on preferences and car availability.
- Each student will have in-car instruction in groups of up to 4 students. In-car instruction is provided through Hoffman's Driving Academy. All driving lessons will start and end at East Senior.

16 classroom sessions

3:15 - 4:45 PM - see weekly schedule above.

- Classroom instruction will take place on campus at West Seneca East Senior, 4760 Seneca St. Room:101

Benefits of Driver's Education:

- Completion of the course satisfies the 20-hour graduated license requirement
- When a student turns 17 (as opposed to 18), they can drive after 9:00 pm
- May allow a discount on auto insurance, depending on insurance company

Must be at least 16 years of age and have a Drivers Permit at the start of the session

* Please mail any checks to St. Mary's High School, Attn: Driver Ed Program, 142 Laverack Ave., Lancaster, NY 14086. Please put "West Seneca DE - Student Name" in the memo line of the check. If you do not have your permit but will receive it after registering, email a copy of your permit to Chris Hoffman at choffman@smhlancers.org..... **\$949**

** Credit card payments are accepted, but are subject to a 4% processing fee. Please email Chris Hoffman so he can process your payment choffman@smhlancers.org.