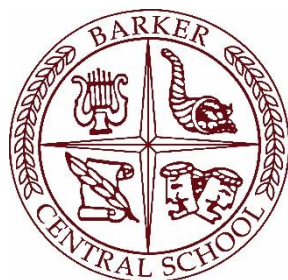


Adult/Community Education

Fall 2018 Adult/Community Education



BCS ADULT/COMMUNITY EDUCATION PROGRAM

Director of Adult/Community Education:

James Cantella: 716-795-3203 ext. 7315, jcantella@barkerccd.net

Fall 2018 Classes
Begin September 24th
End November 19th
No classes: 10/8 and 11/12

Ongoing registrations will be honored unless class has been cancelled. Please register early to ensure that classes are not cancelled due to low enrollment.

Special Programs

AARP SMART DRIVER**H. S. Cafeteria****Monday AND Tuesday, October 22nd & 23rd, 6 - 9 PM**

The new and improved AARP Smart Driver™ Course has been adjusted to include a focus on areas where drivers could benefit from additional training. This program is beneficial for all ages! A minimum of 15 people are required to hold this class. Participants must attend both evenings to qualify for discounts. Participants of the course will qualify for a discount on their automobile insurance. Participants will also qualify for a 3-point reduction on their driver's license for any points previously accrued for moving violations. Check with your insurance provider for specifics.

Instructor: George Laskey**Cost: \$20 AARP Members/\$25 Non-Members****2 Classes****Checks made payable to: AARP – NOT to BCS****Write AARP member # in memo****DOUBLE WIDE DRESDEN QUILT****Room 183****Saturday, October 27th, 9 AM - 3 PM**

Double Wide Dresden Christmas Present can be made into a lap quilt, table runner or wall hanging. We will be using Me and My Sister's design book and double wide Dresden ruler. All supplies, including sewing machine and special ruler will be required. Lunch on your own. Contact Janice Stoll at jstoll@barkerccd.net for list of materials and ruler information.

Instructor: Janice Stoll**\$20 (Seniors \$10)****1 Class****HALF SQUARE TRIANGLE SURPRISE QUILT****Room 183****Saturday, November 10th, 9 AM - 3 PM**

Half square triangle surprise quilt! You will master the technique of making half square triangles fast and easy. Size and layout will also be determined by you. Sewing machine and all supplies are required. Contact Janice Stoll at jstoll@barkerccd.net for a complete list of supplies.

Instructor: Janice Stoll**\$20 (Seniors \$10)****1 Class**

Regular Classes

ANTIQUE AUTO RESTORATION**Room 161****Tuesdays, 4 - 6 PM**

Come and explore the various techniques used to accomplish sheet metal work, welding, painting, cleaning and other tasks necessary to restore antique automobiles. No formal instruction given. There will be a charge for all materials used. **LAB FEE: Participants** will be charged for, and will be responsible for all supplies used in course.

Instructor: Tom Mallon**\$30.00 (Seniors \$15.00)****8 Weeks****BASKETBALL****H. S. Gym****Mondays and Wednesdays, 7 - 9 PM****No Class 10/8 and 11/12**

Competitive basketball for the recent and not-so-recent player. A congenial atmosphere is maintained to ensure that all participants have an enjoyable evening. No instruction will be provided.

NO STUDENTS. MUST BE REGISTERED TO PARTICIPATE.**Instructor: Jared Morgan****\$40.00 (Seniors \$20.00)****8 weeks**

BEGINNER KNITTING**Room 183****Tuesdays, 6 - 8 PM**

Learn the creative and fun activity of knitting! Each week will focus on a different topic, including tools, stitches, patterns and history. You will need to bring a pair of single-point knitting needles and a skein of yarn (any size will do for this first practice session). We will discuss additional materials you will need to buy for a specific project that you will make during the remainder of classes.

Instructor: Karen Davis**\$30.00 (Seniors \$15.00)****8 weeks****BOOK FOLDING****Room 182****Thursdays, 5 - 6 PM****Classes: 9/27, 10/4, 10/11 and 10/18**

Do you enjoy folding pages? My heart is with you! Please join me for a few weeks of page turning fun as we put discarded library books to new use and create beautiful page folding art. Hint: Your first creation is guaranteed to be formed from the heart!

Instructor: Mary Dudek**\$20.00 (Seniors \$10.00)****4 weeks****BODY SCULPTING (Classes begin Tuesday, 10/2)****Elem. Gym****Tuesdays and Thursdays, 7:30 - 8:30 PM**

This fast-paced class will help you strengthen, tone and shape your body. Following the interval training concept, low impact movements are alternated with weight-bearing exercises to challenge and meet your fitness goals. You will need a mat and weights. Trisha is a certified and experienced fitness instructor.

Instructor: Trisha Mathison**\$40.00 (Seniors \$20.00)****8 weeks****CERAMICS FOR BEGINNERS****Room 183****Wednesdays, 6 - 8 PM****Classes 10/3, 10/10, 10/17 and 10/24.**

Create functional and decorative pieces with a variety of hand-building techniques. Class is for beginners. No experience is necessary. There is a \$20 lab fee for materials. Classes are 10/3, 10/10, 10/17 and 10/24.

Instructor: Krista Beth Feltz**\$20.00 (Seniors \$10.00)****4 weeks****SWIM LESSONS I – Red Cross Levels 1 and 2****Pool****Mondays and Wednesdays, 6:30 - 8 PM****Classes 9/24, 26, 10/1, 3, 10, 15, 17****No Class 10/8**

Two levels of Instruction will be offered in 45 minute classes. **Level 1 – Intro to Water Skills (6:30-7:15):** To help students feel comfortable in the water and to enjoy the water safely, Skills Covered: Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back. and

Level 2 – Fundamental Aquatic Skills (7:15-8:00): To give students success with fundamental skills. Skills Covered: Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use . Red Cross cards will be issued for successful completion of course.

WSI Instructor: Bill Wilson**\$30.00****4 weeks****SWIM LESSONS II – Red Cross Levels 1 and 3****Pool****Mondays and Wednesdays, 6:30 - 8 PM****Classes 10/22, 24, 29, 11/5, 7, 14, 19****No Class 11/12**

Two levels of Instruction will be offered in 45 minute classes. **Level 1 – Intro to Water Skills (6:30-7:15):** To help students feel comfortable in the water and to enjoy the water safely, Skills Covered: Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back. and

Level 3 – Stroke Development (7:15-8:00): Skills Covered – Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care. Red Cross cards will be issued for successful completion of course.

WSI Instructor: Bill Wilson**\$30.00****4 weeks****GREETING CARDS CLASS I****Room 182****Tuesdays, 6 - 8 PM****Classes: 9/25, 10/9, 10/23 and 11/6**

Do you enjoy stamping, coloring and scrapbooking but don't have the time to do large projects? Come join us and make greeting cards! Each week we will demonstrate cards using stamping, coloring with Copic markers, water color, embossing and more. We provide all of the materials to make 5 complete cards with envelopes. You will need to bring a tape/dot runner with refills. Dot runners may be purchased at Walmart or any large craft store. Lab Fee - \$12 per class.

Instructors: Mary Kersch and Loriann Martell**Cost: \$14 (Seniors \$7.00)****4 weeks****GREETING CARDS CLASS II****Room 182****Tuesdays, 6 - 8 PM****Classes: 10/2, 10/16, 10/30 and 11/13**

Come join us and make greeting cards. Cards will be demonstrated using various techniques, styles, and sentiments from the current Stampin' Up catalogs. All the materials will be provided to make 8 complete cards with envelopes (4 different cards, 2 of each design). You will need to bring two-sided tape/runner with refills and scissors. Tape can also be purchased for an additional \$2 at the class. Each week will be new designs and will coincide with the opposite weeks of Mary Kersch and Loriann Martell's card classes.

Lab fee-\$12 per class.**Instructor: Laura Moore****Cost: \$14 (Seniors \$7.00)****4 weeks****HALL WALKING****Mondays – Thursdays, 6 - 8 PM****No Class 10/8 and 11/12**

What better way to exercise than walking! Come walk with us in the halls of Barker Central School. Please wear comfortable clothing and good, comfortable walking shoes or sneakers. You may bring a water bottle, or water fountains are available. This exercise is designed for all ages and levels. Coat hooks are available by room 161 near the art rooms with the skylights.

No Instructor**Free****8 weeks**

PM WORKOUT**Weight Room****Mondays and Wednesdays, 7 - 8 PM****No Class 10/8 and 11/12**

Reshape your body while using this state-of-the-art equipment: treadmills, elliptical cross trainer, stair climber, exercise bikes, free weights, and strength training equipment. Participants may come to one night or both nights, depending on your schedule.

Instructor: Tyler Dent**\$40.00 (Seniors \$20.00)****8 weeks****STRETCH AND TONE YOUR BODY****Elementary Gym****Tuesdays and Thursdays, 6:30 - 7:30 PM**

This class is for everyone - men and women! Do you want to feel better, get active and have fun too? Come join Trisha for this class that focuses on stretching, joint movement, flexibility, and strength training. All exercises are done standing or sitting in a chair. There is no exercising on the floor. We have a good time socializing and exercising. Trish is a certified fitness instructor.

Instructor: Trisha Mathison**\$40.00 (Seniors \$20.00)****8 weeks****STAINED GLASS****Room 160****Thursdays, 6:30 - 8:30 PM**

Learn the basic techniques of working with stained glass to create beautiful objects for yourself, home, or as gifts. There is a \$10 lab fee for materials used.

Instructor: Laura Diez**\$30.00 (Seniors \$15.00)****8 weeks****VOLLEYBALL****H.S. Gym****Tuesdays & Thursdays, 7 - 9 PM**

Mixed volleyball for all skill level players. A pleasant environment is maintained to insure that all participants have an enjoyable evening.

NO STUDENTS**Instructor: Jim Harris****\$40.00 (Seniors \$20.00)****8 weeks****WATER AEROBICS****Pool****Mondays and Wednesdays, 5:30 - 6:30 PM****No Class 10/8 and 11/12**

This water aerobics class will instruct participants through very low impact aerobic exercise that encourages cardiovascular fitness. Come firm and tone those muscles through water resistance workouts using rhythmic exercises put to music for you. Instructors are certified lifeguards. All workouts will be in the shallow end of the pool and the class size is limited to 30 participants.

Instructor: Lynne Wilson and Beth VeRost**\$40.00 (Seniors \$20.00)****8 weeks**

Important Adult/Community Education Information

- **Doctor's Certificate of Health:** A physical examination is suggested prior to participating in physical fitness classes.
- **Eligibility:** In general, district residents and non-residents who are 18 years of age or older may enroll. High school students may enroll in any course with instructor approval and parental permission, and the understanding that no credit toward graduation will be granted.
- **Senior Citizens:** Senior Citizens, residents ages 55 and older, will be provided admission at 50% of the regular fee to all school-sponsored events if they present a Barker Central School District Senior Citizen Card. Non-residents will be required to pay the full admission fee. Registration forms must be submitted. Proof of age is required. In order to take advantage of senior citizen fee discount for courses and some special events, you need a Barker Central School Senior Citizen Card. You may receive this card by coming to the Barker Central School Superintendent's office and registering.
- **Registration:** Mail registration. Early registration protects against having to cancel due to insufficient registration. Please avoid disappointment by enrolling early. Registrants can assume they are officially registered unless notified and should begin attending classes on the scheduled starting date. You may register at the first session of class.
- **Is Class Canceled?** Whenever school is closed during the day due to inclement weather, no classes will be held that evening. Listen to local radio stations WBEN-AM 930 or WLVL-AM 1340 or TV Channels 2, 4 or 7 for school closings. If inclement weather begins later in the day, listen to local radio stations for announcements. Whenever possible, we will utilize the Blackboard Connect system to notify registered students in the event of a cancellation as noted above. Please be sure to provide a valid phone number for this purpose. Do not call the school. When a class cannot be held due to an illness or for other reasons, it is the instructor's responsibility to see that class members are notified. Canceled classes will be rescheduled by the instructor.
- **Material Cost:** Additional fees will be charged in classes where textbooks or materials are used. These are to be paid by the second session.
- **Refunds:** Total refunds will be made only if a class is canceled or filled. Transfer of tuition to another course can be arranged where size of class permits. No transfers after second class meeting. No refunds after classes begin.
- **No Smoking:** Barker Central School is a non-smoking facility.

B.C.S. Adult/Community Education Registration Form

NAME: _____

ADDRESS: _____

CITY: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL: (For updated information and materials) _____

COURSES: _____ COST: _____

_____ COST: _____

_____ COST: _____

If signing up for a **SWIM LESSONS**, please include the information below:

CHILD'S NAME /AGE: _____ COURSE: _____

CHILD'S NAME /AGE: _____ COURSE: _____

CHILD'S NAME /AGE: _____ COURSE: _____

*Check here if you are a District senior citizen.

You are eligible for a 50% discount if you are 55 years or older with a B.C.S. Senior Citizen card.

Instructions:

1. Completely fill out one form for each person.
2. Registration must accompany payment.
3. Registrations will be accepted in order of postmark.
4. Please include your phone numbers to facilitate contacting you if necessary.
5. No refunds issued after classes begin.
6. You can assume your registration has been accepted unless you are notified otherwise.
7. Make checks payable to: **Barker Central School Adult/Community Education** unless otherwise noted, and indicate the name of the course or courses on your check. **PLEASE DO NOT SEND CASH.**
8. Mail to:
James Cantella
Coordinator of Adult/Community Education
Barker Central School District
1628 Quaker Road
Barker, NY 14012

Questions?

Please contact James Cantella,
Coordinator of Adult/Community
Education:

716-795-3203 ext. 7315

icantella@barkerbsd.net

Please check the
District/Community section of the
Barker Central website:
www.barkerbsd.net
for a complete updated schedule.

Looking for new classes!
Would you like to teach, or share your
hobby? To be a teacher for
Adult/Community Education once or
twice a week, please contact:
James Cantella.