

IROQUOIS COMMUNITY EDUCATION



WINTER/SPRING 2024

***P.O. Box 32
Elma, New York 14059
(716) 652-3000 ext. 7402 (voicemail)***

**VISIT OUR WEBSITE
WWW.IROQUOISCSD.ORG**

IMPORTANT INFORMATION - PLEASE READ!!

PROGRAM INFORMATION

Iroquois Community Education is a self-supported program which offers courses to adult district and non-district residents. **High school students** are welcome to participate in any course, except where noted.

HOLIDAYS

**CLASSES WILL NOT BE HELD
ON SCHOOL GROUNDS:**

January 15 (Martin Luther King Jr. Day)

February 19—23 (Winter Recess)

March 29—April 8 (Spring Recess)

May 27 (Memorial Day)

June 19 (Juneteenth)

Classes **ARE** held on Staff Development Days

EMERGENCY SCHOOL CLOSINGS

When **school is closed for the day** after-school **activities are cancelled** 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 classes scheduled prior to the late opening are **cancelled**. If it should become necessary to cancel classes 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 "Community" drop down menu and click on "Community Education."

REGISTRATION

ONLINE , MAIL-IN OR WALK-IN!

REGISTRATION

Online, by mail or in person. **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 any reason 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**. 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

COURSE INDEX

9-Hour SAT Prep Course
4-Hour SAT Boot Camp
4-Hour ACT Boot Camp
Writing the College Essay
Send Your Kids to College Seminar

Child and Babysitter's Training

Fencing for Beginners

Ages 7-9
Ages 10-Adult
Ages 14-Adult

Reiki Certifications
Secrets of Happiness
Developing Your Intuition
Meditation for Relaxation and Personal Healing
Practical Compassion
Emotional Release for Inner Peace

Singing Lessons for Everyone

Self-Growth and the Art of Singing

Morning Adult Swim

Many to choose from with ED2GO!



The Call of Paradise

Beginner Ballroom Dancing

Adult, Child & Infant CPR/AED

AARP Driver Safety Program

On-line 6 Hour Pt/Ins. Reduction Course

BOATER SAFETY

Men's Basketball
Hall Walking
Muscle Flex by Sheila's Fitness Jam
Sheila's Aerobic Jazz
Sheila's Combo Pack
Forever Fit with Mary

TRIPS AND TOURS

REGISTRATION FORMS

PHYSICAL EDUCATION WAIVERS



Winter weather is unpredictable, so please check one of the many resources available to you (TV, radio, website and telephone) BEFORE you venture out. You will not receive a personal phone call if classes are cancelled due to inclement weather!

When Iroquois is closed, or after-school activities are cancelled, Community Ed Classes are cancelled too!

WWW.IROQUOISCS.D.ORG

for the most up-to-date course listing as new classes/
courses may have been added after the creation of this
printable brochure!

COLLEGE PREP

9-Hour DIGITAL SAT PREP COURSE #WS24-SAT

The new Digital SAT Test is here! The digital SAT test is computer-based only, shorter test-taking time, shorter reading and math questions and longer time allotted to answer the test questions. This 9-hour course offers an in-depth study of the Digital SAT Test. The course includes classroom instruction/practice, test-taking strategies, testing information, workbook/study materials and a simulated SAT test. Students are welcome to bring a snack to class.

Instructors: All Pro Tutoring Staff

Dates: April 24 (Wed), April 29 (Mon), & May 1 (Wed)

Time: 6:00-9:00pm

Fee: \$135.00

Room: HS 101

NOTE: The SAT Exam is offered at other local school on May 5th & June 1st



All-Pro Tutoring And Test Prep

Begin Today For A Better Tomorrow

DIGITAL SAT BOOT CAMP 4-HOUR #WS24-SATBC

The new Digital SAT Test is here! The digital SAT test is computer-based only, shorter test-taking time, shorter reading and math questions and longer time allotted to answer the test questions. This comprehensive review course introduces students to the Digital SAT test with emphasis on test-taking strategies, how to best prepare for the SAT test, practice questions in each subject, and a complete review on what to expect on the new digital test. The course includes classroom instruction/practice, test-taking strategies, testing information, workbook/study materials. Students are welcome to bring a snack to class.

Instructor: All Pro Tutoring Staff

Dates: March 5 (Tues) & 7 (Thur)

Time: 6:00-8:00pm (both nights)

Fee: \$70.00

Room: HS 101

WRITING the COLLEGE APPLICATION ESSAY #WS24-WCE

Do you want to submit a college application essay that will really hit home with the Admissions Office of the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies. You will begin to write the college application essay during the class and leave with the confidence and knowledge to complete the process on your own! One day prior to the start of the class an email containing login information and class materials will be sent. Please be sure to list the student's non-Iroquois email address when registering for the class.

Instructor: All Pro Tutoring Staff

Date: Tuesday, May 21st

Time: 6:00-8:30pm

Fee: \$70.00

Location: HS 101

achieve
more

SAT

**WHEN IN DOUBT,
CHECK IT OUT!**

Winter weather is unpredictable, so please check one of the many resources available to you (TV, radio, website and telephone) **BEFORE** you venture out. You will **not** receive a personal phone call if classes are cancelled due to inclement weather! When Iroquois is closed, or after-school activities are cancelled, Community Ed Classes are cancelled too!

ACT BOOT CAMP 4-HOUR #WS24-ACTBC

Get a jump start on your ACT test preparation! In 2024, the ACT will be offered both digitally and written. If you are planning to study any STEM programs in college, then the ACT test is for you! This comprehensive review course introduces students to the ACT test and includes classroom instruction/practice, test-taking strategies, testing information and study materials. Students are welcome to bring a snack to class.

Instructor: All Pro Tutoring Staff

Dates: June 4th (Tues) & 6th (Thur)

Time: 6:00-8:00pm (both nights)

Fee: \$70.00

Location: Room 101

Note: The ACT Exam is at other local schools on June 8th.



How to Write a College Essay

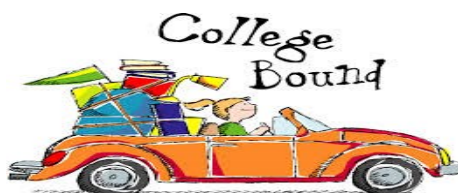
Send Your Kids to College (FREE Online Seminar) #W24-SYKC

Did you know that less than 33% of 4-year college students graduate in four years? **Mistakes in college planning could cost you thousands of dollars!** Please join our team of experts for a free one-hour discussion on your best approach college planning. ***Send Your Kids to College*** is a non-profit organization there is no cost or obligation to purchase anything! One day prior to the presentation an email containing login information will be sent.

Wednesday, April 24th

Time: 6:00-7:00pm

Fee: FREE!



We DO NOT confirm! Your registration is accepted unless notified otherwise!

COURSES FOR KIDS

CHILD AND BABYSITTER'S 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, course training materials, first aid kit, and completion card.

Instructors: The Safety Company Staff

Course #WS24-CABS

Date: Saturday, March 9th (1 day only)

Time: 9:00 am - 12:00 pm

Room: MS Library

Fee: \$59 per student

You **MUST** pre-register by 10:00am on March 8th to attend! 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!



WHEN IN DOUBT, CHECK IT OUT!

Winter weather is unpredictable, so please check one of the many resources available to you (TV, radio, website and telephone) **BEFORE** you venture out. You will **not** receive a personal phone call if classes are cancelled due to inclement weather!

When Iroquois is closed, or after-school activities are cancelled, Community Ed Classes held on school grounds are cancelled too!

WANTED!

Have an idea for a new class? Would you like to offer a class? Community Ed is always looking for new courses to offer, please email dmetz@iroquoiscsd.org with your suggestions!



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 with exposure to the historical origins of this exciting martial art. Fencing develops better eye-hand coordination, physical agility, grace, and balance, while promoting cardiovascular fitness and increased confidence and self-esteem. Fencing is FUN! All equipment and instruction provided. Please wear sneakers and comfortable clothing for class. Classes held **off-site** at location listed above.

WINTER SESSION:

(Ages 10-14)

Course #WS24-Fence1:

Starts Jan 13 (Sat)

Time: 1:30 pm—3:00 pm

Fee: \$120.00 (6 weeks)

(Ages 7-9)

Course #WS24-Fence2:

Starts Feb 3 (Sat)

Time: 10:00 am—11:00 am

Fee: \$100.00 (4 weeks)

(Ages 14-adult)

Course #WS24-Fence3:

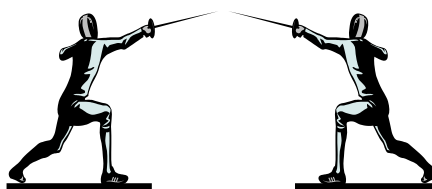
Starts Feb 24 (Sat)

Time: 1:30 pm—3:00 pm

Fee: \$120.00 (6 weeks)

Instructor: Fencing Center Staff

NO Discounts or Refunds!



We **DO NOT** confirm! Your registration is accepted unless notified otherwise!

HOLISTIC 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 online.**

Instructor: Jesse Wicher

Course #WS24-RCLI

Level I—Saturday, March 2nd

Time: 10am—5 pm

Fee: \$175.00 (Sorry, no discounts)

Course #WS24-RCLII

Level II—Saturday, March 23rd

Time: 10 am—5 pm

Fee: \$199.00 (Sorry, no discounts)

Course #WS24-ART

Advanced Training—Sat, April 13th

Time: 10 am—5 pm

Fee: \$159.00 (Sorry, no discounts)

Course #WS24-MDR

Multi-Dimensional—Sat., April 27th

Time: 10:00am-5:00pm

Fee: \$159.00 (Sorry, no discounts)

Course #WS24-RCLIII

Level III Master—Saturday, May 4th

Time: 10 am—6 pm

Fee: \$249.00 (Sorry, no discounts)

SECRETS OF HAPPINESS WS24-SOH

Learn to believe in the happiness you want for your life, all over again! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of specific techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with your inner child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy! **Classes held online.**

Instructor: Holistic Arts Staff

Tuesdays 7:00-9:00pm

Start Date: February 27 (5 weeks)

Fee: \$149.00 (Sorry, no discounts)

DEVELOPING YOUR INTUITION WS24-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 online.**

Instructor: Holistic Arts Staff

Thursdays 7:00-9:00pm

Start Date: February 29 (5 weeks)

Fee: \$149.00 (Sorry, no discounts)



MEDITATION FOR RELAXATION AND PERSONAL HEALING #W24-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 online.**

Instructor: Holistic Arts Staff

Wednesdays, 7:00-9:00pm

Start Date: February 28 (5 weeks)

Fee: \$149.00 (Sorry, no discounts)

PRACTICAL COMPASSION WS24-PC

Each of us is seeking the goodness we want for our lives in the best way that we know how. The fact that none of us does this perfectly, and that nobody truly wants to suffer, can help us to have greater understanding and compassion through the somewhat painful lessons of life. In this five-week course, you will learn to apply the universal principals of compassion to bring more acceptance, forgiveness and wisdom to your relationships with yourself, others and the world. This class will give you the practical tools you need to create sustainable personal boundaries to help you live more open-heartedly in your life. So come and learn to expand beyond the barriers that separate us and become the healing change you wish to see in your world! **Classes held online.**

Instructor: Holistic Arts Staff

Tuesdays 7:00-9:00pm

Start Date: April 2nd (5 weeks)

Fee: \$149.00 (Sorry, no discounts)

EMOTIONAL RELEASE FOR INNER PEACE WS24-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 online.**

Instructor: Holistic Arts Staff

Date: Monday, February 26th

Time: 6:30-9:00pm

Fee: \$39.00

We DO NOT confirm! Your registration is accepted unless notified otherwise!

MUSIC & SINGING

SELF-GROWTH & THE ART OF SINGING #WS24—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. 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. Unique Zoom link emailed upon registration!**

Instructor: Jesse Wicher
Date: Monday, April 22nd
Time: 7:00 pm—9:00 pm
Fee: **\$35.00 per person**



ONLINE SINGING LESSONS FOR EVERYONE

Do what you love to do—**BETTER!** 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 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.** **Classes held online. Unique Zoom link emailed upon registration!**

Introductory price for Community Ed Students:
\$125.00 for 5 lessons
5 Week Session—flexible scheduling!

Call **821-1404** for additional information and to register.

SWIMMING

MORNING SWIM #WS24-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: January 22

End Date: May 24th

Fee: **\$115 per person**

Room: MS Pool

No Swimming: 2/19- 2/23 & 3/29-4/8.

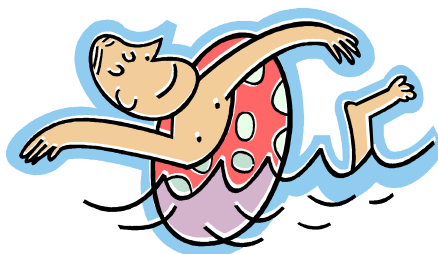
The lane closest to the Lifeguard stand is a designated recreational/low intensity lane.

PARKING: Staff Parking Lot on the west side of the building. Park in the row closest/parallel to Girdle Rd. ALL swimmers enter through entrance #M-3. Do NOT park near the track/football field as this will interfere with Student Morning Drop Off. **DO NOT** use staff parking lot. If snow removal becomes an issue, swimmers will be notified.

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 unless a health certificate is issued by your doctor. Remember to check with your doctor before starting any new exercise program.



ONLINE COURSES

To find out if online learning is for you, go to <http://www.ed2go.com> and take a look! All courses begin the third Wednesday of each month and run for six weeks. Our online classrooms can be accessed over the Internet at any time day or night.

Courses include but are not limited to:

GED PREPARATION

ENTERTAINMENT INDUSTRY

LAW & LEGAL CAREERS

SALES AND MARKETING

RESUME WRITING WORKSHOP

WEB PAGE DESIGN

LANGUAGES

ACCOUNTING

TEST PREP

plus many, many more

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

2. Please include e-mail address when registering for online courses!

3. COMPUTER REQUIREMENTS: Internet access, E-mail, Netscape, America Online version 4 or later, or Microsoft Internet Explorer web browser.

Participate entirely from the comfort of your home!

ed2go | Learn More

We DO NOT confirm! Your registration is accepted unless notified otherwise!

HOLISTIC TRAVEL

The Call of Paradise "A Spiritual Journey to Hawai'i"

Have you ever dreamed of traveling to Hawai'i? Sun-kissed beaches. Firey volcanoes. Lu'au feasts. The gracious beauty of a hula dancer. Hawai'i is all of these things and more! Come spend an evening luxuriating in the aloha of the islands as we look more deeply into the history, culture and spirituality of this remarkable part of America.

Through fascinating pictures and stories we will explore the rich heritage and traditions that make Hawai'i one of the most beautiful, healing and life-giving places on Earth. This year our journey will take us to the lush islands of Maui and Kaua'i. Here we will drive the famous Road to Hana and visit otherworldly Haleakala Volcano National Park. We'll tour the "Grand Canyon of the Pacific" and experience Kaua'i's mystical Na Pali Coast, all the while surrounded by the song of wintering humpback whales. In addition, we will get to meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the temples of many of the world's beliefs that call Hawai'i home.

For those who are interested, there will be an opportunity after the presentation to discuss the details of our 10-day spiritual tour to Hawai'i in Spring 2024. So come join us for an evening of inspiration and let the magic of Hawai'i "call you home" to Paradise!

Class held online.

Instructor: Jesse Wicher

Course # WS24-TCOP

Date: Monday, March 18th

Time: 7:00-9:00pm

Fee: \$15



DANCING

BEGINNER BALLROOM #WS24-BBD

Meet new people and have fun in beginner ballroom dance instruction. Learn the Fox-trot, Waltz, Rumba and Swing. **Singles Welcome!** Register each participant separately. Proper footwear is required, either sneakers or soft soled dance style shoes. Hard soled shoes are not permitted on gym floor.

Instructors: Allan & Mary Joanne Smith

8-weeks

Start Date: TBD

End Date: TBD

Time: TBD

Room: EP Gym

NOTE: Please check the Community Ed website for course details that were not available at the time this brochure went to print.



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When Iroquois is closed, or after-school activities are cancelled, Community Ed Classes are cancelled too!

CPR/AED

ADULT, CHILD AND INFANT CPR/AED #WS24-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: Tuesday, March 12th

Time: 6:00 pm—9:00 pm

Room: MS Library

Fee: \$55



REGISTER EARLY!

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



We DO NOT confirm! Your registration is accepted unless notified otherwise!

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. Please note AARP fee schedule detailed below.

Instructors: **AARP**

Mon. & Tues. – March 11 & 12
Course #WS24-AARP1
Room: HS Library
Time: 6:00pm—9:00pm
(must attend both nights)

OR

Wed. & Thurs. - May 22 & 23
Course #WS24-AARP2
Room : HS Library
Time: 6:00—9:00pm
(must attend both nights)

AARP Fee: \$25.00 per person for members of AARP and \$30.00 for non-members (subject to change). Please pay instructor at first class—check or money order made payable to “AARP Driver Safety”. 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!

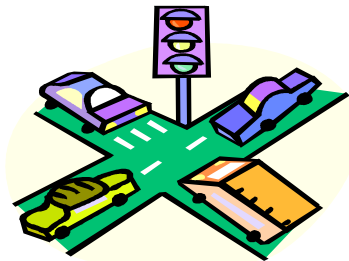
NOTE: Community Ed **DOES NOT** issue certificates of completion. These certificates are issued through AARP.



DEFENSIVE DRIVING COURSE ONLINE!

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)



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 **no longer** offers a Driver Education Program during the school year.

BOATER SAFETY

This course is taught by a New York State Certified Educator and meets state requirements for a boater education and Personal Watercraft (PWC) Boating Safety Course. It is intended to provide comprehensive yet basic knowledge to acquaint you with safe and legal boating practices. The boating safety course is an 8-hour instructor led workshop which includes a student text and workbook. A multiple choice exam is given at the end of the course and upon successful completion, you receive your temporary certificate. Course completion is good for life and is recognized by the United States Coast Guard. This certificate may also entitle you to a 15% discount annually on your watercraft insurance. It is important to note that Empire Boating Safety Course is approved by the National Association of State Boating Law Administrators (NASBLA) and meets mandatory requirements for states that have boater education laws. You must be at least 10 years old on the start of the date of the course to enroll.

NOTE: Course is held over two days (4 hours each) - must complete all 8 hours to satisfy the course requirements and qualify for certificate of completion.

Instructor: Tricia Andrzejewski

Course #WS24-SBPW
May 15th (Wed) and May 22nd (Wed)
Room: HS 101
Time: 5:15pm-9:15pm
Fee: \$30.00



REGISTER EARLY!
Do not wait to register;
courses “run” or “don’t run”
based upon enrollment one week
prior to the first day of class!

We **DO NOT** confirm! Your registration is accepted unless notified otherwise!

FITNESS FOR ADULTS

MENS BASKETBALL #WS24-BBMS

Basketball for *exercise* and *recreation* (LeBron James wannabes need not apply!) for men high school graduates and up.

Coordinator: Aaron Lundmark

Mondays: *7:00 pm - 9:00 pm

Begins: January 8th

End Date: May 20th

No Basketball: 1/15, 2/19, 4/1, 4/8

Fee: **\$20**

Room: Middle School Gym

Note: Showers are NOT available!

*Start time may be delayed if Iroquois athletic teams are using the gym for a game or event!



****WAIVERS****

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

HALL WALKING #WS24-WALK

It's BACK! What better way to exercise than walking! Come walk with us in the halls of the Main Campus! Please wear comfortable clothing and good comfortable walking shoes or sneakers. **Please bring your own water, none will be provided** This exercise is designed for all ages and levels.

Monitor: Anne Siejakowski

Tuesdays & Thursdays

6:00 - 7:00 pm

Begins: January 9- 14 weeks

End Date: April 25th

NO Walking: 2/20, 2/22, 4/2 & 4/4

Fee: **\$10**

Room: 129 HS (sign in) and Main campus halls



SHEILA'S MUSCLE FLEX on Zoom #WS24-FLEX

Challenge every muscle group in just 30 minutes! Strength training is an essential part of any balanced workout. This choreographed class targets every muscle while taking the drudge out of weight training. Muscle Flex will beautifully tone your muscles, increase strength, improve bone density AND increase your metabolism. This program is just the answer to adding strength training to your exercise regime. The part is, it's a blast, and it works! You will need an 8-14# body bar or two 4-7# dumbbells.

Instructor: "Sheila's Fitness Jam" Staff

Days: Monday/Wednesday/Friday

Time: 8:30-9:00am

Begins: January 8th - 10 weeks

Fee: **\$80** (Sorry no senior discounts)

Location: 100% Online via **ZOOM**



Call Sheila's Fitness Jam at 741-9053 BEFORE you register to see if your health insurance covers your classes!

SHEILA'S AEROBIC JAZZ On Zoom #WS24-SFJAJ

A little Jazz, a little funk, and a whole lot of Fun! Dance your way to fitness in the privacy of your home. This is a totally balanced fitness program with easy to follow routines, starting with a thermal warm-up, active stretch and low impact aerobic dance routines. Add light weights, abdominal work and cool down / stretch, gets you the results you want!

Instructor: "Sheila's Fitness Jam" Staff

Days: Mondays/Wednesdays/Fridays

Time: 9:00-10:00am

Begins: January 8th - 10 weeks

Fee: **\$80** (Sorry, no senior discounts)

Location: 100% Online via **ZOOM**

SHEILA'S COMBO PACK On Zoom #WS24-COMBO

Sign up for both classes and **SAVE!** 10-weeks of Aerobic Jazz AND FLEX!

Fee: **\$105** (Sorry no senior discounts)

FOREVER FIT WITH MARY!

Session is 12-weeks long. Classes start the week of January 15, 2024. Choose your day(s) and time(s) from one of these exciting new classes. Course fee varies (see below) based on the number of classes you register for.

Cardio Groove - You will have a blast in this easy to follow, choreographed dance class that will get your heart pumpin' without any jumpin'. Appeals to all ages, shapes and sizes. Please bring light weights and a yoga mat.

Chisel Groove - This class uses light dumbbells and your own body weight for a total body workout. Let's get rid of those bingo arms and start to whittle your middle! Weights are provided but please bring a yoga mat.

Combo Groove - This class combines a little dance, a little yoga, a little pilates and a little toning. While focusing on balance and posture you will be targeting your guts and butts! Weights provided but please bring a yoga mat.

SESSION: Begins week of January 15th

One per Week: **Course #WS24-FF1X:**

Fee: **\$119.00**

Two per Week: **Course #WS24-FF2X**

Fee: **\$199.00**

Three per Week: **Course #WS24-FF3X**

Fee: **\$209.00**

Unlimited: **Course #WS24-FFUL**

Fee: **\$219.00**

Cardio Groove Day/Time Options:

Mondays: 5:45pm

Tuesdays: 9:00am

Thursdays: 9:00am or 5:30pm

Saturdays: 9:00am

Chisel Groove Day/Time Options:

Mondays: 9:00am

Tuesdays: 5:45pm

Wednesdays: 9:00am

Combo Groove Day/Time Options:

Thursdays: 6:20pm

Saturdays: 8:00am

MUST indicate Day/Time Option(s) when registering (except unlimited!) Sorry, NO Senior Discounts.

Location: Potter's House at: 5477 Broadway, Lancaster (Corner of Lake).

TRIPS & TOURS

St. Patrick's Day Blarney

TUES., March 12

\$65.00

It's a Scenic Excursions exclusive event! We're ALL Irish during the St. Patrick's Day holiday time of year! LAST EVENT WAS A SELL OUT—so do not delay in booking your tickets! Dress in green, and head to SEAN PATRICK'S IRISH RESTAURANT for a delicious COMPLETE LUNCHEON. Following lunch, enjoy an afternoon show starring the BLARNEY BUNCH BAND. Whether your Irish all year or just for a day, this musical celebration is sure to bring out your green! For nearly 30 years, the Blarney Bunch has been entertaining throughout Western New York. Specializing in traditional Irish music and throwing in some rock and country just to mix it up. With their love and ability to play all types of music—this day is sure to show everyone of all ages a great time. Cash bar available.

CHOOSE YOUR ENTRÉE:

- Corned beef with cabbage
- Chicken piccata (light lemon wine sauce)
- Baked haddock

DRIVE ON OWN: Doors open 11:30am

SHOW ENDS: 3:00pm



PROTECT YOUR TRAVEL INVESTMENT:

Scenic Excursions highly recommends Travel Protection on all trips.
ONE DAY EXCURSIONS without show ticket \$19 per person.
ONE DAY EXCURSIONS with a non-refundable show ticket \$25 per person.
 This is cancellation protection **ONLY** and a doctor note is required for full refund.
 Contact Scenic Excursions at 649-9694 for additional information.

"MAMA MIA"

Shea's Buffalo Theater

SUN., APRIL 14

\$199.00

Travel to PEARL STREET GRILLE, located in downtown Buffalo for a **SIT DOWN LUNCHEON**. Following our meal, travel to Shea's Buffalo Theater for the matinee show, "MAMA MIA." A mother.. A daughter. Three possible dads. And a trip down the aisle you'll never forget! Set on a Greek Island Paradise where the sun always shines, a taste of love, friendship and identity is beautifully told through the timeless hits of ABBA. On the eve of her wedding, a daughter's quest to discover the father she's never known brings three men from her mother's past back to the island they last visited decades ago. For nearly 25 years, people all around the world have fallen in love with the characters, story and music that make MAMA MIA! The ultimate feel-good show.

CHOOSE YOUR ENTRÉE:

- Beer braised pot roast
- Char-grilled chicken served over salad
- Beer battered fish fry

DEPART Tops Plaza 10:00 am

RETURN Tops Plaza 5:00 pm

AMISH IN CHERRY CREEK

WED., MAY 22ND

\$139.00 per person

Take a trip back in time with a visit through the Old Orchard Amish Country in the **CHERRY CREEK & CONEWANGO VALLEY**. They live without all the modern conveniences such as electricity, telephone, and cars. Their lifestyle separates them from the modern world. They emphasize humility, faith, family, honesty, and hard work. They are recognized by their plain dress and travel by horse and buggy. Our day begins with meeting a step on guide. Along the way you'll visit sites, shopping delights, and bring home special treats. From an Alpaca Farm and Gift Shop, Amish Quilt Shop (accepts cash only), **LUNCH** at the **SOUTH DAYTON HOTEL**, visit to an Amish Greenhouse, the Valley View Cheese Shop as well as an in-home visit to an Amish Bakery. The Amish have a unique way of life which we respect, while on the tour we ask that you are thoughtful and courteous of their ways. Fall time is a great time to perhaps see the Amish harvesting their crops. Please, no photographs.

CHOOSE YOUR ENTRÉE:

- Roast beef dinner with mashed potatoes
- Fish fry with coleslaw and homemade potato salad
- Chicken Parmesan served on side of spaghetti

DEPART Tops Plaza 9:00 am

RETURN Tops Plaza 5:00 pm

Southtowns pickup location:
 Tops Plaza , 355 Orchard Park Rd., Park at FAR END near poles marked "I" or "F".

SYRUP AND SLOTS

THUR., JUNE 13

\$89.00

Off to the Southern Tier to experience a fantastic restaurant featuring homemade maple syrup. Enjoy the scenery as you travel to **SPRAGUE'S MAPLE FARMS**. Enjoy Breakfast at this popular restaurant. Continue the day with slots at the **SENECA ALLEGHANY CASINO**. With 68,000 sq. feet of world-class gaming, thousands of reel-spinning & video slot machines & favorite table games.

RECEIVE \$25 SLOT PLAY & \$5 DINING DOLLARS during your casino stay. Bring your Seneca Social Club card and valid gov't issued phot ID.

CHOOSE ONE:

- Pancakes w/Eggs & Meat
- Texas Size French Toast w/Meat
- Sausage Gravy & Biscuits with home-fries

DEPART Tops Plaza 8:30 am

RETURN Tops Plaza 6:00 pm



We **DO NOT** confirm! Your registration is accepted unless notified otherwise!

OVERNIGHT TRIPS & TOURS

NEW 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 and trip cost and is noted in the trip description. 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.

"DANIEL" SIGHT & SOUND THEATER

MARCH 19 – 21

TUES. – THUR. - 3 Days

Highlights Include: • Shady Maple Smorgasbord • Amish Farmlands Tour with guide • Quilt & Craft Shop • Casey Jones Restaurant • "Daniel" at Sight and Sound Theatre • Greenfield Restaurant • "9 To 5" at Fulton Theater . Check the Scenic Excursions website for complete itinerary!

TRIP INCLUDES

2 Nights Accommodations
2 Breakfasts & 2 Dinners
"9 To 5" at Fulton Theatre
Guided tour of Amish
"Daniel" at Sight & Sound—GREAT seats!

Choice of Entrée at Greenfield:

- Lemmon pepper chicken
- Boneless pork chops
- Baked salmon with lemon butter sauce

Non-Refundable Price Per-Person*:

\$840.00 per/person Double
\$995.00 per/person Single
\$785.00 per/person Triple
***Save \$50 off per person if booked by 12/31/23**

Additional Trip Insurance Price Per-Person:

\$38.00 (Ages 0-25)
\$50.00 (Ages 26-35)
\$65.00 (Ages 36-55)
\$80.00 (Ages 56-65)
\$114.00 (Ages 66-75)
\$142.00 (Ages 76+)

Depart: Tops Plaza March 19th @ 7:00am
Return: Tops Plaza March 21st @ TBA



ARK ENCOUNTER & Creation Museum

APRIL 1 - 4

Mon-Thur.—4 Days

TENTATIVE ITINERARY

Day 1: Departure from WNY for Northern Kentucky. Prior to arrival at hotel we will stop for included **DINNER**.

Day 2: BREAKFAST at the hotel. Today, Bible history comes to life at the **CREATION MUSEUM**. You will have the whole day to explore this attraction that highlights creation science with stunning exhibits, dinosaur bones, fossils, botanical gardens, a planetarium and petting zoo. Lunch on your own in museum café. We'll refresh at our hotel before setting sail aboard a **RIVERBOAT FOR A DINNER CRUISE** on the Ohio River.

Day 3: BREAKFAST at the hotel. Have you ever wondered...How big was Noah's Ark? How did Noah fit all the animals plus feed and care for them? How did Noah build the ark? Our visit to the **ARK ENCOUNTER** will answer all of the questions and more. Three decks to explore! Lunch and dinner are on your own today.

Day 4: BREAKFAST at the hotel. Before departing the area we will visit **ST. MARY'S CATHEDRAL BASILICA OF THE ASSUMPTION**. Departure for home.

TRIP INCLUDES

Luxury Motorcoach • Three-nights lodging • 3 breakfasts • 2 dinners • Tour host(ess)

Non-Refundable Price Per-Person*:

\$949.00 per/person Double
\$1199.00 per/person Single
\$859.00 per/person Triple
***Save \$50 per person if booked by 12/31/23**

Additional Trip Insurance Price Per-Person:

\$38.00 (Dbl/Tpl)/\$48.00 (Sgl) (Ages 0-25)
\$50.00 (Dbl/Tpl)/\$63.00 (Sgl) (Ages 26-35)
\$65.00 (Dbl/Tpl)/\$83.00 (Sgl) (Ages 36-55)
\$80.00 (Dbl/Tpl)/\$103.00 (Sgl) (Ages 56-65)
\$114.00 (Dbl/Tpl) /\$151.00 (Sgl) (Ages 66-75)
\$142.00 (Dbl/Tpl) /\$188.00 (Dgl) (Ages 76+)
Depart: Tops Plaza April 1 @ 9:00am

BRANSON

MAY 13–19

MON.-SUN. - 7 Days

Highlights of this 7-day trip include The Baldknobber's Show at Branson Famous Theater * The Doug Gabriel Show * Guided Tour of Branson * Pierce Arrow Decades Tour * Clay Cooper Theater for Clay Cooper's County Express * The Haygood's Show * Lost Canyon Cave * Ozark History Museum * The Showboat Branson Belle. Check the Scenic Excursions website for a complete detailed itinerary!

TRIP INCLUDES

6 Nights Accommodations
6 Breakfasts
4 Dinners

Non-Refundable Price Per-Person:

\$1,899.00 per/person Double
\$1,749.00 per/person Single
\$2,239.00 per/person Triple
Save \$50 off per person if booked by 12/31/23


Additional Trip Insurance Price Per-Person:

\$59.00 (Dbl/Tpl)/\$79.00 (Sgl) (Ages 0-25)
\$77.00 (Dbl/Tpl)/\$109.00 (Sgl) (Ages 26-35)
\$102.00 (Dbl/Tpl)/\$145.00 (Sgl) (Ages 36-55)
\$126.00 (Dbl/Tpl)/\$180.00 (Sgl) (Ages 56-65)
\$188.00 (Dbl/Tpl) /\$273.00 (Sgl) (Ages 66-75)
\$234.00 (Dbl/Tpl) /\$341.00 (Dgl) (Ages 76+)

Depart: Tops Plaza May 13th @ 9:15am
Return: Tops Plaza May 18th @ 5:00pm



We DO NOT confirm! Your registration is accepted unless notified otherwise!

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

Street

City

Zip

Home Phone – REQUIRED

Cell Phone

E-Mail Address:

Course or Trip/Tour Title	Course #	Date	Time	Fee	(Office use)
1.					
2.					
3.					




**Make checks payable to:
Iroquois Central School. Your
canceled check is your receipt.**

WAIVER

Signed and included with
registration for physical
fitness and/or
swimming classes.

Check if a:

☐ District Resident☐ Non-Resident: add \$5.00 (per person) \$ _____**TOTAL FEE ENCLOSED** \$ _____**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**

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Check if a:

☐ District Resident☐ Non-Resident: add \$5.00 (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** send cash.
- 3 One check 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 Waiver **must** be signed for Physical Education and/or swimming classes.

YOUR REGISTRATION WILL AUTOMATICALLY BE ACCEPTED UNLESS OTHERWISE NOTIFIEDWe **DO NOT** confirm! Your registration is accepted unless notified otherwise!

IROQUOIS COMMUNITY ED PHYSICAL FITNESS/SWIMMING WAIVER

I hereby state that _____ does not have any ailments or conditions that could prevent me/him/her from participating in a physical fitness 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 ED PHYSICAL FITNESS/SWIMMING WAIVER

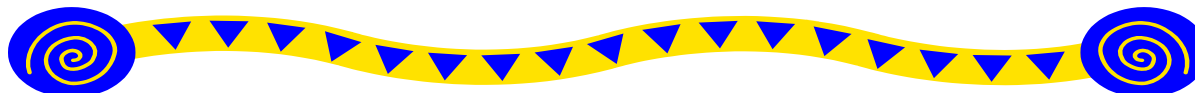
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I hereby release Iroquois Central School District from any and all liability and waive any claim from injury that might have been forestalled, foreseen, determined, anticipated or uncovered by a physical examination, and accordingly do agree to hold 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.