

# West Irondequoit *Community Education*

WINTER 2024

Winter Classes Offered January - April



Katie Tytler, Director of Community Education

585-336-3014

[westirondequoit.org](http://westirondequoit.org)

Excellence in Education for All Ages

# A NOTE FROM: COMMUNITY EDUCATION DIRECTOR KATIE TYTLER

Winter is a time of self-reflection and preparation for new beginnings ahead. Savor the season with family and friends. Take time to reset and appreciate the beauty and quiet of the Winter season.

**Registration for Winter programs will begin on December 18.** As you browse through our Winter 2024 Brochure, we hope that you or a member of your family takes advantage of participating in a class. We have something for everyone; try something new and join us in a program!

We welcome new program ideas; please contact our office with your ideas.

Should you have any questions or concerns, please do not hesitate to call our office @ 585-336-3014.

Stay healthy, be active and create your own happiness.

## PHOTOGRAPHY CONTEST

We need your help! Do you have a photographer in the making residing in your home? Submit entries for the back page of the Community Education Spring/Summer Brochure. Using your talents show us what Spring/Summer in West Irondequoit means to you. If chosen your photograph and name will be featured on the back cover of the Spring/Summer 2024 Community Education Brochure.

Ages: 6 & Up  
Dates: Due by February 1  
Fee: FREE

Scan/Email entries to:  
katie\_tytlер@westiron.monroe.edu  
Subject Line: Spring/Summer Brochure Photography Contest

Questions, please call our office @ 585-336-3014

# WINTER 2024 INFO

## Eligibility

All persons 18 years of age or older may register unless listed otherwise. Non-residents are welcome.

## Registrations Due

Prior to the start of your class. Decisions whether a class or program will be held are made approximately three days prior to the start date.

## Register Online

[westirondequoit.org/parents\\_community/community\\_education](http://westirondequoit.org/parents_community/community_education)

If you have participated in any Community Education activity or class and would like to register on-line, log in using your user name and password (if you have forgotten your user name call Community Education)

If you are a **NEW** Community Education participant, you can click the "Create Account" link on the registration page.

## Register by Mail

West Irondequoit CSD  
Community Education  
260 Cooper Road  
Rochester, NY 14617

## Register by Phone

(585) 336 - 3014

## Register by Fax

(585) 336 - 3154

## Register in Person

Drop off your completed registration & payment  
Monday - Friday, 8 am - 4 pm  
District Office  
321 List Ave.  
Rochester, NY 14617



## WEST IRONDEQUOIT CSD COMMUNITY EDUCATION DISCLAIMER

The West Irondequoit CSD Community Education program contracts with instructors to present information in various areas of expertise. Instructors are not permitted to use their courses to solicit business for personal or corporate benefit. Any contact with an instructor outside the classroom is not the responsibility of the West Irondequoit CSD. Community Education students are hereby advised that the West Irondequoit CSD does not assume responsibility for loss or damages incurred from the information and/or advice provided by an instructor, whether in or out of class

The West Irondequoit CSD does not discriminate on the basis of race, color, national origin, sex, disability, or age in its program or activities. The following person handles inquiries regarding the non-discrimination policies:

Michelle Cramer  
Assistant Superintendent for Human Resources

(585) 336 - 2995  
321 List Ave.  
Rochester, NY 14617

**COMMUNITY EDUCATION**  
[westirondequoit.org/parents\\_community/community\\_education](http://westirondequoit.org/parents_community/community_education)

**REGISTER ONLINE**  
[registration.xenegrade.com/wisd](http://registration.xenegrade.com/wisd)

# COMMUNITY EDUCATION WINTER 2024 CLASSES

<b>Aquatics</b> .....	<b>5-6</b>	<b>Fitness Health &amp; Wellness</b> .....	<b>17-20</b>
Adult Lap Swim/Water Walking		Active Vin Yasa Yoga	
Pre-School Swim Lessons		Belly Dance	
Swim Lesson Parent & Child		Cardio & Strength Morning & Evening	
Private Swim Lessons		Emotional Release For Inner Peace	
Swim Lessons		Essentrics Aging Backwards	
<b>Arts &amp; Crafts</b> .....	<b>7-8</b>	Healing With Energy	
Bird Carving Tufted Titmouse		Meditation For Relaxation & Personal Healing	
Folk Art Painting		Pilates	
Jewelry Making Class I & II		Tone, Firm, Stretch	
Needlefelting		Water Fitness Workout	
Pastel Painting Introduction		Yoga Level I & II	
Watercolor Beginner to Advanced		Zumba Dance Fitness	
<b>Automobile / Driving</b> .....	<b>9</b>	<b>Pickleball</b> .....	<b>21</b>
Online Permit Testing		<b>Music</b> .....	<b>22-23</b>
5-Hr. Course		Instant Piano/Guitar for Busy People	
<b>Business &amp; Financial Matters</b> .....	<b>10-13</b>	Irondequoit Community Orchestra	
Estate Planning		Irondequoit Concert Band	
Life After Work		The Irondequoit Chorale	
Long Term Care		Singing Lessons For Everyone-Online	
Medicare Made Clear		<b>Personal Interest</b> .....	<b>24-26</b>
Preparing For Retirement		Afternoon Tour Of Letchworth State Park	
Protection For The Unexpected		Become a Notary with Notary Public License Law	
Social Security Maximize Your Benefit		Electronic Notary Training Class	
Special Needs Planning		Mindful Communication Introduction	
Quickbooks Desktop/Online		Plan Your European Adventure	
Women and Finance		Planning Your Disney World Vacation	
<b>Family &amp; Youth</b> .....	<b>14</b>	Understanding The Teenage Brain	
Babysitter's Training		Wine Making Made Simple	
Hikes For Tykes		<b>Safety Education</b> .....	<b>27</b>
Home Alone		Blended Adult/Pediatric CPR/AED & First Aid	
First Aid Basics For Kids		NYS Coaches CPR/FA & AED	
<b>Sports</b> .....	<b>15-16</b>	<b>Ed2Go</b> .....	<b>28</b>
Girl's Basketball Skills/Drills		<b>Gold Card Information</b> .....	<b>29</b>
IBC Girl's Basketball		<b>Registration Information</b> .....	<b>30-31</b>
Youth Basketball Clinic			
Fall Eagles Wrestling Camp			
Eagles Wrestling Club			



**REGISTRATION BEGINS  
DECEMBER 18  
REGISTER ONLINE  
[registration.xenegrade.com/wisd](https://registration.xenegrade.com/wisd)**

# AQUATICS PROGRAMS

## ADULT LAP SWIM/WATER WALKING

Enjoy lap swimming or water for individual conditioning in our eight lane pool. You may pay per visit or purchase a discounted pass. The pool pass does NOT expire.

Fee: \$4 per visit  
\$105 / 30 visit pass  
Gold Card Fee: \$100 / 30 visit pass  
Location: IHS Pool Door #5



Please visit our website:  
[www.westirondequoit.org/athletics/aquatics](http://www.westirondequoit.org/athletics/aquatics)

Here you can find a complete listing of  
pool times by month.

Or call Community Education  
at 585-336-3014 and we will mail  
you a schedule.

SWIM LESSON  
REGISTRATION BEGINS:

PRIVATE LESSONS: JANUARY 9  
GROUP LESSONS: FEBRUARY 8

## WATER FITNESS WORKOUT

For a solid hour of invigorating water aerobics and a total body workout in shallow or deep water. Strengthen muscles, circulation and respiration; increase your range of motion through warm-ups and stretching, cardiovascular workout with aerobic exercise, and upper body conditioning workout ending with a cool down, stretch and tone. This class is designed for everyone to have fun and feel good. **Must be comfortable in shallow and deep water.**

Ages: Adults  
No Program: January 15  
February 19-23  
March 29-April 8  
Time: 6:00-7:00 pm  
Location: IHS Pool Door #5  
Instructor: Charleen Calabro

Course Code: FIT6041W  
Days: Monday & Thursday  
Dates: January 8-April 25  
Fee: \$135 (26 classes)

Course Code: FIT6041WMonday  
Days: Monday  
Dates: January 8-April 22  
Fee: \$72 (12 classes)

Course Code: FIT6041WThursday  
Days: Thursday  
Dates: January 11-April 25  
Fee: \$84 (14 classes)



# SWIM LESSONS

## WITH COMMUNITY EDUCATION

### PRESCHOOL SWIM LESSONS

Class is designed to orient preschool-age children to the aquatic environment and to help them acquire basic aquatic skills.

**Ages:** 4-5 years  
**Days:** Saturday  
**Dates:** March 2-May 4  
**No Program:** March 30 & April 6  
**Fee:** \$85 (8 classes)  
**Location:** IHS Pool Door #5  
**Instructor:** Aqua, Staff

**Course Code:** FIT6100W  
**Time:** 9:30-10:05 am

**Course Code:** FIT6100W2  
**Time:** 10:10-10:45 am

**Course Code:** FIT6100W3  
**Time:** 10:50-11:25 am

### SWIM LESSONS - PARENT & CHILD

Class is designed to familiarize young children to the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own. It is a great way to spend time with your child. An adult must be in the water with the child. Children in diapers must wear appropriate swim pants.

**Course Code:** FIT6099W  
**Ages:** 6 months to 4 years  
**Days:** Saturday  
**Dates:** March 2-May 4  
**No Program:** March 30 & April 6  
**Time:** 12:10-12:40 pm  
**Fee:** \$85 (8 classes)  
**Location:** IHS Pool Door #5  
**Instructor:** Aqua, Staff



## SWIM LESSON

### REGISTRATION BEGINS:

# PRIVATE LESSONS: JANUARY 9

# GROUP LESSONS: FEBRUARY 8

### PRIVATE SWIM LESSONS

Feel comfortable working one on one with a member of our aquatic staff to learn to swim.

**Ages:** 3 years & Up  
**Days:** Saturdays  
**Dates:** January 20-February 17  
**Fee:** \$105 (5 classes)  
**Location:** IHS, Pool Door #5  
**Instructor:** Aqua Staff

**Course Code:** FIT6107W  
**Time:** 10:00-10:30 am

**Course Code:** FIT6107W2  
**Time:** 10:30-11:00 am

**Course Code:** FIT6107W3  
**Time:** 11:00-11:30 am

**Course Code:** FIT6107W4  
**Time:** 11:30 am-12:00 pm

**Course Code:** FIT6107W5  
**Time:** 12:00 pm-12:30 pm

**Course Code:** FIT6107W6  
**Time:** 12:30-1:00 pm



# SWIM LESSONS WITH COMMUNITY EDUCATION

The levels are listed below. Each level is described as accurately as possible but some adjustments may be necessary in order to place your child in the proper level. Any physical limitations should be noted on the child's registration form. When choosing the level of instruction for your child underestimate your child's abilities. Instructors will verify the ability of each child during the first class. Pre-registration is required. You are encouraged to stay in the pool area the first and the last class to observe. For the remainder of the lessons, parents/guardians and siblings are asked to leave the pool area.

**Ages:** 6 & Up  
**Days:** Saturday  
**Dates:** March 2-May 4  
**No Program:** March 30 & April 6  
**Fee:** \$85 (8 classes)  
**Location:** IHS Pool Door #5  
**Instructor:** Aqua Staff

## SWIM LESSONS - LEVEL 1

In Level 1 Introduction to Water Skills, your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including, entering the water independently using ladder, steps or side, traveling at least 5 yards, bobbing 3 times then safely exiting the water, gliding on front supported at least 2 body lengths, rolling to a back float for 3 seconds with support, recovering to a vertical position with support.

**Course Code:** FIT6101W  
**Time:** 10:10-10:45 am

**Course Code:** FIT6101W2  
**Time:** 11:30 am-12:05 pm

## SWIM LESSONS - LEVEL 2

Level 2 Fundamental Aquatic Skills builds on skills learned in Level 1. Some of the milestones that are necessary for successful completion of Level 2 include: stepping from the side into chest deep water, moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position, moving into a back float for 5 seconds, rolling to front then recovering to a vertical position, pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

**Course Code:** FIT6102W  
**Time:** 10:10-10:45 am

**Course Code:** FIT6102W2  
**Time:** 10:50-11:25 am

## SWIM LESSON REGISTRATION BEGINS:

**PRIVATE LESSONS: JANUARY 9**  
**GROUP LESSONS: FEBRUARY 8**

## SWIM LESSONS - LEVEL 3

In Learn to Swim Level 3, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Some of the milestones in Level 3 Stroke Development include: jumping into deep water from the side, swimming the front crawl for 15 yards, maintaining position by treading or floating for 30 seconds, swimming the elementary backstroke for 15 yards.

**Course Code:** FIT6103W  
**Time:** 9:30-10:05 am

**Course Code:** FIT6103W2  
**Time:** 11:30 am-12:05 pm

## SWIM LESSONS - LEVEL 4

In Learn to Swim Level 4, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Some of the milestones in Level 4 stroke improvements include: swimming the front crawl for 25 yards, swimming the elementary backstroke for 25 yards, swimming the breaststroke for 15 yards, swimming the back crawl for 15 yards, open turns on the front and back.

**Course Code:** FIT6104W  
**Time:** 12:10-12:45 pm

## SWIM LESSONS - LEVEL 5

In Learn to Swim Level 5, our instructors follow a plan to introduce new swimming and water safety skills and to build on ones previously learned. The expectations are higher for participants now in regards to distance and quality. Some of the milestones in Level 5 Stroke Refinement include: performing a shallow angle dive into deep water, swimming the front crawl for 50 yards, swimming the elementary backstroke for 50 yards, swimming the breaststroke for 25 yards, swimming the back crawl for 25 yards.

**Course Code:** FIT6105W  
**Time:** 12:10-12:45 pm

# ARTS & CRAFTS

## BIRD CARVING STELLAR'S JAY

We will be carving and painting an 80 percent size Stellar's Jay which is a large blue and black songbird, a relative of the Bluejay. This bird is a year round resident of much of Western North America and north into Canada and south into the mountains of Central America and is mostly found in evergreen forests. This class is geared toward the beginner and intermediate carver and we welcome experienced carvers as well. A materials fee for basswood blanks, glass and paint supplies is included in your registration fee. Students **should supply their own** knives and paint brushes. Some knives, brushes and other supplies are available for purchase from the instructor.

**Course Code:** ART1071W  
**Ages:** Adults  
**Days:** Tuesday  
**Dates:** January 16-March 12  
**No Program:** February 20  
**Time:** 7:00-9:00 pm  
**Fee:** \$105 (8 classes)  
**GC Fee:** \$100 (8 classes)  
**Location:** IHS , Room 1150  
**Instructor:** Robin Salsbury

## FOLK ART PAINTING WITH WATER COLOR GOUACHE

Folk Art is a decorative, homemade and grassroots art; that includes everyday images like flowers, fruits, vegetables & animals.

**1st Class:** Introduction to Folk Art, select drawing, trace, select colors

**2nd Class:** Instructions on how to paint, practice with paint brush, begin painting

**3rd Class:** Complete Folk Art, adjust paint colors, add highlights, talk

**Course Code:** ART1361W  
**Ages:** Adults  
**Days:** Monday  
**Dates:** January 22-February 5  
**Time:** 6:30-8:30 pm  
**Fee:** \$55 (3 classes)  
**Location:** IHS , Room 1150  
**Instructor:** Danica Glamack

## PASTEL PAINTING: INTRODUCTION

If you have ever admired the beautiful pastel paintings of Impressionist artists like Edgar Degas or Mary Cassatt, this class is for you! Pastel paintings can look as loose as a drawing or as finished as an oil painting. Through informational discussions, demonstrations, and plenty of opportunity for the student to experiment, we will learn about the incredible versatility of pastel. Areas to be covered include brands of pastels, papers, pastel painting techniques, design concepts, tricks of the trade, safety, storage and framing. No prior experience is necessary and all skill levels are welcome. Come and play! All materials will be supplied.

**Course Code:** ART1090W  
**Ages:** Adults  
**Days:** Wednesday  
**Dates:** March 6-March 27  
**Time:** 6:00-8:30 pm  
**Fee:** \$142 (4 classes)  
**GC Fee:** \$137 (4 classes)  
**Location:** IHS , Room Faculty Cafe  
**Instructor:** Colette Savage

## WATERCOLOR BEGINNER TO ADVANCED

This class will consist of 8 weeks of hands-on, step by step instruction in the medium of watercolor. The novice or beginners to this medium will involve 3 classes of learning techniques and color mixing. A specific subject matter will be worked on. Once mastered the student will be given the opportunity to work from a photo of their choosing. Advanced students will bring in a project that they would like to work on with one on one assistance to complete it. **Supply list** can be found online @ [www.westirondequoit.org/community\\_education](http://www.westirondequoit.org/community_education) under resources.

**Course Code:** ART1102W  
**Ages:** Adults  
**Days:** Thursday  
**Dates:** January 18-March 7  
**Time:** 6:30-8:30 pm  
**Fee:** \$92 (8 classes)  
**GC Fee:** \$87 (8 classes)  
**Location:** IHS , Room 1150  
**Instructor:** Darlene Zoricak



## COMMUNITY EDUCATION

[westirondequoit.org/parents\\_community/community\\_education](http://westirondequoit.org/parents_community/community_education)

## REGISTER ONLINE

[registration.xenegrade.com/wisd](http://registration.xenegrade.com/wisd)



# AUTOMOBILE/DRIVING

## ONLINE LEARNERS PERMIT TESTING

Is it time to get your learner's permit? The NYS Department of Motor Vehicles (DMV) allows students to take the driver's license knowledge test in their own school via the internet. Participation in this program will drastically reduce time spent at the DMV office by students and their parents. After passing the exam you will be given all the paperwork needed to take to the DMV office to apply for your permit. To be eligible, you must be at least 15 years of age and a current IHS student. **You may register in the counseling office with your school ID.** DMV manuals are available at the counseling office.

### Dates for testing:

Jan 18, 19, 31  
Feb 15, 16, 29  
March 14, 15, 28  
April 11, 12, 25



## PRELICENSING - NYS 5-HR.

In order to obtain a New York State Operator's License, you must complete this mandatory five-hour course. Topics include: information on drug and alcohol abuse, defensive driving techniques, and appropriate driving behavior. Attendance for five hours is required in order to obtain the Certificate of Completion necessary for your road test.

**You must possess a valid learning permit at the time of registration. you must forward a copy of your permit to community education:**

**tiffany\_robinson@westiron.monroe.edu**

**Ages:** 16 & Up  
**Time:** 8:00 am-1:00 pm  
**Fee:** \$45 (1 class)  
**Location:** Offsite, Online  
**Instructor:** Peter Haugh

**Course Code:** AUT6100W  
**Days:** Saturday  
**Dates:** January 6

**Course Code:** AUT6100W2  
**Days:** Sunday  
**Dates:** February 11

**Course Code:** AUT6100W3  
**Days:** Saturday  
**Dates:** March 2

**Course Code:** AUT6100W4  
**Days:** Sunday  
**Dates:** April 7



# BUSINESS/FINANCIAL

## CREATING FINANCIAL FLEXIBILITY WITH RMD'S

Create financial flexibility with Required Minimum Distributions. You've worked hard and done all the right things to prepare for your retirement. Now keep all that good momentum going by learning why it's important to understand RMD's and have a strategy to protect your retirement lifestyle. Please join us for an informational seminar and insurance sales presentation on the benefits of adding more financial flexibility to your retirement. We'll discuss how just a few simple steps can help you redefine the way you look at the best years of your life.

**Course Code:** FIN2141W  
**Ages:** Adults  
**Days:** Thursday  
**Dates:** January 18  
**Time:** 7:00-8:00 pm  
**Fee:** FREE (1 class)  
**Location:** Offsite, Online  
**Instructor:** Kappan Financial

## ESTATE PLANNING

This seminar is designed to provide Estate Planning basics that you can utilize to create an efficient plan to preserve and distribute your assets while reducing estate taxes, avoid probate and provide financial protection for your family. Guardian, its subsidiaries, agents and employees do not provide tax, legal, or accounting advice. Consult your tax, legal, or accounting professional regarding your individual situation. The information provided is based on our general understanding of the subject matter discussed and is for informational purposes only. This material is intended for general use. By providing this content Park Avenue Securities LLC and your financial representative are not undertaking to provide investment advice or make a recommendation for a specific individual or situation, or to otherwise act in a fiduciary capacity.

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**Course Code:** FIN2197W  
**Ages:** Adults  
**Days:** Wednesday  
**Dates:** April 17  
**Time:** 6:00-8:00 pm  
**Fee:** \$15 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Alliance Advisory Group

## INVESTMENT SOLUTIONS FOR YOUR RETIREMENT

You are cordially invited to attend a complimentary informational seminar and insurance sales presentation where you will learn about the dynamics of market volatility. During this session, you will discover ways to: •Keep volatility in perspective •Turn volatility into an opportunity •Maintain a long-term approach to investing, including a retirement product like a New York Life variable annuity. Disclosure: There are fees, guidelines, limitations, restrictions and risks when considering a variable annuity purchase. Variable annuities are subject to market risk including possible loss of principal. Withdrawals or surrenders may be subject to ordinary income tax and, if made prior to age 59 ½, may be subject to a 10% IRS penalty. Your financial professional can provide costs and complete details. Please consider the investment objectives, risks, charges and expenses carefully before investing in a variable annuity. The prospectus contains this and other important information and can be obtained from your financial professional. Be sure to read it carefully before investing.

**Course Code:** FIN2118W  
**Ages:** Adults  
**Days:** Thursday  
**Dates:** April 25  
**Time:** 7:00-8:30 pm  
**Fee:** FREE (1 class)  
**Location:** Offsite, Online  
**Instructor:** Kappan Financial

**COMMUNITY EDUCATION**  
[westirondequoit.org/parents\\_community/community\\_education](http://westirondequoit.org/parents_community/community_education)

**REGISTER ONLINE**  
[registration.xenegrade.com/wisd](http://registration.xenegrade.com/wisd)

# BUSINESS/FINANCIAL

## MEDICARE MADE CLEAR

Medicare can be, and often is, confusing. There are so many plans and so many changes year to year. If you are approaching age 65, or already there your mailbox may already be stuffed full of letters and advertisements from Medicare and everyone else who wants you to buy their plan. So what do you do? Should you purchase a HMO or a PPO plan? What about a Medicare Supplement plan? Maybe you are wondering what the “donut hole” is and why you should try to stay out of it. Or maybe you want to work past age 65...how will that affect you? Or maybe your questions are more basic...like “When do I sign up?” or “Where do I sign up?” Do not worry! This is a real world, interactive class with real life illustrations. In this two hour seminar you will learn about the various types of plans, processes, penalties and premiums associated with Medicare for this year. You will leave with a basic understanding of Medicare and what the plans cover. There will be plenty of time for questions and answers at the end of class. If you are 64 or older, this class will help you make better decisions for your healthcare when it is time for you to choose a Medicare plan for yourself.

**Course Code:** FIN2208W  
**Ages:** Adults  
**Days:** Tuesday  
**Dates:** February 20  
**Time:** 6:00-8:00 pm  
**Fee:** \$15 (1 class)  
**Location:** IHS , Room 1214  
**Instructor:** Douglas Warner

## SPECIAL NEEDS PLANNING

This seminar is designed to demonstrate estate planning strategies often used by families with special needs children or adults with disabilities. Sometimes the word “Estate Planning” scares people off. This program shows that estate planning is not only for people who are very rich, but also for anyone who needs to organize their assets and affairs to better care for their family.

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**Course Code:** FIN2146W  
**Ages:** Adults  
**Days:** Wednesday  
**Dates:** March 20  
**Time:** 6:00-8:00 pm  
**Fee:** \$15 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Alliance Advisory Group

**COMMUNITY EDUCATION**  
westirondequoit.org/parents\_community/community\_education

**REGISTER ONLINE**  
registration.xenegrade.com/wisd



# BUSINESS/FINANCIAL

## TAX DIVERSIFY RETIREMENT INCOME

How do taxes fit into your retirement planning? Learn how to help reduce the effect taxes may have on your retirement income. Retirement isn't what it used to be—especially with people generally living longer and spending more of their lives as retirees. With fewer companies offering pensions, and Social Security facing an uncertain future, the way we fund our retirement is changing, too. And tax rates? While they may be at historic lows now, there's no telling where they'll be in the future and how they'll impact your retirement income. So, how can you keep more of the savings you've worked a lifetime to enjoy? Join us for our free Tax Diversification Seminar, where you'll learn:

- What impact taxes can have on your retirement lifestyle.
- Why you should consider tax diversifying your retirement portfolio.
- How life insurance can provide valuable protection during your working years and assuming the policy is structured properly, can also provide the opportunity for access to tax-free supplemental retirement income in the future.

\* \*This involves accessing cash value which will reduce the available cash surrender value and life insurance benefit.

**Course Code:** FIN2144W  
**Ages:** Adults  
**Days:** Thursday  
**Dates:** February 22  
**Time:** 7:00-8:00 pm  
**Fee:** FREE (1 class)  
**Location:** Offsite, Online  
**Instructor:** Kappan Financial



## USING TIKTOK TO SCALE YOUR BUSINESS

Businesses everywhere are grossing millions in sales every year by utilizing today's most popular App: TikTok. Keeping your brand relevant in today's fast paced digital world is not only essential it is critical. Almost all sales are completed electronically. The next generation pretty much exclusively uses digital media to make their purchases. Knowing how to speak to this generation, get into their mindset and grab their attention is crucial. TikTok has taken the social media industry by storm, being the most used app to date with over 1 billion daily users. I work closely with brands at both ends of the spectrum. My clients include multimillion dollar brands startups. With my experience, I've helped them reach millions of views on their videos and grow their communities substantially and effectively. This course is designed to help any size businesses stay relevant and ahead in today's fast paced digital world. In this course, you will learn step by step how to use this App and it's features to your fullest potential. This includes: Set up, finding your niche, to creating your first viral video! What's more I will be sharing with you 50+ of my own tried and true hooks that have helped me scale over 7.5 million views in my first month working with startup brands. After taking this course, you will have all the essential skills you need to take advantage of this Apps continued dominance in the social media space!

**Course Code:** FIN8917W  
**Ages:** Adults  
**Days:** Instructor will send link  
**Dates:** Instructor will send link  
**Time:** Instructor will send link  
**Fee:** \$150.00 (1 class)  
**Location:** Offsite, Online  
**Instructor:** Brooke Elardo



## BUSINESS/FINANCIAL

### WOMEN AND FINANCE: CREATE FINANCIAL INDEPENDENCE

Create Financial Independence. Would you like to learn more about financial security? Then come to our free informational and insurance sales seminar. We promise to help you understand your current financial standing and your future financial needs. **Disclosure:** Any discussions of investment products is informational only and not intended as a solicitation of those types of products.

**Course Code:** FIN2245W  
**Ages:** Adults  
**Days:** Thursday  
**Dates:** March 21  
**Time:** 7:00-8:00 pm  
**Fee:** FREE (1 class)  
**Location:** Offsite, Online  
**Instructor:** Kappan Financial



## COMMUNITY EDUCATION

[westirondequoit.org/parents\\_community/community\\_education](http://westirondequoit.org/parents_community/community_education)

### REGISTER ONLINE

[registration.xenegrade.com/wisd](http://registration.xenegrade.com/wisd)

## COLLEGE PREPARATION

### BE PREPARED FOR COLLEGE

If you have a child heading to college soon, or already there, you may be feeling overwhelmed by the prospect of applications, financial aid, and dealing with university offices. You may also wonder how to best prepare your child for this new adventure. If your child is the first in your family to go to college, there may be a lot of uncertainty and even anxiety surrounding this decision. In this class we will discuss all of this and more. By the end of the class parents will leave armed with information and feeling more prepared for their child's transition to college.

**Course Code:** COL2714W  
**Ages:** Parents / Guardians  
**Days:** Monday  
**Dates:** March 11  
**Time:** 6:30-8:30 pm  
**Fee:** \$30 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Kate Torrey

## COMPUTER

### BECOME A CONTENT CREATOR

Are you tired of the 9-5? Or maybe you're looking for a side hustle you can do right from your phone? Look no further. Becoming a UGC (User Generated Content) Creator is the easiest way to do just that! TikTok has taken the social media industry by storm, being the most used app to date with over 1 billion daily users. Within those 1 billion users are hundreds of thousands of UGC Creators making a living by sharing and reviewing products with their audiences on TikTok. The best part is, you can start with 0 followers (just like I did)! In this course, I will share my own success with starting a UGC business. I will teach you how to do the same. Our topics will include (but are not limited to): setting up your account, creating your portfolio, affiliate marketing, pitching brands, landing your first brand deal, inbound leads and more! After taking this course, you will have all the essential skills you need to start your career as a UGC Creator and make a profit! This App's continued dominance in the social media space is your ticket to writing your own ticket!

**Course Code:** COM2285W  
**Ages:** Adults  
**Days:** Instructor will send link  
**Dates:** Instructor will send link  
**Time:** Instructor will send link  
**Fee:** \$150 (1 class)  
**Location:** Offsite, Online  
**Instructor:** Brooke Elardo

# FAMILY / YOUTH

## BABYSITTER'S TRAINING

Taught through classroom discussion, instructor lead lecture and supplemented by an interactive video presentation; this 5 hour class for boys/girls ages 11-15, teaches participants the roles and responsibilities of a babysitter including skills in: accident prevention, first aid and abdominal thrusts for choking victims. Each student will receive a certification card upon completion. Students are asked to bring a SASE (self-addresses stamped envelope) to class along with a peanut free bagged lunch and drink.

**Ages:** 11-15 yrs  
**Time:** 12:00 pm-5:00 pm  
**Fee:** \$62 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Epic Trainings

**Course Code:** KID7201W  
**Days:** Tuesday  
**Dates:** February 20

**Course Code:** KID7201W2  
**Days:** Wednesday  
**Dates:** April 3

## DIGITAL PHOTOGRAPHY FOR KIDS

**Day #1** Explore the basics of digital photography while on a photo excursion along the Genesee River. Learn photo tips and ideas while snapping pictures at Kodak photo spots along the Genesee River. Cell phone and point and shoot cameras are acceptable. We will provide a camera if you need one. **Day #2** The class will discover how to create a photo montage as well as a music video. Other interesting photo activities are planned. **Note:** Students need to know their school computer login and password. We will be using computers in an IHS Computer Lab. **Please dress appropriately for the weather.**

**Course Code:** KID7143W  
**Ages:** 10-14yrs  
**Days:** Tuesday & Wednesday  
**Dates:** February 20 & 21  
**Time:** 9:00 am - 12:00 pm  
**Fee:** \$50 (2 classes)  
**Location:** IHS Room, 1148  
**Instructor:** Dan Reardon

## HOME ALONE SAFETY: WHEN I'M IN CHARGE

This 90-minute class designed to teach children ages 8-12, who are home alone the importance of behaving responsibly. Topics include but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of miscellaneous emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you & your child.

**Ages:** 8-12 yrs  
**Time:** 10:00-11:30 am  
**Fee:** \$40 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Epic Trainings

**Course Code:** KID7212W  
**Days:** Tuesday  
**Dates:** February 20

**Course Code:** KID7212W2  
**Days:** Wednesday  
**Dates:** April 3

**COMMUNITY EDUCATION**  
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**REGISTER ONLINE**  
[registration.xenegrade.com/wisd](http://registration.xenegrade.com/wisd)

# FITNESS / HEALTH WELLNESS

## ACTIVE VINYASA YOGA

Improve flexibility, balance and strength in this flowing hatha yoga practice. This class focuses on body awareness and breathing while providing functional fitness for everyday life. Participants should be able to move between standing and kneeling without assistance. **Yoga mat required**, block and yoga strap optional.

**Ages:** Adults  
**Days:** Wednesday  
**Location:** Briarwood, APR  
**Instructor:** Sheri Dumire-Hamilton

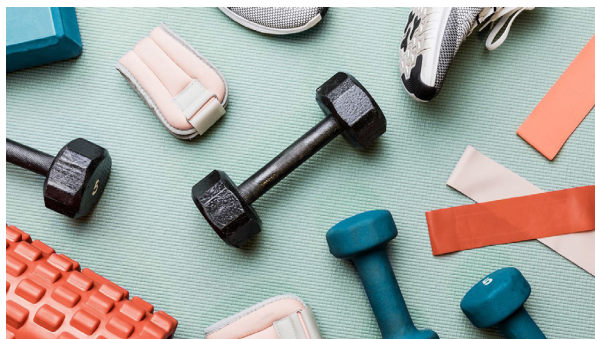
**Course Code:** HEA3152W  
**Dates:** January 17-February 28  
**Time:** 6:30-7:30 pm  
**Fee:** \$90 (7 classes)  
**GC Fee:** \$85 (7 classes)

**Course Code:** HEA3152W2  
**Dates:** March 6-May 1  
**No Program:** March 20 & April 17  
**Time:** 6:30-7:30 pm  
**Fee:** \$90 (7 classes)  
**GC Fee:** \$85 (7 classes)

## BELLY DANCE FOR HEALTH & FITNESS

Belly Dance is a great way to be active, stay healthy and fit. Each class will begin with stretches followed by isolation moves to tone your figure. Travel movements and steps will be added to work your cardio. No previous experience required and all levels welcomed.

**Course Code:** REC3560W  
**Ages:** Adults  
**Days:** Tuesday  
**Dates:** February 6-April 2  
**No Program:** February 20  
**Time:** 6:00-7:00 pm  
**Fee:** \$95 (8 classes)  
**GC Fee:** \$90 (8 classes)  
**Location:** Colebrook, APR  
**Instructor:** Elizabeth Ladd



## CARDIO & STRENGTH MORNING

This class is an invigorating aerobic workout designed to increase cardiovascular endurance, muscular strength and flexibility all while having fun. Exercise variations will be demonstrated to fit all levels of desired intensity and ability. Each class includes: warm up, low impact aerobics, muscle strengthening, floor work, cool down and stretch all done to a wide variety of music.

**Course Code:** FIT6022W  
**Ages:** Adults  
**Days:** Tuesday  
**Dates:** January 16-March 19  
**Time:** 9:00-10:00 am  
**Fee:** \$60 (10 classes)  
**GC Fee:** \$55 (10 classes)  
**Location:** Pinegrove, APR  
**Instructor:** Terry Slocum

## CARDIO & STRENGTH AFTERWORK

End your workday with the an invigorating aerobic workout designed to increase cardiovascular endurance, muscular strength and flexibility all while having fun. Exercise variations will be demonstrated to fit all levels of desired intensity and ability. Go at your own pace as you burn calories and feel good. Each class includes: warm up, low impact aerobics, muscle strengthening, floor work and cool down, all done to a wide variety of music.

**Time:** 5:30-6:30 pm  
**Location:** Brookview, APR  
**Instructor:** Terry Slocum

**Course Code:** FIT6021W  
**Days:** Monday  
**Dates:** January 15-March 18  
**Fee:** \$60 (10 classes)  
**GC Fee:** \$55 (10 classes)

**Course Code:** FIT6021W2  
**Days:** Thursday  
**Dates:** January 18-March 21  
**Fee:** \$60 (10 classes)  
**GC Fee:** \$55 (10 classes)

**\*Class on 3/14 will meet at Pinegrove\***

# FITNESS / HEALTH WELLNESS

## EMOTIONAL RELEASE FOR INNER PEACE

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 Code:** HEA3163W  
**Ages:** Adult  
**Days:** Monday  
**Dates:** February 26  
**Time:** 6:30-9:00 pm  
**Fee:** \$39 (1 class)  
**Location:** Off site, On-line Course  
**Instructor:** Jesse Wicher

## ESSEINTRICS AGING BACKWARDS

Essentrics is a dynamic exercise program that will activate all your muscles, free your joints, and increase mobility. Essentrics draws on the flowing movements of Tai Chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles and the healing principles of physiotherapy which create a pain free body. This Aging Backwards class is appropriate for all ages and fitness levels and will place an emphasis on regaining joint mobility, improving balance, reducing pain and building foundational strength. Seniors are welcome! **Please bring** a fitness mat, exercise strap, and beach towel. Wear comfortable clothing and plan to exercise in bare feet. To learn more about Essentrics, please visit [www.essentrics.com](http://www.essentrics.com). If you have questions, please feel free to reach out to April directly, [azdebes@gmail.com](mailto:azdebes@gmail.com)

**Ages:** Adult  
**Days:** Thursday  
**Time:** 9:00 am-10:00 am  
**Fee:** \$105 (6 classes)  
**Location:** Pinegrove, APR  
**Instructor:** April Debes

**Course Code:** HEA4709W  
**Dates:** January 4-February 15  
**No Program:** February 1

**Course Code:** HEA4709W2  
**Dates:** March 7-April 25  
**No Program:** March 28 & April 4

West Irondequoit Central School District assumes no responsibility with respect to an individual's physical and/or mental suitability to engage in any physical activities.

It is advisable to check with your personal physician if you have a health problem.

Check with your insurance company for possible reimbursement for fitness classes.





# FITNESS / HEALTH WELLNESS

## MEDITATION FOR RELAXATION & PERSONAL HEALING

Do you suffer from stress, anxiety or sleeplessness-- or even high blood-pressure or hypertension? 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. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress, and create a greater sense of well-being. 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.

**Course Code:** HEA3451W  
**Ages:** Adults  
**Days:** Wednesday  
**Dates:** February 28-March 27  
**Time:** 7:00-9:00 pm  
**Fee:** \$149 (5 classes)  
**Location:** Off site, On-line Course  
**Instructor:** Jesse Wicher

## PILATES

In this class you will explore the exciting world of IM=X Pilates which can help you lose weight while strengthening core muscles. We will work on strengthening and stabilizing your entire body while increasing your overall flexibility. Learn the secrets of IM=X routines and enjoy all the benefits such as back strengthening and increased hip range of motion which can help alleviate lower back pain, hip discomfort and improve posture. This class is appropriate for all fitness levels. **Participants will need** to bring a yoga or pilates mat to class.

**Course Code:** FIT6015W  
**Ages:** Adults  
**Days:** Monday  
**Dates:** January 22-April 15  
**Time:** 6:45-7:45 pm  
**Fee:** \$120 (12 classes)  
**GC Fee:** \$115 (12 classes)  
**Location:** Briarwood, APR  
**Instructor:** Bethany Reniff

## RUNNERS' CARDIO AND STRENGTH

Strength training should be an important part of anyone's workout routine, yet runners often skip the weights. Why is it so important? Strengthening our bodies is the number one aide in preventing injury. Running form is greatly improved with a stronger core, and of course, adding bodyweight exercises is very helpful in weight management. This interval style workout is great for runners and non-runners, integrating cardio, strength, and core with some great music! **Please bring** a yoga or exercise mat, small hand weights (2-10lbs), and a bottle of water.

**Course Code:** FIT6037W  
**Ages:** Adults  
**Days:** Thursday  
**Dates:** January 18-March 14  
**No Program:** February 22  
**Time:** 6:00-7:00 pm  
**Fee:** \$95 (8 classes)  
**Location:** Briarwood, APR  
**Instructor:** Kelly Nash



## SECRETS OF HAPPINESS

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 time-honored techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of 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!

**Course Code:** FIT3310W  
**Ages:** Adults  
**Days:** Tuesday  
**Dates:** February 27-March 26  
**Time:** 7:00-9:00 pm  
**Fee:** \$149 (5 classes)  
**Location:** Offsite, Online Course  
**Instructor:** Jesse Wicher

# FITNESS / HEALTH WELLNESS

## SUN STYLE TAI CHI

This course may be done standing or sitting in chairs. Tai Chi is an ancient form of exercise and meditation in motion. It has been used for more than 500 years. World wide, it is the most common system of healthy exercises. Today it is practiced primarily for health purposes. It improves circulation, breathing, strength, flexibility and balance. All of the movements are done slowly and safely. This course is ideal for those who would like to start with a shorter, easier Tai Chi class. The student will learn forms (movements) of the SUN (soon) Style Tai Chi. The SUN form incorporates Qi Gong (cee gung) breathing exercises with the SUN Tai Chi. The SUN style was developed in China in the 1930s, primarily for health purposes. These movements are certified and recommended by the Arthritis Foundation and are beneficial in many other ways. The instructor is Master Guy C Prentice, a Master Trainer of "Tai Chi for Arthritis" with the international Tai Chi for Health Institute.

**Course Code:** HEA3607W  
**Ages:** Adults  
**Days:** Wednesday  
**Dates:** February 7-April 3  
**No Program:** February 28  
**Time:** 4:00-5:00 pm  
**Fee:** \$103 (8 classes)  
**GC Fee:** \$98 (8 classes)  
**Location:** Brookview, APR  
**Instructor:** Guy Prentice

## YANG STYLE TAI CHI

The Student will learn 17 forms (movements) of the very popular Yang style Tai Chi. This Tai Chi is a classic form, first used publicly in the 1800's in China. It was introduced to the West by some of the most skilled Tai Chi Masters. Yang Tai Chi was first used in martial arts training. Now it is primarily used as an exercise system. In this course, it is not used martially, but used to promote physical and mental health. The Tai Chi player uses the body and mind, from head to toe, to form the movements. All of the forms are done with continuous flowing movements that are timed with breath and purposefulness. Best of all, the movements do not need to be done perfectly to be beneficial. This course is an introduction to learning Tai Chi and may encourage further study.

**Course Code:** HEA3609W  
**Ages:** Adults  
**Days:** Wednesday  
**Dates:** February 7-April 3  
**No Program:** February 28  
**Time:** 5:15-6:15 pm  
**Fee:** \$103 (8 classes)  
**GC Fee:** \$98 (8 classes)  
**Location:** Brookview, APR  
**Instructor:** Guy Prentice

## WATER FITNESS WORKOUT

For a solid hour of invigorating water aerobics and a total body workout in shallow or deep water. Strengthen muscles, circulation and respiration; increase your range of motion through warm-ups and stretching, cardiovascular workout with aerobic exercise, and upper body conditioning workout ending with a cool down, stretch and tone. This class is designed for everyone to have fun and feel good. **Must be comfortable in shallow and deep water.**

**Ages:** Adults  
**No Program:** January 15  
February 19-23  
March 29-April 8  
**Time:** 6:00-7:00 pm  
**Location:** IHS Pool Door #5  
**Instructor:** Charleen Calabro

**Course Code:** FIT6041W  
**Days:** Monday & Thursday  
**Dates:** January 8-April 25  
**Fee:** \$135 (26 classes)

**Course Code:** FIT6041WMonday  
**Days:** Monday  
**Dates:** January 8-April 22  
**Fee:** \$72 (12 classes)

**Course Code:** FIT6041WThursday  
**Days:** Thursday  
**Dates:** January 11-April 25  
**Fee:** \$84 (14 classes)



# FITNESS / HEALTH WELLNESS

## YOGA - LEVEL 1 & 2

In the Iyengar tradition, this class is designed to give beginners a strong foundation of yoga postures and continue to challenge the more advanced student. Yoga is an exercise that will compliment any fitness program. **Please bring** a mat, blanket and belt.

<b>Course Code:</b>	<b>HEA3110W</b>
<b>Ages:</b>	<b>Adults</b>
<b>Days:</b>	<b>Monday</b>
<b>Dates:</b>	<b>January 22-March 11</b>
<b>Time:</b>	<b>6:00-7:00 pm</b>
<b>Fee:</b>	<b>\$88 (8 classes)</b>
<b>GC FEe:</b>	<b>\$83 (8 classes)</b>
<b>Location:</b>	<b>Dake Jr. High, APR-167</b>
<b>Instructor:</b>	<b>Suzanne Linsky R.Y.T.</b>

West Irondequoit Central School District assumes no responsibility with respect to an individual's physical and/or mental suitability to engage in any physical activities.

It is advisable to check with your personal physician if you have a health problem.

Check with your insurance company for possible reimbursement for fitness classes.

# PICKLEBALL

## PICKLEBALL

Due to repairs on the Rogers Gym, and shifting of Athletic programs, Pickleball is postponed. Please check our website @ [www.westiron.org](http://www.westiron.org) under Community Education for updated information regarding Winter Pickleball. If you have any questions please call our office at 585-336-3014 or email: [katie\\_tytler@westiron.monroe.edu](mailto:katie_tytler@westiron.monroe.edu)

We thank you in advance for your patience and understanding.

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# MUSIC

## INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students.

### Topics include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

<b>Course Code:</b>	<b>MUS2084W</b>
<b>Ages:</b>	<b>13 years - Adult</b>
<b>Days:</b>	<b>Tuesday</b>
<b>Dates:</b>	<b>February 27</b>
<b>Time:</b>	<b>6:30-9:00 pm</b>
<b>Fee:</b>	<b>\$64 (1 class)</b>
<b>Location:</b>	<b>Off site, On-line Course</b>
<b>Instructor:</b>	<b>Craig Coffman</b>

## INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.

### Topics include:

- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid "counting"
- How to simplify over 12,000 complex chords

<b>Course Code:</b>	<b>MUS2018W</b>
<b>Ages:</b>	<b>13 years - Adult</b>
<b>Days:</b>	<b>Monday</b>
<b>Dates:</b>	<b>February 26</b>
<b>Time:</b>	<b>6:30-9:30 pm</b>
<b>Fee:</b>	<b>\$64 (1 class)</b>
<b>Location:</b>	<b>Off site, On-line Course</b>
<b>Instructor:</b>	<b>Craig Coffman</b>



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# MUSIC

## IRONDEQUOIT COMMUNITY ORCHESTRA

Do you play violin, viola, cello or bass? Perhaps you already play in an orchestra, or want to refresh your playing skills in a fun non-threatening setting? The Irondequoit Orchestra is looking for musicians at all levels beyond “beginner”. You are never too young or old to join the orchestra. Teenager, retiree or somewhere in between, the Irondequoit Community Orchestra may be just what you are looking for. You do not have to be an Irondequoit resident to play with us. All are welcome to join. We play music of all varieties, classical, Broadway, pop, Latin, etc. and schedule a few “gigs” to share our excitement with the community. If you are interested but not quite sure, for more information contact: David Weiss, [dweiss2@rochester.rr.com](mailto:dweiss2@rochester.rr.com), 585-738-0413 or attend a rehearsal, but be prepared to have fun.

**Course Code:** MUS2014F  
**Ages:** Adults  
**Days:** Wednesday  
**Dates:** September 13-June 26  
**Time:** 7:30-9:00 pm  
**Fee:** \$15 / participant  
**Location:** Dake Jr. High, Band Room  
**Instructor:** Evan Meccarello

## IRONDEQUOIT CONCERT BAND

The Irondequoit Concert Band plays a variety of pops, classics, big band, movie and show tunes. The group rehearses from September through June and concerts are performed throughout the entire year. Auditions are required. For potential openings, please contact the band at: [irondequoitband@gmail.com](mailto:irondequoitband@gmail.com).

**Course Code:** MUS3014F  
**Ages:** Adults  
**Days:** Tuesday  
**Dates:** September 19-June 18  
**Time:** 7:30-9:30 pm  
**Fee:** \$15 / participant  
**Location:** Dake Jr. High  
Band Room  
**Instructor:** David Schantz

## THE IRONDEQUOIT CHORALE

Come and make beautiful music with us. We are a community-based vocal ensemble that provides an opportunity for individuals with musical interests and talents to share in learning and performing. We explore a wide variety of music: contemporary, classical, Broadway, traditional and holiday. Singers from all area communities are welcome. Performances occur 3-4 times per year. The ability to read music is helpful. Auditions are required. Any questions, please contact Heide Jorgensen-Murray at [heidejmurray@gmail.com](mailto:heidejmurray@gmail.com) or (585) 266-5018

**Course Code:** MUS9044F  
**Ages:** Adults  
**Days:** Tuesday  
**Dates:** September 12-June 18  
**Time:** 7:00-9:30 pm  
**Fee:** \$15 / participant  
**Location:** Dake, Chorus Room  
**Instructor:** Chorale Staff

## COMMUNITY EDUCATION

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## REGISTER ONLINE

[registration.xenegrade.com/wisd](http://registration.xenegrade.com/wisd)

# MUSIC

## LEARN TO DJ - BEGINNER

Ever wanted to DJ? Learn how to mix the songs that you love and become the master of your life's soundtrack with this course! You will learn the basic fundamentals of DJing and get hands-on experience, all guided by a multi-year professional DJ who has already taught hundreds the craft. This course is great for both those who have aspirations to DJ professionally, as well as those who are looking to just pick up the hobby/DJ recreationally, and is designed for all ages. No one is too young or too old to DJ; sign-up now to begin your DJ journey!

Topics Covered in the Program:

- How a DJ Controller Functions (buttons, knobs, layout, features, etc.)
- How to Use and Perform with DJ Software (rekordbox) linked to a DJ Controller
- Organizing your song library and important information each song has for DJs
- Music Theory as it Applies to DJs (such as Key-Matching)
- Beat-syncing
- Phrase-matching
- How to DJ; music and approaches mixing
- How to do basic song transitions (demonstrated, then hands-on application)

\*This course focuses on the art of DJing and relies primarily on examples from the world of electronic dance music (EDM) to do so; DJing can be used in many circumstances such as live performances or wedding DJing and the skills learned in this course are applicable to all circumstances as well as all kinds of music, though this course will focus on DJing within the context of electronic music and electronic music shows in order to convey fundamental principles. Ultimately, the skills you learn here will be applicable to all kinds of scenarios and musical genres, not just one specifically!

**Course Code:** MUS1234W  
**Ages:** 18 years & Up  
**Days:** Tuesday  
**Dates:** February 20  
**Time:** 7:00-8:00 pm  
**Fee:** \$30 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Kameron Torrey

## LEARN TO DJ - ADVANCED

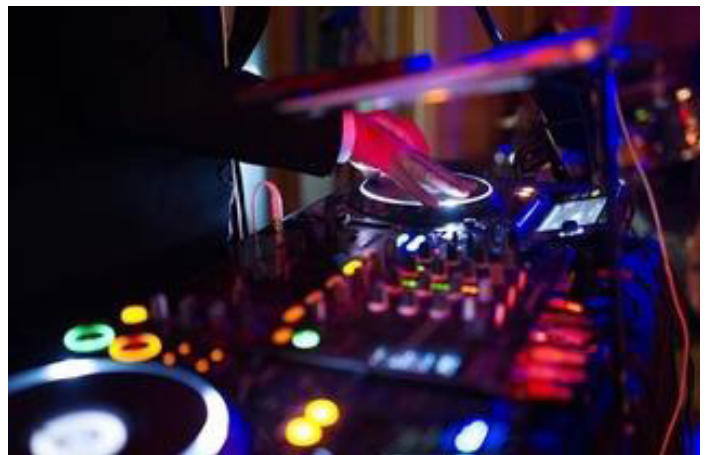
Have basic DJ skills and are looking to take them to the next level? This course is perfect for those looking to improve their skills and learn more about advanced knowledge that professional DJs utilize in their sets. Taught by a multi-year professional DJ who's done countless performances in front of thousands, you will be guided through the art of delivering a high-quality show to an audience complete with techniques to blow them away. Register today to secure the next step in your DJing journey!

\*This course is designed for those who previously took Learn to DJ - Beginner; but anyone regardless of if they've taken that specific course or their overall skill level can register!

\*\*If you have your own DJ controller, feel free to bring it to learn how to do these techniques on your own set-up! No equipment is necessary to register for this class however, everything needed will be provided!

\*\*\*This course focuses on the art of DJing and relies primarily on examples from the world of electronic dance music (EDM) to do so; DJing can be used in many circumstances such as live performances or wedding DJing and the skills learned in this course are applicable to all circumstances as well as all kinds of music, though this course will focus on DJing within the context of electronic music and electronic music shows in order to convey fundamental principles. Ultimately, the skills you learn here will be applicable to all kinds of scenarios and musical genres, not just one specifically!

**Course Code:** MUS1235W  
**Ages:** 18 years & Up  
**Days:** Thursday  
**Dates:** February 22  
**Time:** 7:00-8:00 pm  
**Fee:** \$30 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Kameron Torrey



# MUSIC

## SELF-GROWTH & THE ART OF SINGING

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

**Course Code:** MUS2019W  
**Ages:** Adults  
**Days:** Monday  
**Dates:** April 22  
**Time:** 7:00-9:00 pm  
**Fee:** \$35 (1 class)  
**Location:** Offsite, Online Course  
**Instructor:** Jesse Wicher

## SINGING LESSONS FOR EVERYONE - ONLINE

Learning to sing over the internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! Lessons are 30 minutes of private instruction for a five week session. It is flexible scheduling. **Instructor will contact you to schedule lessons after you register.**

**Course Code:** MUS2020W  
**Ages:** Adults  
**Days:** Flexible Scheduling  
**Dates:** Flexible Scheduling  
**Time:** Flexible Scheduling  
**Fee:** \$125 (5 classes)  
**Location:** Off site, On-line Course  
**Instructor:** Jesse Wicher

## COMMUNITY EDUCATION

[westirondequoit.org/parents\\_community/community\\_education](http://westirondequoit.org/parents_community/community_education)

## REGISTER ONLINE

[registration.xenegrade.com/wisd](http://registration.xenegrade.com/wisd)



# PERSONAL INTEREST

## BECOME A NOTARY WITH NEW NOTARY PUBLIC LICENSE LAW

Whether you are looking to become a new Notary Public or need a refresher on Notary Law and the duties/responsibilities afforded to you, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as appointment, testing and renewal policies and procedures. You must enter a valid e-mail to register.

**Course Code:** PER8121W  
**Ages:** Adults  
**Days:** Saturday  
**Dates:** February 10  
**Time:** 9:00am-3:00 pm  
**Fee:** \$55 (1 class)  
**Location:** Offsite, Online  
**Instructor:** Kristin Cavallaro

## BREAK INTO ACTING NOT DEAD END AUDITIONS

Have you always wanted to see yourself on the BIG SCREEN? When you watch your favorite shows, do you wish that YOU were the main character? Well I went through 4 years of acting school so you don't have to! In this course, you will learn from a professionally SIGNED actress how to get started in the very competitive acting industry and how you will stand out to agents and managers! We will go over everything you need to get started from headshots and resumes, to industry standard audition equipment, how to cry on command and get signed by your dream manager! Take this course and make your BIG dreams and reality!

**Course Code:** PER8237W  
**Ages:** 17 years & Up  
**Days:** Instructor will send link  
**Dates:** Instructor will send link  
**Time:** Instructor will send link  
**Fee:** \$110 (1 class)  
**Location:** Offsite, Online  
**Instructor:** Brooke Elardo

## ELECTRONIC NOTARY TRAINING CLASS

Effective February 2023, new NYS laws went into effect that allow for Electronic Notarizations. You may not perform Electronic notarizations unless you have registered the capability to do so with the state. This class will train you on what you need to know to become an Electronic Notary in the State of New York and the policies & procedures and software requirements that are mandated by the State for Electronic Notarizations. Only Electronic Procedures are covered in this class. **Ages 18+** **This class is only for** current traditional notaries who want to learn about electronic notarization and/or students that have already taken the: Becoming a Notary Public- Traditional class.

**Course Code:** PER1256W  
**Ages:** Adults  
**Days:** Tuesday  
**Dates:** March 19  
**Time:** 5:30-8:45 pm  
**Fee:** \$40 (1 class)  
**Location:** Offsite, Online  
**Instructor:** Kristin Cavallaro

**COMMUNITY EDUCATION**  
westirondequoit.org/parents\_community/community\_education

**REGISTER ONLINE**  
[registration.xenegrade.com/wisd](https://registration.xenegrade.com/wisd)



# PERSONAL INTEREST

## PLAN YOUR OWN EUROPEAN ADVENTURE

In this class you will learn how to plan your own trip to Europe, without a need for a tour guide or group. Travel at your own pace and save money while doing it. In this class we will cover everything from how to find affordable airfare and lodging to what to pack and how to get around.

**Course Code:** PER8163W  
**Ages:** Adults  
**Days:** Monday  
**Dates:** April 22  
**Time:** 6:30-8:30 pm  
**Fee:** \$30 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Kate Torrey

## PLANNING YOUR DISNEY WORLD VACATION

Planning a Disney World vacation can be overwhelming. In this class we'll cover Disney's new Genie + and Lightning Lane ride reservation features, the new park pass system, and how to plan your days in the parks. You'll find out which restaurants need to be reserved 60 days in advance, where to stay, and how to get around the 47 square miles of Walt Disney World.

**Course Code:** PER8145W  
**Ages:** Adults  
**Days:** Monday  
**Dates:** February 12  
**Time:** 6:30-8:30 pm  
**Fee:** \$30 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Kate Torrey



## TRAVELOGUE: TOUR OF ITALY FROM NORTH TO SOUTH

Dreaming of Italy? Looking for some travel inspiration for your next trip? Join us to take a tour, through photos and videos, of some of Italy's most beautiful scenery. We will start in Lake Como, near the Swiss border. Then we'll travel to Venice, the Cinque Terre National Park, Rome, Pompeii, and finally Sorrento and the Amalfi Coast. As well as learning about the must-see spots in each area, we will also discuss the best forms of transportation in each area and where to stay when you visit. Come along on our tour of Italy!

**Course Code:** PER4158W  
**Ages:** Adults  
**Days:** Monday  
**Dates:** February 26  
**Time:** 6:30-8:30 pm  
**Fee:** \$30 (1 class)  
**Location:** IHS, Room 1214  
**Instructor:** Kate Torrey

## WINE MAKING MADE SIMPLE

Looking for a unique way to spend time with family or an evening out with your friends? Then Wines By Design is the perfect place for you! It's easy and fun! You will learn the process of making wine and get a hands-on experience to create your very own wine in four one-hour classes throughout a six week span. The cost includes instruction and materials to make ten bottles of wine per person or couple. You will work together to make the wine base, but wine can be individualized on the final day of class. Create your own labels to further personalize your ten bottles of wine. In addition to the wine making instruction, various discussions (and some samples) of wine pairings will be held (ex: cheeses, chocolates, wine sauces). Minimum age of participants: 21 years.

**Ages:** 21 years and over  
**Time:** 6:00-7:00 pm  
**Fee:** \$99 (single)  
\$109 (couple)  
**Location:** Wines By Design  
3392 Buffalo Road  
**Instructor:** Wines By Design Staff

**Course Code:** PER8253W  
**Days:** Tuesday  
**Dates:** Jan 23, Feb 13,  
Feb 27, Mar 5

**Course Code:** PER8253W2  
**Days:** Wednesday  
**Dates:** Jan 31, Feb 21,  
Mar 6, Mar 13

# SAFETY EDUCATION

## BLENDDED ADULT/PEDIATRIC CPR/AED & FIRST AID

Designed for childcare providers, early childhood educators/students, youth organizations and parents. This course covers breathing and cardiac emergencies in infants and children, identifying and caring for common age-related injuries and preventing childhood illnesses. **NOTE:** PPE will be worn by instructor & required of students during the 1:1 skills session. **Date listed** is the date for the skills portion which will be held at Irondequoit High School, 260 Cooper Road, Room 1214. The online portion of the course will be emailed.

**Ages:** Adults  
**Time:** 5:00-6:00pm  
**Fee:** \$75 (1 class)  
**Instructor:** Epic Trainings

**Course Code:** SAF7409W  
**Days:** Tuesday  
**Dates:** February 20  
**Location:** IHS, Room 1214

**Course Code:** SAF7409W2  
**Days:** Wednesday  
**Dates:** April 3  
**Location:** IHS, Room 1214

## NYS APPROVED ADULT/PEDIATRIC/ CPR/AED & FIRST AID FOR COACHES

This course fulfills New York State Department of Education requirements for coaching and the New York State Department of Health requirements for camp Health Officers and includes CPR for the Professional Rescuer certification this course is particularly designed for coaches and trainers. Participants are taught action plans that apply to all emergencies. Please note: this course includes and surpasses all curriculum taught at the lay responders level for Adult, Infant, and Child CPR, First Aid as well as AED. All supply fees are included. **Date listed** is the date for the skills portion which will be held at Irondequoit High School, 260 Cooper Road, Room 1214. The online portion of the course will be emailed.

**Ages:** Adults  
**Time:** 5:00-6:00 pm  
**Fee:** \$88 (1 class)  
**Instructor:** Epic Trainings

**Course Code:** SAF7503W  
**Days:** Tuesday  
**Dates:** February 20  
**Location:** IHS, Room 1214

**Course Code:** SAF7503W2  
**Days:** Wednesday  
**Dates:** April 3  
**Location:** IHS, Room 1214



## COMMUNITY EDUCATION

[westirondequoit.org/parents\\_community/community\\_education](http://westirondequoit.org/parents_community/community_education)

### REGISTER ONLINE

[registration.xenegrade.com/wisd](http://registration.xenegrade.com/wisd)



# SUMMER SPORTS CAMPS PREVIEW




**DON'T MISS OUT ON THESE GREAT CAMPS THIS SUMMER!**  
**REGISTRATION WILL BEGIN IN APRIL FOR SUMMER PROGRAMS**  
**\*ALL INFORMATION IS SUBJECT TO CHANGE\***

BASEBALL CAMP ADVANCED	8-12 GRADE	MON-TH	7/22-8/1	9-11 AM	\$130
BASEBALL CAMP INTERMEDIATE	4-7 GRADE	MON-TH	7/22-7/25	11AM-1:00 PM	\$95
BASEBALL CAMP YOUTH	1-3 GRADE	MON-TH	7/29-8/1	12-1 PM	\$75
PITCHERS & CATCHERS	5-12 GRADE	MON-TH	7/29-8/1	11AM-12 PM	\$95
BOYS BASKETBALL	3-7 GRADE	MON-FRI WED-FRI	7/1-7/12	8-10:30 AM	\$115
BOYS BASKETBALL	8-12 GRADE	MON-FRI WED-FRI	7/1-7/12	11:30AM-2 PM	\$115
BOYS BASKETBALL BIG MAN CAMP	7-12 GRADE	MON-TH	8/5-8/9	10-11:15 AM	\$65
BOYS BASKETBALL SHOOTING CAMP	7-12 GRADE	MON-TH	8/5-8/9	8-10AM	\$85
GIRLS BASKETBALL	5-12 GRADE	MON-TH	7/15-7/18	9-11:15 AM	\$115
SOFTBALL CAMP	6-8 GRADE	MON-TH	7/29-8/1	10-11:30 AM	\$90
FIELD HOCKEY	7-12 GRADE	MON-FRI	7/29-8/2	5:30-8 PM	\$85
GET HOOKED ON FIELD HOCKEY	3-6 GRADE	MON-FRI	7/29-8/2	4-5 PM	\$45
BOYS LACROSSE	7-12 GRADE	MON-TH	7/8-7/11	8-10 AM	\$115
BOYS LACROSSE YOUTH	3-6 GRADE	MON-TH	7/15-7/18	8-10 AM	\$115
GIRLS LACROSSE	7-12 GRADE	MON-TH	7/8-7/11	9-11:30 AM	\$118
GIRLS LACROSSE YOUTH	2-6 GRADE	MON-TH	7/8-7/11	9AM-3PM	\$218
VOLLEYBALL	3-6 GRADE	MON-TH	7/22-7/25	8:30-10 AM	\$70
VOLLEYBALL	7-8 GRADE	MON-TH	7/22-7/25	10:15AM-12:15 PM	\$80
VOLLEYBALL	9-12 GRADE	MON-TH	7/22-7/25	1-3 PM	\$80



# COMMUNITY EDUCATION

## EAGLE'S CARE



*This program provides before and after school care for West Irondequoit students in grades Kindergarten - 6th . This program is designed to provide students with professional and nurturing care in an educational setting that provides age appropriate activities, academic enrichment, and recreation.*

### PROGRAM ACTIVITIES

*Morning - Quiet socialization, homework, and board games*

*Afternoon - Snack, recreation, homework, supervised computer use, art & crafts, and board games. .*



From Your Nest to Ours

## CONTACT

US



585.336.3014



585.336.3154



tiffany\_robinson@  
westiron.monroe.edu



### LOCATION:

*The location the student attends is based on the child's home school.*

*The two locations are Rogers Middle School and Iroquois Middle School*



### HOURS:

*Choose morning or afternoon or both. The times are as follows*

*7:00 am until the start of school  
dismissal from school until 6:00 pm*



### TRANSPORTATION:

*Arrangements for any bussing needs must be made with the West Irondequoit CSD transportation department*

westirondequoit.org

**FROM YOUR NEST TO OURS**



# WICSD Community Ed Online Training Programs

## Personal & Professional

### Featured Courses:

- Photography Suite
- Java Programming
- Oracle Series
- Medical Terminology Series
- Microsoft Access 2019/Office 365 Series

### Popular Courses:

- Speed Spanish
- Accounting Fundamentals Series
- Intro to Interior Design

### New Courses:

- Blockchain Fundamentals
- Certificate in Mindful Relationships
- Veterinary Assistant Series
- Microsoft Excel & Project 2019 Suite
- Microsoft Excel & Access 2019 Suite

[Ed2go.com/wicsd](https://ed2go.com/wicsd)



## Career Training

### Featured Subjects

- Arts & Design
- Business
- Computer Applications
- Computer Science
- Construction & Trades
- Health & Fitness
- Hospitality
- Information Technology
- Language
- Legal
- Teacher Professional Development
- Writing

### Externship Opportunities

- Clinical Dental Assistant
- Certified Residential Interior Design
- Pharmacy Technician

### Virtual Career Center

- Open 24 Hours a Day

[careertraining.ed2go.com/wicsd](https://careertraining.ed2go.com/wicsd)



# GOLD CARD INFORMATION

## Senior Citizen - Gold Card

West Irondequoit CSD residents 62 and older are invited to take select Community Education courses at a discount fee using their Gold Card status. To receive a Gold Card, complete the application on this page and mail it in with proof of age and residence to the address on the application. You will receive a West Irondequoit CSD Gold Card with an identification number in the mail. Use this card for future registrations in order to receive your discounted fee. Gold Card (GC) fees are listed after regular fees in the brochure where applicable. Additional materials costs and book fees will be the responsibility of the senior citizen. The Gold Card is not transferable. If you have moved, please call us. Moving from the district invalidates your Gold Card.

## Senior Citizen Gold Card

### Discounted Fees For:

Select Community Education Courses

Special Invitation & Free Admission to Select  
Student Theater Performances.

Free Admission to Regular Season Home Sports Events

LOST YOUR GOLD  
CARD?

CALL US

585-336-3014

## Gold Card Application

### **Eligibility:**

62 years of age and a current resident of the West Irondequoit district

### **Benefits:**

Discounted fees for select West Irondequoit Community Education courses (designated **GC** in brochure)

### **Application:**

- Fill out form below
- Photocopy proof of age and residency such as a drivers license, birth certificate, tax bill etc.
- Mail in

### **Mail To:**

West Irondequoit Central School District  
Community Education  
260 Cooper Rd.  
Rochester, NY 14617

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

### **Office Use Only**

Gold Card Number \_\_\_\_\_

## COMMUNITY EDUCATION REGISTRATION INFORMATION

Register early prior to the start of the class. Classes that have not met their minimum will be cancelled. Decisions to cancel will be made approximately three days prior to the class start date. You will be contacted if the class is cancelled.

### **Register Online**

[Registration.xenegrade.com/wisd](http://Registration.xenegrade.com/wisd)

If you have participated in any Community Education activity or class and would like to register on-line, log in using your username and password (if you have forgotten your username call Community Education).

If you are a **NEW** Community Education participant, click the “Create Account” link on the registration page.

### **Register by Mail**

West Irondequoit CSD  
Community Education  
260 Cooper Rd.  
Rochester, NY 14617

### **Register by Phone**

(585) 336-3014

### **Register by Fax**

(585) 336-3154

### **Register in Person**

Drop off your completed registration & payment.  
Monday – Friday 8am – 4pm  
District Office  
321 List Ave.  
Rochester, NY 14617

Non – Residents Are Welcome

All persons 18 years of age or older may register unless listed otherwise.

## COMMUNITY EDUCATION POLICIES

### **Account Credits**

If a credit has been issued to your account, it will be active for 2 years from the credit issue date.

### **Class Confirmation**

When registering online you will automatically receive a receipt via email. Notifications are made only in case of cancellation. No news is good news.

### **Class Transfer**

You can transfer a registration to a future class up to the end of that session (e.g., fall, winter etc.)

### **Online Links**

Links to online classes will be emailed one day prior to the start of class. Always check your spam folder as sometimes an unknown sender will be automatically sent to your spam folder.

### **Refunds**

A \$10 administrative fee will be withheld on all refunds unless we cancel the class in which you will receive a full refund. Notice must be given three days prior to class to receive a refund. Registration in a class represents a commitment; classes run based on the number of people registered.

### **Photographs**

West Irondequoit CSD Community Education takes photographs and videos of registrants for use in communications concerning the activities provided by or sponsored by the West Irondequoit CSD (e.g., printed publications, social media, websites, and other mediums known or hereafter discovered). Your registration in a course shall constitute a signed authorization permitting West Irondequoit CSD and its sponsored parties to use any picture or video of you in such a limited fashion.

### **Waitlist**

If you have been waitlisted, you will be contacted if a spot becomes available.

# REGISTRATION FORM



**Registrations Due:**  
Prior to the start of your class.  
Decisions whether a class or program will be held are made approximately three days prior to the start day

**Register by Mail:**  
Mail in completed registration form and payment to  
WICSD Community Education  
260 Cooper Rd.  
Rochester, NY 14617

**Register by Phone:**  
(585) 336-3014  
Visa or MasterCard

**Register By Fax:**  
(585) 336 - 3154

**Register in Person:**  
Drop off completed registration form and payment  
Monday - Friday, 8 am - 4 pm  
District Office, 321 List Ave

**Register Online:**  
If you have participated in any Community Education activity or class and would like to register online, log in using your user name and password (if you have forgotten your user name call Community Education).  
If your are a NEW Community Education participant, you can click "Create Account" link on the registration page.

**Questions:**  
Call Community Education at  
(585) 336-3014

## Community Education Registration Form

Course Code: \_\_\_\_\_ Title: \_\_\_\_\_ Fee: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home # \_\_\_\_\_ Cell # \_\_\_\_\_ Work# \_\_\_\_\_

Email: \_\_\_\_\_

Circle: S M T W Th F Sa Gold Card # \_\_\_\_\_ Date Begins \_\_\_\_\_

### Credit Card Payment

Visa / MasterCard Exp. Date \_\_\_\_\_ CVC # \_\_\_\_\_

Credit Card # \_\_\_\_\_

Card Holder Name: \_\_\_\_\_

Signature \_\_\_\_\_

### For Office Use Only

Cash/Check: \_\_\_\_\_

Date: \_\_\_\_\_

Receipt # \_\_\_\_\_

**Make Checks Payable to West Irondequoit Central School District**

*There is a \$20 bank fee for any returned check*

## Community Education Registration Form

Course Code: \_\_\_\_\_ Title: \_\_\_\_\_ Fee: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home # \_\_\_\_\_ Cell # \_\_\_\_\_ Work# \_\_\_\_\_

Email: \_\_\_\_\_

Circle: S M T W Th F Sa Gold Card # \_\_\_\_\_ Date Begins \_\_\_\_\_

### Credit Card Payment

Visa / MasterCard Exp. Date \_\_\_\_\_ CVC # \_\_\_\_\_

Credit Card # \_\_\_\_\_

Card Holder Name: \_\_\_\_\_

Signature \_\_\_\_\_

### For Office Use Only

Cash/Check: \_\_\_\_\_

Date: \_\_\_\_\_

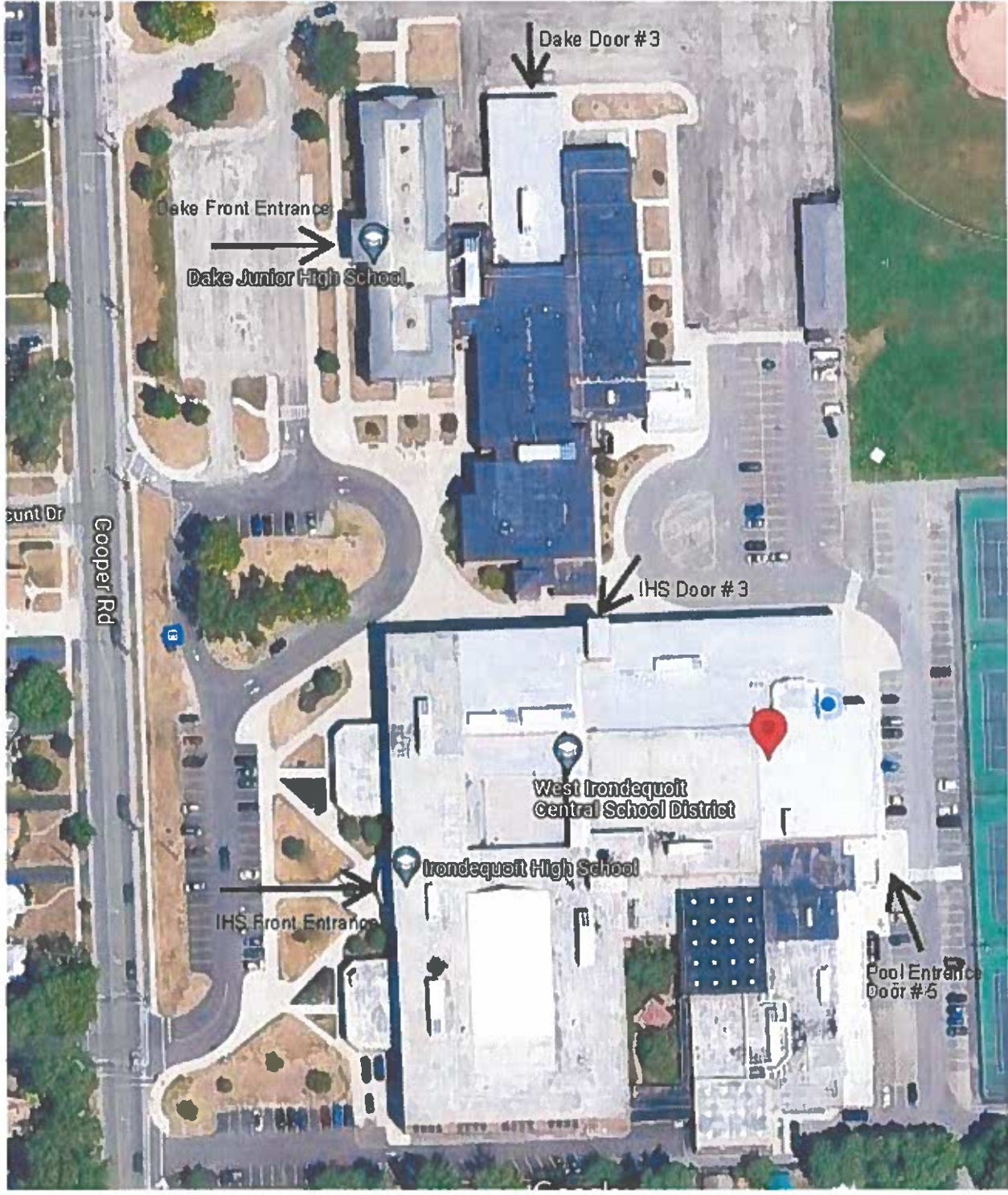
Receipt # \_\_\_\_\_

**Make Checks Payable to West Irondequoit Central School District**

*There is a \$20 bank fee for any returned check*



# Irondequoit High School and Dake Map



West Irondequoit Central School District  
Community Education  
260 Cooper Road  
Rochester, NY 14617

[www.westirondequoit.org](http://www.westirondequoit.org)

Non-Profit Org  
U.S. Postage  
PAID  
Rochester, NY  
Permit No. 1021



**CONGRATULATIONS TO  
MIGDALIA SANTOS PATTERSON  
WINTER 2024 PHOTOGRAPHY WINNER!**

