
PHELPS-CLIFTON SPRINGS CENTRAL SCHOOL DISTRICT
FALL 2010 COMMUNITY EDUCATION PROGRAMS

All classes are held on the Midlakes Campus, State Route 488, Clifton Springs, unless otherwise noted.

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES - INCLUDING FREE CLASSES

Nonrefundable tuition fees are to be received at school prior to first class, payable to P-CSCSD Community Ed. If a class is canceled, tuition will be refunded.

All supply fees are to be paid directly to the instructor on the first night of class.

Questions, please contact Teresa Nemecek: tnemecek@midlakes.org or 315-548-6433

Classes will be canceled unless minimum group sizes are met, and will be noted on our website: www.midlakes.org Some classes also have a maximum group size. Don't miss out - register early!

TEEN CLASSES THIS FALL

TEENS AND THE TRUTHS

Instructor: **Nicole Deemer/Tammra Schiller,**

Reliant Community Credit union

Date: Tuesday, October 19, 3:30 pm to 4:30 pm

Tuition Fee: **FREE** Minimum group: 10

Location: Middle School Cafeteria

This class will help teens understand the common misunderstandings of debit cards, online purchases, and cell phone usage. The course will teach teens what to look out for when using these services to avoid hidden charges that may occur to their accounts.

PIZZA AND SNACKS TO BE PROVIDED

NAVIGATING COLLEGE SEARCH PROCESS

Instructor: **Mike Ford, Superintendent of Schools**

Date: Wednesday, October 6, 6:30 to 8:30 pm

Tuition Fee: **FREE** Min. group: 10 ; Maximum: 40

Location: Midlakes Primary School Board Rm 103

This free workshop is designed for parents and high school students. The college search process can be extremely overwhelming for families. This session is designed to help students and parents find the right school for each student, while also looking at how to get the most cost effective education.

DMV PRE-LICENSING COURSE (5 HOURS)

Instructor: **Dave DeFelice**

Dates: Session I September 27 & 28

Session II October 25 & 26

Session III November 29 & 30

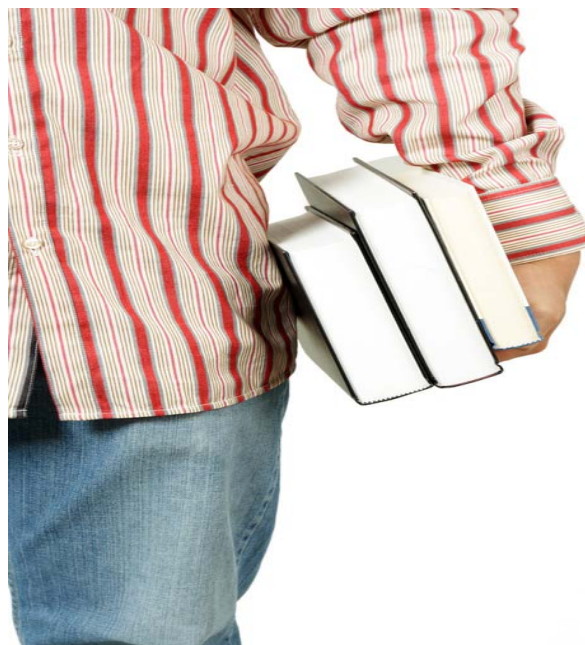
Time: 3:15 pm to 5:45 pm

Tuition Fee: \$ 32.00 Minimum group : 6

Location : Midlakes Middle School Room 213

DRIVER'S PERMIT IS REQUIRED TO ATTEND CLASS

Completion of Dept. of Motor Vehicles mandated five hour course allows individuals to schedule their Road Test. Topics include defensive driving skills and basic rules of the road. A must have for new drivers !!



SPECIAL INTEREST CLASSES

HOLIDAY COOKIE BAKING

Instructor: **Molly Butler**

Date: Tues, Dec. 7 and Dec 14 and Thurs, Dec 16

Time: 4:00 pm to 6:00 pm

Tuition Fee: \$ 10.00 per class **Supply Fee: \$5.00 per class**

Minimum group: 6 Maximum 16

Location: Middle School Room 155

Bake your holiday cookies and save them to share later ! These three classes will focus on tips for baking cookies and making cookies that store well. There will also be time to share favorite holiday cookie recipes.



NEW CLASS

CIRCUIT BOOT CAMP

Instructor: Arielle Devito, Personal Trainer

Date: Thurs., Sept. 16, 23, 30 and Oct. 7, 14 & 21

Time: 6:15pm to 7:00pm

Tuition Fee: \$20.00

Minimum group: 8 Maximum 12

Location: Midlakes Primary School Gym

This class is a series of exercise stations that target each muscle group to give you the best workout possible. Spend a set time at each station incorporating strength and toning exercises mixed with cardio to maximize your results. This is the best start or alternative to your workout routine! Equipment needed: small weighted diameter ball, exercise mat, medium weight dumbbells. Wear comfortable clothes and sneakers.

GUIDED MEDITATION

Instructor: **Kellie Marino , Reiki Master/Teacher**

Date: Tuesdays, Sept. 14, 21, & 28 6:15 to 7:30 pm

Tuition Fee: \$10.00 Minimum group: 6

Location: Midlakes Middle School Library

Be taken on a meditative journey, bringing awareness to the mind, body and spirit enabling yourself to relax and reduce stress. You will also receive energy work from the instructor. Learn how to create your own sanctuary and receive a free gift. Wear comfortable clothing and bring a small blanket (optional.)

DMV APPROVED POINT & INSURANCE REDUCTION PROGRAM (6 HOURS)

Instructor: **AAA Member Services 800-836-2582**

AAA Western & Central NY Driver Programs

Dates: October 18 & 20 Mon & Wed 6:30 to 9:30 pm
(2 classes) Midlakes High School Room 146

*Pre-Registration deadline **with AAA**: May 1

Tuition Fee: \$35.00 District Residents or AAA Members

\$41.00 Non-Resident/Non-AAA Member

Checks to AAA, paid to instructor the first night of class.

Up to 4 points deducted from your DMV driving record for violations incurred during the 18 month period prior to completion of this Program. Receive 10% reduction in collision and liability premiums for 3 years. This program can be taken for the insurance benefit only. Open to license or permit holders. No test.



COMPUTER EDUCATION

Introduction to COMPUTERS

Instructor: **Sam Shama**

Date: Tuesday September 14th 7pm–9pm

Tuition Fee: \$12.00 Minimum group: 5 ; Maximum: 10

Location: Middle School Computer Lab Room 137

If you have little or no computer experience, this class is for you! Basic computer setup, input devices, computer jargon necessary to know, alternatives to buying and choices, and hands on experience are all part of this class.

Introduction to MICROSOFT WORD

Instructor: **Sam Shama**

Date: Tuesday September 21st 7pm–9pm

Tuition Fee: \$12.00 Minimum group: 5 ; Maximum: 10

Location: Middle School Computer Lab Room 137

Learn basics in the industry standard word processing application and how to input and manipulate text/graphics to prepare quality documents. Hands on class and requires some keyboard and mouse experience.

PUBLISHER

Instructor: **Sam Shama**

Date: Mondays Oct. 18th & 25th 7pm–9pm (2 classes)

Tuition Fee: \$22.00 Minimum group: 5 ; Maximum: 12

Location: Middle School Computer Lab Room 137

Publisher prerequisite: Basic understanding of Windows operating system, use of mouse and simple file structure. Learn to create a simple advertisement, brochure or personal business card.

EXCEL 1

Instructor: **Sam Shama**

Date: Tuesdays Oct 5th & Oct 12th 7pm - 9pm (2 classes)

Tuition Fee: \$22.00 Minimum group: 5 ; Maximum: 12

Location: Middle School Computer Lab Room 137

Need basic understanding of Windows, use of mouse and simple file structure. Excel 1 will be hands on instruction including: Basic spreadsheet nomenclature, navigation and basic toolbars, types of cursors and uses, data input, simple formulas and basic worksheet formatting & charts.

Introduction to the INTERNET

Instructor: **Sam Shama**

Date: Monday September 20th 7pm–9pm

Tuition Fee: \$12.00 Minimum group: 5 ; Maximum: 10

Location: Middle School Computer Lab Room 137

The objective of this course is to introduce basic principles of the Internet, and the World Wide Web. Will include how to use a Web browser, keep track of favorite sites, find information with search tools and how to send and receive email. Some basic computer skills are recommended.

MICROSOFT WORD II: Beyond the Basics

Instructor: **Sam Shama**

Date: Wednesday September 22nd 7pm–9pm

Tuition Fee \$12.00 Minimum group: 5 ; Maximum: 10

Location: Middle School Computer Lab Room 137

Work with advanced tools in Word. Specific topics will be determined by participant interest, but will include how to insert& format a table, link programs and files, hyper link, insert and manipulate pictures and graphics, use Word Art and more!!!



EXCEL 2

Instructor: **Sam Shama**

Date: Tuesdays Oct.19th & 26th 7pm–9pm (2 classes)

Tuition Fee: \$22.00 Minimum group: 5 ; Maximum: 12

Location: Middle School Computer Lab Room 137

Prerequisite: Skills in Excel 1. Excel 2 will get more in depth with hands on instruction: More formulas, orders of operation, using Excel as a data base, organizing data and security.

EXERCISE & FITNESS

KARDIOKICKBOXING WORKOUT

Instructor: **Kandace Devall, Fitness Instructor & Arielle DeVito, Personal Trainer**

Session I September 13 - October 27 13 classes

Session II November 1 - December 15 13 classes

Monday & Wednesday 6:00 to 7:00pm

No class October 11 and November 24

Tuition Fee: \$33.00 Sr. Citizen Fee: \$25.00

Location: Midlakes Primary School Gymnasium

Equipment: Exercise Mat

Optional: Hand/Ankle weights & small 10-11" ball

A blend of self-defense, dance and boxing to give you a solid cardio workout. Traditional toning exercises are used to sculpt your body and it's all followed by a great stretch so you're not too sore the next day. Dress comfortably and wear supportive, flexible sneakers.

YOGALATES

Instructor: **Kandace Devall, Fitness Instructor**

Session I September 14 - October 26 7 classes

Session II November 2– December 14 7 classes

Tuesdays 6:00 to 7:00 pm

Tuition Fee: \$16.50 Senior Citizen Fee: \$12.50

Location: Midlakes Primary School Gymnasium

Equipment: Exercise "Sticky" Mat

Optional: Small 10-11" diameter ball

This class is a blend of Pilates and Yoga with the option of using a small diameter weighted or non-weighted ball to strengthen & stretch your entire body. Dress comfortably.

ZUMBA

Instructors: **Phyllis Mouton, Certified Instructor**

Session I September 13, 15, 17, 20, 22, 24, 27, & 29

Session II October 1, 4, 6, 8, 13, 15, 18, 20, 22, 25, 27, 29

Session III November 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 29

Session IV December 1, 3, 6, 8, 10, 13, 15, 17

Monday & Friday 3:30pm–4:30pm

Wednesday 3:30pm–4:15pm

Tuition Fee:

September & December \$20.00 each month

October & November \$30.00 each month

Minimum: 10 Maximum: 20

Location: Midlakes Middle School Cafeteria

Don't miss out this Fall on this popular class! Focus will be on Latin rhythms and easy-to-follow moves, to create one of a kind fitness program. Routines feature fast and slow rhythms and resistance training to tone and sculpt your body, while burning fat. You will learn to love working out!

CO-ED RECREATIONAL VOLLEYBALL

Instructor: **B.J. Hicks**

Session I September 13, 20, 27 and October 4

Session II October 18 & 25 and November 1

Mondays 7:00 to 9:00 Minimum: 12

Tuition Fee:

Session I \$15 (Married Couples: \$25)

Session II \$10 (Married Couples: \$20)

Location: Midlakes Intermediate School Gymnasium

Start your week off by joining this group for some good fun and exercise! Adult Singles & Couples players of all ages are welcome.

Walking for Health

Avoid bad weather! Walk in the halls of Midlakes Primary and Intermediate Schools, Monday thru Friday, 3:30 to 9:00 pm, while school is in session. **NO WALKING PASS REQUIRED!**

FLORAL DESIGN CLASSES

Instructor: Donna Borrelli, Floral Designer
Phone # 315- 719- 7634

Location: Midlakes Middle School Art Room 147
Tuesdays: 6:00pm to 8pm
Minimum Class Size: 6 Maximum Class Size: 12
Tuition Fee: \$ 10.00 per class

Bring Your Own Supplies

Amazing Bow Making and Fresh Pumpkin Arrangement

OCTOBER 26

Learn how to make professional bows of all sizes for all your holiday projects and make a beautiful Halloween centerpiece for your table.

Supplies: 3-4 yards of ribbon, scissors, 24 gauge spool wire, wire cutters, fresh hollowed out pumpkin, fresh and or silk flowers for pumpkin arrangement (suggestions: mums, fall leaves, wheat, berries)

Silk Centerpiece

NOVEMBER 2

Design an elegant centerpiece for your dining room table to match your décor, or give as a gift.

Supplies: Assortment of Silk flowers, dry foam, Spanish moss, wire cutters, dish or basket (Ribbon optional)

Eucalyptus Swag or Grapevine Wreath

NOVEMBER 9

Create a beautiful Swag or Wreath for your front door or to display over a mantel. Bring a picture of one you want to copy, or just start from scratch.

Supplies: Package of Eucalyptus, one brick of dry foam, Spanish moss, 3-4 yards of Ribbon, scissors, wire cutters, dried or silk flowers. (Bring a grapevine wreath if you're not making a swag)

Becoming a Florist

NOVEMBER 16

Bring your own personal floral projects and learn how to create professional and beautiful designs. Or bring a piece you have at home that needs revamping. This class will be informative and fun. Bring all your questions and get tips on how to pick the freshest flowers, make your fresh flowers last longer, make corsages, Wedding ideas, how to design garden flowers in a glass vase, tricks to make the most of flowers in season, Ideas for great gifts...Great websites to browse for weddings and events...and more.

Thanksgiving Centerpiece

NOVEMBER 23

Design a gorgeous Centerpiece for your Thanksgiving table. You will be proud to display your own handmade candle centerpiece for the holiday.

Supplies: Dish, basket or cornucopia, Fresh or Silk flowers (Your choice) suggestions: mums, berries, fall leaves, wheat, eucalyptus, pinecones, etc..wet foam (for fresh) dry foam (for silk), ribbon, scissors, wire cutters, candles optional (pillar, taper, or votive)

Fresh Christmas Wreath

NOVEMBER 30

Learn how easy it is to make your own evergreen wreaths. Make one to keep, one to give away, and one for a centerpiece by adding candles.

Supplies: 1,2,or 3 wreath frames, 24 gauge spool wire, wire cutters, fresh evergreen boughs (cut from evergreen trees in your yard, or off the back of your Christmas tree) 3-4 yards ribbon per wreath, scissors. Decorations are optional... examples: pinecones, berries, holly bells, ornaments, silk flowers. (Note: it is very difficult to make a wreath with sharp pine needles. Choose soft needle evergreens, such as Douglas fir, white pine, or cedar)

Fresh Christmas Centerpiece

DECEMBER 7

Design a traditional holiday centerpiece for your Christmas table with candles and fresh evergreen. Long lasting greens and flowers will last thru the New Year!

Supplies: dish or basket, wet foam, (candles optional) fresh evergreen boughs (examples: Douglas fir, cedar, boxwood, white pine), ribbon, scissors, wire cutters, pine cones, berries, holly (silk or fresh), sparkle ting ting, a few silk flowers (you can add fresh on Christmas Eve)

PRE-REGISTRATION - SIGN UP TODAY!

Please use this registration form below to register for all classes – including FREE classes.

Mail checks payable to: **PCSCSD Community Education**, 1490 State Rte 488, Clifton Springs, NY 14432 to the attention: Teresa Nemecek.

Register me for the following Community Education course(s):

Course name(s): _____

Course date (s): _____

Fee (s): _____ Check here if senior citizen discount applies: _____

Name: _____

Address: _____

Daytime phone: _____ Evening phone: _____

E-mail: _____

**PLEASE WRITE A SEPARATE CHECK FOR EACH CLASS AND PERSON REGISTERING
IN THE EVENT A CLASS IS CANCELED**

No news is good news! After submitting your registration form, mark your calendar!
You will hear from us only if: 1) there is a change in time/day, or 2) the course is full/canceled

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