Orchard Park Community Education

Winter/Spring 2019
Phone: 209-6295
GENERAL INFORMATION

REGISTRATION
1.) No telephone registrations will be accepted. Late registration, after the start of the class, may be accepted if space is available. Payment must accompany registration to assure a spot in the class. Registration forms are located on page 26.

2.) You may mail your registration form or come to the Community Education office located in the Orchard Park High School at 4040 Baker Road. For further information call 209-6295 or check our web site, www.opschools.org, for updates on the Community Education program.

3.) Evening registration will be held on January 24 from 6:00-8:00PM in the Community Education Office, located adjacent to the cafeteria, at the Orchard Park High School.

FEES
1.) If registering by mail, please enclose a check or money order with your completed registration form. Make checks payable to Orchard Park Central School District, unless otherwise specified.

2.) If registering in person, fees must be paid at that time. Cash or check only, no credit cards accepted.

3.) A senior citizen discount of $3.00 per course will be available to all registrants age 55 and older unless otherwise specified.

COURSE CANCELLATIONS
1.) If your course is cancelled due to insufficient enrollment, you will receive a full refund by mail. Students will be notified by mail, email or phone if a course is cancelled.

2.) Please listen to local radio and television stations for weather related or emergency closings. If Orchard Park Schools are closed, then there are no Community Education Classes.

EMERGENCY CLOSINGS: In the event classes have to be cancelled due to unforeseen emergencies or inclement weather, an announcement will be made on the local radio stations at the earliest possible time. Every effort will be made to reschedule class time that is cancelled.

If Orchard Park Schools are closed, then there are no Community Education classes.

CONFIRMATIONS
1.) We do not send confirmations. The only time you will hear from us is if the class is cancelled or if there is a change in date, time or location. If you do not hear from us please plan on attending at the scheduled time and location listed in this catalog.

WITHDRAWALS/TRANSFERS
1.) If you wish to withdraw from a Community Education course, please notify our office at 209-6295 at least one week prior to the start of the class.

2.) If a student wishes to transfer to another course, he/she must notify the Community Education Office at 209-6295. Students are allowed to make one transfer to another course at no additional cost as long as the courses are of equal value. Transfers are subject to space availability. No transfer requests will be honored on or after the first day of class.

ENROLLMENT
12-15 students may be required as a class minimum, so please register early.

Your registration may determine if a class runs.

MATERIALS
Registrants are responsible for the cost of materials and supplies where they are required.

ENTRY TO BUILDING
Please enter through the Freeman Road gym doors or the Baker Road entrance for all classes at the High School.

SCHOOLS ARE CLOSED ON THE FOLLOWING DATES:
(Classes at other locations may still meet-check with your instructor)
January 21 Martin Luther King, Jr. Day
February 18-22 Winter Break
April 19 - 26 Spring Break
May 24 - 27 Memorial Day
Watercolor Painting  
Lynn Jay
Prevent the “winter blues” with a relaxing new hobby and enjoy your indoor season. Learn new techniques or improve the skills you already have. Open to all, this class will walk beginner students through a step-by-step process to learn the basics, hands-on! All new students will paint a landscape project. Lessons will include laying a wash and shading and texturing techniques. Once students gain confidence with their newfound artistic abilities, they will progress to painting from their own photographs or from teacher supplied pictures. Samples of instructor’s watercolors can be seen at www.lynnjay.com. Call instructor at 649-1127 for supply list before you purchase supplies or if you already have watercolor supplies. Recommendations are available to purchase good quality supplies at reasonable prices.

Winter Session: Tuesdays, January 29 - March 26 (no class 2/19)
Spring Session: Tuesdays, April 2 - May 28 (no class 4/23)
6:30-8:30pm  8 weeks
HS Room 153  $80.00 per session  Age 21+

The following classes are held at Designing Dish
138 Grey Street, East Aurora  www.designingdish.com  655-4456
Register through Orchard Park Community Education

Copper Enameling
Come and learn the beauty of copper enameling! Enameling seems very close to magic, but the basic technique is simple: powdered glass is sifted onto a piece of copper, melted for a few moments in a small kiln and cooled, it then glows with permanent color. The colors produced can be vivid or subtle, plain or shaded, light or dark – the choice is yours! You can make enameled jewelry, and other items. Cost of materials will be $10.00-$30.00 (payable at Designing Dish) depending on project chosen.
6:00 – 8:00pm
Available dates: (choose one)  January 29  February 26  March 26  April 30
Register through Orchard Park Community Education. $15.00

Silver Clay and Glass Fusing
Come in and make your own pendants, earrings and charms. By using special tools and stamps, create your own style! Silver Clay, once fired, is 99% silver and will be available for you to take home after class. Pricing starts at $25.00-$50.00 (payable at Designing Dish).
Glass fusing uses glass of all kinds to make beautiful one of a kind pendants, bracelets, and earrings. Learn new and different layering techniques. Prices range from $16.00– $45.00 (payable at Designing Dish). Glass pieces will be available four days after class for pick up. Silver necklaces, bracelets, leather, ribbon accessories and earring findings to finish your creation are available at extra cost.
6:00-8:00pm
Available dates: (choose one)  January 22  February 19  March 19  April 23
Register through Orchard Park Community Education. $15.00

Pottery Glazes  NEW!!!
Come discover the beauty of the new Pottery Glazes. Vibrant colors on top of a matte glaze make the bisque look like real pottery. Prices vary depending on what bisque piece you choose. $8.00-$40.00 (payable at Designing Dish)
6:00-8:00pm
Available dates: (choose one)  January 15  February 12  March 12  April 16
Register through Orchard Park Community Education. $15.00
How to Make Glass Beads
Vicki Schneider
Turn hot glass into cool stuff! Join glass artisan Vicki Schneider at her studio for an introductory class in glass beadmaking. In just 3 hours you will make your own one-of-a-kind glass beads and enter the mystical and ancient world of “lampworking.” This workshop will introduce you to the art of safely melting and manipulating soft glass. During the class most students will create from 3-6 colorful beads they can later turn into jewelry. Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) or they can be mailed to you for $7 payable to the instructor. Vicki’s studio is located at 3333 Lake Shore Rd. (Route 5), near the Woodlawn Beach and easily accessible from the Thruway and Milestrip Road.

Class fees: $70 per person, includes 3 hours of instruction, all glass, tools, and materials, plus one hour complimentary studio time to be used within 30 days of your class.

Register through Orchard Park Community Education.

Dates to choose from:
• Saturday, March 2 10:00am-1:00pm
• Monday, March 11 6:00pm-9:00pm
• Sunday, May 5 1:00pm-4:00pm

Icicles Galore
Vicki Schneider
Create lovely glass icicles to adorn your Christmas tree or hang in your window all year long. You will learn how to melt, stretch and twist clear and colored glass at a stationary torch under close supervision. You may also be able to make a smaller version of the icicle to wear as a pendant. No experience is necessary - only a willingness to try.

Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) or they can be mailed to you for $7 payable to the instructor.

Classes are held at Expressive Glass, 3333 Lake Shore Rd (Rte 5), Buffalo, near Woodlawn Beach. The studio is easily accessible from the Thruway and Milestrip Rd.

Dates to choose from:
• Saturday, January 26 10:00am -12:30pm
• Sunday, February 10 1:30pm-4:00pm

Class fees: $60.00 per person. Register through Orchard Park Community Education.

Glass Leaf Pendants
Vicki Schneider
Make one or more beautiful glass leaf pendants you will be proud to wear or give as a gift. Learn to melt and manipulate glass at a stationary torch under close supervision. No experience is necessary - only a willingness to try. You will be amazed at how glass glows and stretches when it’s hot.

Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) or they can be mailed to you for $7 payable to the instructor.

Classes are held at Expressive Glass, 3333 Lake Shore Rd (Rte 5), Buffalo, near Woodlawn Beach. The studio is easily accessible from the Thruway and Milestrip Rd.

Dates to choose from:
• Monday, February 4 6:00-8:30pm
• Thursday, March 21 6:00-8:30pm

Class fees: $60.00 per person. Register through Orchard Park Community Education.

Floral Glass Pendants
Vicki Schneider
Make several glass pendants with beautiful floral designs that you will be proud to wear or give as gifts. First you will cut small pieces of glass and place them on a graphite pad to create your flower. You will then learn how to encase your design in molten glass and form your pendants. You will be amazed and mesmerized as you learn to melt and manipulate glass at a stationary torch under close supervision. No experience is necessary - only a willingness to try.

Pick up your project(s) after they have been annealed (heated and cooled gradually to remove thermal stress) or they can be mailed to you for $7 payable to the instructor.

Classes are held at Expressive Glass, 3333 Lake Shore Rd (Rte 5), Buffalo, near Woodlawn Beach. The studio is easily accessible from the Thruway and Milestrip Rd.

Dates to choose from:
• Wednesday, April 17 6:00-8:30pm
• Sunday, May 19 1:30pm-4:00pm

Class fees: $60.00 per person. Register through Orchard Park Community Education.
DRIVING

Driver Education is offered by the Orchard Park Central School District as a service to the community.
The WINTER/SPRING program will run from January 28 through April or early May. Please check the district website (www.opschools.org) or call the office at 209-6295 for availability. The SUMMER program will begin June 24. Details will be available on the district website (www.opschools.org) in March. The cost is $460.00 (no refunds). (The textbook fee of $20.00 will be collected the first day of class)
For more information, call 209-6295.

5-Hour Pre-Licensing Courses will be held on the following dates from 6:30 – 9:00 PM at the Orchard Park High School:
Monday & Wednesday, February 4 & 6
Monday & Wednesday, March 18 & 20
Monday & Wednesday, May 13 & 15
You must attend both sessions, be 16 or older and have a valid NYS Learner’s Permit. There is a $30.00 fee, submitted to the instructor (make checks payable to Orchard Park Central School District). Sign up at the Community Education Office or call 209-6295.

There is a $5 per form replacement fee for any lost completion certificates or pre-licensing certificates.

AARP Smart Driver Course ~ NEW!
This two-session course covers important driving skills, accident prevention and rules of the road. Those who complete the course may qualify for a 10% discount on their automobile liability and collision insurance premiums for three years and have up to 4 violation points subtracted from their license. A $5 non-refundable, non-transferable, pre-registration fee paid in cash or check (payable to Orchard Park Central School District) and mailed in with your registration form is required. Students must pay the instructor $20 if you are an AARP member or $25 for non members with a check or money order payable to AARP Smart Driver Course at the first class. You must show your AARP card to the instructor to pay the reduced $20 rate.
Tuesday, April 2 & Wednesday, April 3 2 sessions 6:00-9:00pm
HS Room 121
Fee: $5.00 due to Orchard Park Community Education with Registration
$20.00 AARP member to instructor (payable to AARP Smart Driver Course)
$25.00 Non-member to instructor (payable to AARP Smart Driver Course)

See the back cover for a list of upcoming summer classes and sports camps!
FINANCE/INVESTMENT/BUSINESS

The Fundamentals of Stock Investing
Robert Stoklosa
Do you have a desire to invest but fear the stock market jargon and complexity? Gain a basic understanding of how to participate in the stock market. Learn how to read quotes, S & P and Value Line Reports and also how to research a company. Build confidence in understanding and using the information you hear on TV and from other “expert” sources. Other sources for accurate and current stock information, including the internet as well as ordering and trading stocks, will be explained. The last class, held in the computer lab, will be an introduction to the internet to learn how to get stock quotes, news and research.
Tuesdays, April 30, May 7 & 14
7:00-9:00pm $20.00 (no discounts)
3 sessions (ages 21+)
HS 129, HS 2nd floor Dell Lab (last class only)

Foreclosures – Bank Owned or Just a Standard Home Purchase- NEW!
Thomas Liolos, Branch Manager
Homebuying in this market has become very challenging for buyers out there. We will discuss the home buying process and discuss the mortgage options available and what you can do to position yourself correctly to have the best offer and get that house when you find it! We will also discuss purchasing Foreclosures/Bank Owned Properties along with mortgage products that are available for these types of homes. There will be plenty of time for questions and answers as well.
Wednesday, February 13 OR Wednesday, April 10
6:00-8:00pm 1 session
$10.00 (no discounts)
(ages 21+)
HS 129

CSRS & FERS Federal Benefits
Reviewed and Educational Updates on your Present Federal Benefits Program
Les Robinson, CLTC
**This class is for retired, current employee and spouse of Federal Employees Program only
Topics Covered
• Lifetime annuity benefits
• Buying back time
• Thrift Saving Plan
• Avoiding TSP Tax problems
• How to increase your TSP contribution
• How to do TSP catchup for people over 50
• Survivor Benefits options
• Federal Employee Group Life Insurance
• Long-term care insurance
• Estate Planning
Tuesday, April 30 6:30-8:30pm
$10.00 (no discounts) HS room 129 (ages 21+)

There are no senior discounts for financial courses.
These courses are offered for students ages 21 and up.

Why sign up early?????????
The success of every class depends on you! If we don’t have enough participants signed up far enough in advance of when the course begins, we may have to cancel. By registering early, you are contributing to the success of the class!
Social Security for Women - NEW
Robert K. Wilczak & Aaron E. Rybak,
Foresters Financial
Answer questions such as: How can I maximize my benefits? Are there survivor benefits if my husband or ex husband dies? If I get divorced, are there divorced spouse benefits? How can I best coordinate retirement benefits with my husband? What social security planning should I consider before remarrying?
Monday, February 25       6:30 - 8:00pm
ages 21+ $10.00           HS Room 121

NYS Public School Employee Retirement Options: “Making Sense of it All” - NEW
Robert K. Wilczak & Aaron E. Rybak,
Foresters Financial
NYS Teachers and employee retirement options; Explanation of benefits; Retirement plan payout options; Understanding your Social Security benefits.
Monday, March 4 OR Monday, May 6 6:30-8:00pm
ages 21+ $10.00           HS Room 121

Savvy Social Security Planning - NEW
Robert K. Wilczak & Aaron E. Rybak,
Foresters Financial
What you need to know to maximize your retirement: When to claim? How much will I receive? Will it be enough to live on in retirement? How do I coordinate with my spouse? How do I minimize taxes? How do I coordinate with my other retirement income sources?
Monday, April 1 OR Monday, May 13
6:30-8:00pm
ages 21+ $10.00           HS Room 121

Investing for Women - NEW
Robert K. Wilczak & Aaron E. Rybak,
Foresters Financial
Addressing the potential threats to a woman’s financial security by using a Building Block approach and Nine long-term investment strategies, including: maintaining a long-term perspective, matching your investments to your time horizon, and matching your investments to your risk tolerance.
Monday, April 29       6:30-8:00pm
ages 21+ $10.00           HS Room 121

Savvy IRA and Retirement Planning - NEW
Robert K. Wilczak & Aaron E. Rybak,
Foresters Financial
What you’ll learn: 7 strategies for Savvy IRA planning; 6 rollover options for your retirement plan funds; 3 common required minimum distribution mistakes; The difference between direct and indirect rollovers; How to coordinate your overall retirement, estate, tax, education, social security, and financial plans.
Monday, March 11       6:30-8:00pm
ages 21+ $10.00           HS Room 121

Understanding Life Insurance - NEW
Robert K. Wilczak & Aaron E. Rybak,
Foresters Financial
Answers questions such as: How much do I need? What type of insurance should I buy? What are the benefits?
Monday, April 8       6:30-8:00pm
ages 21+ $10.00           HS Room 121

Medicare Planning: “Managing Healthcare Expenses in Retirement” - NEW
Robert K. Wilczak & Aaron E. Rybak,
Foresters Financial
What you’ll learn: How Medicare enrollment periods work and how to avoid late enrollment penalties; How much you can expect to pay in healthcare costs after going to Medicare; How Medicare works with private insurance to provide comprehensive coverage; Why most people pay too much for private insurance and how you can avoid excess cost; Why you must plan for higher health care costs in retirement - including the possibility of needing long term care.
Monday, May 20       6:30-8:00pm
ages 21+ $10.00           HS Room 121
Social Security: Make the Right Choice
Bryan Castro, CFP
When should I take my social security benefits? Will my benefits be taxed? What happens if I work while taking benefits? Can my spouse benefit from my social security? Get answers to these questions and more during this class. The class will cover the basics of social security as well as key strategies to maximize benefits and avoid common pitfalls. Please bring your latest social security statement to refer to during the class.
Tuesday, Feb. 12 OR Tuesday, May 28
6:30-8:00pm
HS 121 1 session
$10.00 (no discounts) (ages 21+)

Social Security Demystified
Cody Williams
This seminar serves to dispel some of the most common misconceptions people have about Social Security. It also includes guidance on the strategies that can help people maximize, and potentially enhance, their social security benefits.
Wednesday, February 27 6:30-8:00pm
$10.00 (no discounts) HS room 129 (ages 21+)

Introduction to Wills, Trusts & Estates
Jeffrey L. Haxton, CFP
This class will discuss and provide practical examples of the aspects of wills, trusts, estate planning and taxation for individuals and family units. The purpose of this class is to teach attendees the basics of estate planning, titling accounts properly and long term care/Medicaid planning.
(ages 21+)
Wednesday, February 6
6:00-7:30pm 1 session
$10.00 (no discounts)
HS 121

Life Insurance: Protecting Your Loved Ones
Cody Williams
This class is designed for anyone who wants to learn about the different types of Life Insurance that are available. We explain all the options that are available to you as well as educate on which types are useful for every scenario you may run into in life. We also cover reasons you should have it and how to make sure you are maximizing your insurance dollars.
Wednesday, March 27 6:30-8:00pm
$10.00 (no discounts) HS room 129 (ages 21+)

Getting the Most out of Your Pension
Cody Williams
This class is designed for anyone who will receive a pension during their retirement. Prior to retiring, you will make choices about survivorship benefits, pop-ups, lump sums, and more. We will explain these options in simple terms and give you the information necessary to ensure you receive the maximum benefit from your pension.
Wednesday, March 6 6:30-8:00pm
$10.00 (no discounts) HS room 129 (ages 21+)

Social Security, Medicare, & Long Term Care
Cody Williams
This seminar presents an overview of the three main concerns that individuals have heading into retirement. We will cover multiple talking points and various strategies to help position yourself for overcoming these retirement obstacles.
Wednesday, April 3 6:30-8:00pm
$10.00 (no discounts) HS room 129 (ages 21+)

Disability Insurance
Cody Williams
Most people have heard of a disability insurance but may not fully understand the benefits or the limitations. We will explain the rules for private disability insurance and who might benefit from this type of insurance protection.
Wednesday, March 20 6:30-8:00pm
$10.00 (no discounts) HS room 121 (ages 21+)

Do you have a skill or a talent you would like to share? Become a Community Education Instructor! Contact us at 209-6295 for more information!
**FIRST AID COURSES**

**Child & Babysitting Training**
The Child & Babysitting Safety (CABS) course from the American Safety & Health Institute will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. Topics include starting a business, leadership, CPR, choking and first aid. As an American Safety & Health Institute trained babysitter, they'll gain confidence and valuable employment skills to impress parents. Targeted for students 11-15 years old, the course is held over one 5 hour session. Students who successfully complete the program will receive a babysitter’s text, first aid kit, and certification card.

Saturday, February 9 OR Saturday, April 13
9:00am-2:00pm  1 session
HS Commons  ***Please bring a bag lunch!***
$60.00  ***Please be sure to include date of birth on registration form***

**Adult, Child & Infant CPR / AED**
Adult, Child and Infant CPR / AED training course gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. The course is held over one 3 hour training session. Students who complete the program will receive a text and 2 year certification card.

Wednesday, April 10  6:00-9:00pm  1 session  HS Room 121
$55.00

*Do you have a skill or a talent you would like to share?
Become a Community Education Instructor!
Contact us at 209-6295 for more information!*

- Senior citizens (ages 55+) receive a $3.00 discount per course (unless otherwise specified in the course description).
- All lab fees are to be paid directly to the instructor.
Muscle Flex - Group Strength Training NEW!!!
Staffed by Sheila’s Fitness Jam ~Theresa Gardner
MUSCLE FLEX THE BEST 30 MINUTE WORKOUT-
It’s QUICK... It WORKS!
Challenge every muscle group in JUST 30 MINUTES!
Strength training is an essential part of any balanced workout. This choreographed half hour class targets every muscle group while taking the drudgery out of weight training. This fun, group, strength training class, will beautifully tone your muscles, increase strength, improve bone density and increase your metabolism. As we age, our metabolism slows down, making it extremely difficult to lose weight and keep it off. Our Muscle Flex program is just the answer to address the need for strength training as part of your exercise regime. The best part is, it’s a blast, AND IT WORKS!!  Weights are provided. There are limited numbers, so register early!

Wednesdays 6:00-6:30pm
8 classes per session $70.00 per session
Winter Session: Jan. 30 - March 27
(no class 2/20)
Spring Session: April 3 - May 29
(no class 4/24)

Restorative Yoga
Jennifer Chavanne
After a long day, take time for self care from your busy life filled with noise from phones, work, and daily stressors. Come onto your mat to relax, create spaciousness in your body/mind, restore and invite a state of calm. Doing such a practice allows us to become less reactive to difficulties and happier as we step off our mat. As we work through quieting the mind, gentle Hatha yoga postures, deep restorative work, breathwork and stillness inviting more flexibility, strength, balance and energy to carry the work off the mat into our everyday life. Cultivating calm, more peace in mind and body and balance!

Please bring a yoga mat, block, belt and pillow to sit on.

Wednesdays 5:00-6:00pm
8 classes $40.00
February 27 - April 17
Location: South Davis Gym

Groove at the Barre~ NEW!       Foreverfit
Belly up to the Barre for a workout that blends yoga, pilates and dance. Loop mini bands, Bender balls, and small hand held weights will help sculpt, slim and stretch the entire body. Add a little funk and you got this!

Please bring a mat and light weights.

HS Commons Tuesdays 7:00-8:00pm
8-Week Winter session $69
1/29- 3/26
(no class 2/19)

8-Week Spring Session $69
4/2- 5/28
(No class 4/23)
BODYSHAPING BY SANDY Classes are offered at two locations:

Orchard Park Classes at OP Presbyterian Church-4369 South Buffalo St.
Southgate Classes at Southgate Plaza (behind Plaza) Union & Seneca

Dates: Winter session will begin the week of January 28th and end the week of March 25th (8 weeks)
Spring session will begin the week of April 1st and end the week of June 17 (10 weeks)

Pricing: Winter pricing (8 weeks): One class per/wk: $68 Two classes per week: $112
Spring pricing (10 weeks): One class per/wk: $85 Two classes per/wk: $140

Register through Orchard Park Community Education
Instructors: Sandy Mannella & Staff
(NO SENIOR DISCOUNT) Call 568-0246 for information on how you can get free classes through your health insurance.

Orchard Park Classes at OP Presbyterian Church-4369 South Buffalo St.

Zumba NEW!!
Easy to follow dance routines will get your heart pumpin without the jumpin! Designed for all ages and NO DANCE EXPERIENCE REQUIRED. You will have a blast while grooving to your favorite tunes! Bring 1 or 2lb. weights and a mat. Mondays & Wednesdays 6:00pm

Pilates Fusion
Low impact, mat based exercises that build strength, tone and stretch. Bring a floor mat. Tuesdays 6:00pm

Bodyshaping BARRE Workout
A unique approach to BARRE Workouts, fusing the best of Pilates, Yoga, Aerobics and Strength Training. Will sculpt your body and get you into absolutely AMAZING SHAPE. Bring a floor mat and light weights. Tuesdays 7:00pm

Southgate Classes at Southgate Plaza (behind Plaza) Union & Seneca

Total Body BOOT Camp An ever evolving combination of cardio, bodyweight and strength training keeps your muscles challenged for the best results. Bring a set of handweights & a floor mat. Mondays 5:00 pm, Mondays 7:00pm, Thursdays 4:30pm, Saturdays 10:00am

Yoga Improve your flexibility, decrease stress and maintain your health. Class includes a series of postures to stretch and relax the body. Relax the mind with meditation and breathing exercises. Bring a floor mat. Tuesdays & Thursdays 7:30pm

Bodyshaping 20-20-20 Workout 20 minutes of Cardio, 20 minutes of resistance training and 20 minutes of floorwork. Bring a floor mat and small weights. Tuesdays 6:30pm & Wednesdays 5:00pm

Bodyshaping BARRE Workout A unique approach to BARRE Workouts, fusing the best of Pilates, Yoga, Aerobics and Strength Training. Will sculpt your body and get into Absolutely AMAZING SHAPE! Bring a floor mat and light weights. Saturdays 8:00am

Pilates Low impact, mat based exercises that build strength, tone and stretch. Bring floor mat. Mondays & Wednesdays 6:00pm and Sat 11:00am

Zumba Easy to follow dance routines will get your heart pumpin without the jumpin. Designed for all ages and NO DANCE EXPERIENCE REQUIRED! Bring 1,2 lbs and a floor mat. Tuesdays & Thursdays 5:30pm Saturdays 9:00am

POUND Jam into fitness with this drumming inspired class. Using lightly weighted drumstix…Pound tones your muscles while you rock out! Tuesdays 4:30pm & Thursdays 6:30pm
Introduction to the Emotional Freedom Technique (EFT)
The Emotional Freedom Technique, or EFT, is the psychological acupressure technique recommended to optimize your emotional health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body’s ideal healing and preventative powers if emotional barriers stand in your way.

In this class you will learn how to use this healing modality for a variety of issues. **EFT is very easy to learn, and will help you: Remove negative emotions, reduce food cravings, reduce or eliminate pain, implement positive goals, and much more.** Visit [www.EFTuniverse.com](http://www.EFTuniverse.com) for more information.

**Date:** Thursday, March 28 OR Thursday, May 30
**Location:** Seneca Springs Building, 3648 Seneca Street, West Seneca, NY 14224
**Cost:** $25

You may register by mail or in person as soon as you receive your brochure. Office hours are 7:00am-3:30pm Monday through Friday. Evening registration will be held on January 24 2019 from 6:00-8:00pm in the Community Education office at the High School. We are located adjacent to the cafeteria near the Baker Road Foyer. Registration forms are located on page 26.
Edible and Medicinal Plant Walk  
Sarah Sorci, Holistic Herbalist
In western NY, our backyards are teeming with wild plants that are nutritious, safe to eat, and even medicinal. Community Herbalist Sarah Sorci will lead this leisurely plant walk at Eggert Elementary School. We will learn to identify a range of local plants that are edible and/or medicinal. We will discuss the properties they contain, and ways each plant has traditionally been used. We will also discuss safety considerations when harvesting wild plants.
Meet in the south parking lot off of Eggert Rd.(lot runs parallel to the road)
Tuesday, June 4 (rain date 6/11)   1 class  6:00-7:30pm    $12.00

Wild Wellness: An Introduction to Herbal Medicine ~ NEW!  
Sarah Sorci, Holistic Herbalist
For as long as humans have existed, we have relied on plants for remedies and food. Sarah will introduce you to a range of common local plants and how they can be used medicinally. Explore the science behind the effects of various herbs; and introduce the plants “in person” as participants learn to identify them. No experience necessary. This class will cover the basics of herbal medicine and medicine making, including demos for making herb infused vinegar, tinctures, herb-infused oil and tea variations. Cost includes many samples and handouts.
Optional Lab fee: $6 covers dried herbs and seed packet to take home.
Mondays March 4, 11, 18 & 25 6:00-7:45pm  4 classes $68.00  HS Room 122

The following classes are offered by Shawn Marie Cichowski –Certified Life Coach, Meditation/Self Care Trainer & Owner of WNY Life Coaching Center.

Essential Oils and Natural Approaches to Well Being
Essential Oils were mankind’s first medicine. They are the volatile liquids that are distilled from plants (including their respective parts such as seeds, bark, leaves, stems, roots, flowers and fruit). This class introduces the benefits of essential oils and how to use them to have a greater awareness of your physical, mental and spiritual needs. You will create a personal essential oil body scrub designed specifically with the ingredient needed for your target area.
Tuesday, May 7  6:30-8:00pm  1 session  Cost: $20  HS Room 122

Breath Work
The breath is one of the most powerful tools at our disposal for self-regulation, energy generation, and overall health. Breath helps with stress reduction, pain management, lowering blood pressure, and eliminates disease state from forming. Meditation is a practice that transform the mind and develops concentration and clarity to promote peacefulness, healing and rest and recovery. We will explore various breathing techniques and mind easing practices to promote optimal well being.
Tuesday, May 14  7:00-8:00pm  1 session  Cost: $20  HS Room 122

Mindfulness, Stress & Healing
Stress is a normal psychological and physical reaction to the demands of life. We all experience stress in our lives. We can learn to manage stress and lead happier, healthier lives. This class will explore the various elements of stress, how to identify and recognize when we are under stress, and practice techniques to restore, manage and heal from stress.
Tuesday, April 9  7:00-8:00pm  1 session  Cost: $20  HS Room 122

Energy Self Defense
All of us have a connection with the universe that brings us unlimited (positive) energy. Because negative people are blocked in their connection to this source, they are constantly on an energy deficit, which leads to them to drain others of energy. This class will explore personal energy, energy vampires, how to protect your energy and tips on how to manage toxic individuals.
Tuesday, March 19  7:00-8:00pm  1 session  Cost: $20  HS Room 122
Holistic Arts

Create Your Life - Life-Enrichment Seminars by Jesse Wicher

For additional information call 821-1404. Register through Orchard Park Community Education.

The following classes take place at Maryvale High School Campus

Robert A. Binner Educational Center- Room 278, 1050 Maryvale Dr. Cheektowaga, NY 14225

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 specific techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with your inner-child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy!
5 sessions: Tuesdays, January 22 - February 19, 7 – 9 pm $99

Healing With Energy
Harness your power to heal... naturally! Whether you’re looking for a quick and easy remedy for headaches, wanting to increase your vitality or seeking healing for a chronic condition, this class has something for you! In this engaging, hands-on course, you will work with healing tools and techniques from a variety of practices such as acupressure, auric-field healing, toning, chi gong and long-distance healing. Topics include the power of intent, using your intuition and mastering the mind/body/spirit connection. This course is ideal for healing professionals wishing to expand their tools as well as for individuals who want to open to powerfully experience their healing potential.
5 sessions: Wednesdays, January 23 – February 20, 7 – 9 pm $99

Psychic Development and Mediumship
Think you’re not psychic? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection.
5 sessions: Thursdays, January 24 - February 21, 7 – 9 pm $99

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.
1 session: Monday, February 18, 6:30 – 9 pm $29

Reiki Certification Classes
Become a certified Reiki healer. During these in-depth sessions you will delve deeply into the ancient Japanese art of hands-on energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances. Each course level provides training, course materials, attunement and hands-on experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice. Come experience the life-transforming power of Reiki.

Level I
Saturday, January 26 9:00am-3:00pm Cost: $149
Advanced Reiki Training
Saturday, March 16 9:00am-3:00pm Cost: $139
Long-Distance Reiki
Saturday, March 30 9:00am-3:00pm Cost: $139

Level II
Saturday, February 16 9:00am-3:00pm Cost: $175

Level III
Saturday, April 13 9:00am-3:00pm Cost: $199

Self-growth and 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!
Monday, April 1 6:30 – 9:00 pm 1 session Cost: $29

Practical Compassion
Each of us is seeking the goodness we want for our lives in the best way that we know how. By understanding our own actions, and the actions of others, from this perspective, we realize that the suffering we all experience in life comes not from a desire to hurt, but from a deep, shared desire for goodness. In this five-week course, you will learn to see the challenges of your life with greater clarity and compassion and discover practical ways to better fulfill your best intentions for living. This empowers us to move beyond the judgments and defenses that separate us, and to open our hearts again to ourselves, our relationships, our society and our world. Come learn to see beyond the illusions that separate us and to recognize the common instinct for goodness at work in every relationship and situation in our lives.
Tuesdays, March 12 - April 9, 7:00 - 9:00 pm 5 sessions Cost: $99
Nutrition Classes offered by Krista Lehde, Certified Nutrition Consultant

**Workouts and Food, How, When & What to Eat**  Wednesday, February 13
We all do some form of a workout, but many of us say “well I worked out so I can eat what I want now”. Here we will discuss what the body needs when we work out and what we can do to help ourselves be the best by paring food with our workouts.

**What is Their Secret? Debunking Diet Myths**  Wednesday, March 20
Every day you hear someone talking about how they are “doing this” to help them shed the pounds. During this presentation, we will discuss some common myths on how to lose weight, the truth behind them and what you can do to make yourself healthier. Some topics include “Organic vs non-organic”, “Protein shakes”, “diet supplements” and “cleanses”

**Healthy Eating for a Hectic Lifestyle (single or family settings)**  Wednesday, April 3
How do working families have time to make healthy meals and what is healthy anyways? This presentation will give helpful tips on how to make healthy meals without killing yourself or your budget.

**Reading Food Labels**  Wednesday, April 17
Everyone struggles on what to look at when reading the labels at the grocery store. This presentation will provide you with what everything on the label means and what to look for.

**What’s the Truth on Carbs, Fats and Proteins**  Wednesday, May 22
Everyone hears carbs are bad, fat is bad, protein good or a different combination of all three. During this presentation, we will discuss what a fat, carb and protein are, how the body uses them and how we can use them to our advantage.

Location for all nutrition classes: HS Room 122
Time: 6:30-8:00pm  Cost per class: $15.00

Classes by Holly Tisdale, Pathways to Healing

**The Mudras of Jin Shin Jyutsu**
Learn the simple mudras of Jin Shin Jyutsu and bring balance and harmony into your life! Jin Shin Jyutsu is an ancient Japanese healing art; a gentle energy therapy that harmonizes the life energy in the body. It releases blockages of the body’s energetic pathways and restores balance to body, mind and spirit. Mudras are hand positions that affect the flow of energy in the body and release blockages. You will learn and practice the eight mudras of Jin Shin Jyutsu which will help you inhale abundance, exhale blockages and burdens, release fatigue and bring in purified breaths of life. Join me in awakening your innate healing capacity, it is as simple as holding your fingers. “My destiny is in my own hands.” – Mary Burmeister, gifted Jin Shin Jyutsu to the States
Thursday, April 11  6:30–7:45pm  HS Room 121  $20.00

**The Main Central Vertical Energy of Jin Shin Jyutsu**  ~ NEW!
Learn how to revitalize the Source of Life energy in your body by learning the Main Central Vertical Harmonizing Energy! Jin Shin Jyutsu is an ancient Japanese healing art; a gentle energy therapy that harmonizes the life energy in the body. It releases blockages of the body’s energetic pathways and restores balance to body, mind and spirit. You will learn a sequence of hand positions on the body to revitalize the life energy, and what each position specifically balances. This sequence can be used daily on yourself as well as on others to bring balance and fresh energy to the body. Please bring a yoga mat or blanket to lay on for practice.
“My destiny is in my own hands” – Mary Burmeister, gifted Jin Shin Jyutsu to the States
Thursday, May 9  6:30-7:30pm  HS Room 121  $15.00
Spanish for the Elementary Years

Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-5 student to learn the Spanish language. This unique and exciting program features foundation vocabulary introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student’s ability to absorb rather than translate the language. Join the fun! If you have taken the CultureKids classes previously, classes are never a repeat! Different material and vocabulary are introduced with each 6 week session.

Tuesdays 3:15 – 3:55  Parents must pick up their child after class.  $78.00 per session
Winter Session: February 5- March 19 (no class 2/19)  6 classes
Spring Session: April 9 - May 21 (no class 4/23)  6 classes
Offered at Eggert, Ellicott, South Davis & Windom right after school!

NEW! Register on line at: www.CultureKidsClub.com or download and mail directly to CULTUREKIDS. The form may also be found in the Virtual Backpack for each school!
*Please do not send registration forms to schools or Orchard Park Community Education*

Classic Chess Club

Play the King’s game with an International Master!

We are extremely pleased to offer this high quality program with an International Chess Master. Studies show that the educational benefits of playing chess are vast, and specifically develop aptitudes in critical thinking, decision making, IQ, problem solving, and concentration. Students will sharpen these aptitudes while studying strategies, openings, endgame techniques, problem solving techniques, chess history, notation, and playing with other students. Every class will include formal instruction and playing time.

International Master Mladen Vucic is the strongest chess player in the Western New York region. He was the Junior Yugoslavian Chess Champion, the California Chess Champion, and he has played in the United States Championship. One of Mr. V’s former students is the national champion for his age category. Mr. V has won numerous tournaments in the New York area and in Europe. No prior chess experience required. Board and pieces provided.

Who: Boys & Girls grades 1-5
When: After school from 3:15 - 4:15
Winter session:
Eggert - Mondays (begins 2/4)  Ellicott- Tuesdays (begins 2/5)  South Davis - Fridays (begins 1/25)
Spring session:
Eggert - Mondays (begins 4/8)  Ellicott - Tuesdays (begins 4/9)  South Davis - Fridays (begins 4/5)

Parents must pick up their child at the classroom at the conclusion of class.
Please register with the flyer that is located on-line in the VIRTUAL BACKPACK for your child’s school.
Thank you!
**Hoofbeats Horseback Riding Camp**

Camps available during holiday breaks! Each day includes one hour of supervised riding as well as full horse care instruction including grooming, identification of tools and brushes, hoof care, feeding, nutrition, and first aid. Safety is the rule at the stable, so hard hats are required. If you don’t have one, we have extras. A flat sole shoe with a small heel is recommended. Bring lunch or snack and a drink. Ages 6 & up. $55.00 per day. Send registration fee to Orchard Park Community Education.

Select day(s) on school holidays:
Tuesday, April 23       Wednesday, April 24       9:00am-12:30pm
Location: 4760 Freeman Rd. Orchard Park

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**Soccer ~ Youth Soccer Program offered through Soccer Shots**

**MINI**

2 to 3 year olds       **Time:** 5:00-5:30pm

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

**CLASSIC**

3 to 5 year olds (Pre-K)       **Time:** 5:30-6:15

For nearly 15 years, Soccer Shots has been introducing soccer exclusively to children ages 3 to 5. Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation. Soccer Shots will expose your child to the fun of soccer and provide the foundation needed to get started in the sport.

**Mondays Dates:**

- Winter Session: February 11- March 25 (no class 2/18)       $80.00
- Spring Session: April 8 - May 20 (no class 4/22)       $80.00

**Location:** Ellicott Gym

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**Other kids’ classes can be found on:**

Page 8-Babysitter’s Training, page 18-Horseback Riding Lessons

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Watch for our SUMMER brochure in the Orchard Park Central School District Community Report in May. You may register for these sports camps, classes and more at that time.

- Lacrosse
- Volleyball
- Football Conditioning
- Field Hockey
- Basketball
- Horseback Riding
- Driver Education  (check the District Web Site in March for information)
- 5-Hour Pre-Licensing Course
- Singing Lessons
- Orchard Park Community Summer Band
- Babysitter’s Training
- Performing Arts
- Trips & Tours
Orchard Park Lacrosse
Spring Clinics
Boys & Girls
Sponsored by Orchard Park Community Education & Orchard Park Athletics
April 15 through May 29
(No practice on 4/22, 4/24 & 5/27)
Boys: Monday & Wednesday
Grades: 1-2 & 3-4 (5:30 – 6:30 PM)
Grades 5-6 (6:30 – 7:30 PM)
Girls: Monday & Wednesday
Grades: 1-2 (5:30 – 6:30)
Grades: 3-4 & 5-6 (6:30 – 7:30)

*Registration fee: $120
(Cash, or check made payable to Orchard Park Central School District)

Jerseys will not be provided for this program. OP reversible jerseys will be ordered through our Summer program registration. Visit orchardparklacrosse.com for details.
*Grades are based on current school year. Grade as of April 15, 2019.

All players must be students of the Orchard Park CSD. (South Davis, Ellicott, Eggert, Windom, or OPMS)

Staff: Lucian Forcucci, Kristen McGuiness, Jason Januszkiewicz, current school coaches, OP Alumni, as well as college & high school lacrosse players

Where: OP School Fields (Middle School)
*Locations will be determined in early April. Check the orchardparklacrosse.com website for field updates.

Practices will focus on lacrosse skill development, athletic coordination and agility, offensive and defensive team concepts, and small area games. Players looking to continue their development should also participate in our summer program running from June 3 – July 31.

*Players must be FULLY equipped

Boys: Lacrosse stick, gloves, arm pads, shoulder pads, helmet, mouth guard, and protective cup.
Girls: must have a regulation lacrosse stick, mouth guard, and lacrosse goggles

*All players should bring their own water bottle and have appropriate footwear.

For more information contact Coach Forcucci at Lforcucci@opschools.org or visit orchardparklacrosse.com

Print neatly if you would like to be correctly added to the e-mail list

Name___________________________________
Age______Grade________DOB_____________
Street___________________________________
City______________________   Zip__________
Parent’s Name____________________________
Primary Phone____________________________
E-Mail:__________________________________

Course Name: PLEASE CIRCLE ONE $120
Boys: Spring Lacrosse         Girls: Spring Lacrosse
Beginning Date: April 15          Beginning Date: April 15
Day: Mon/Wed                    Day: Mon/Wed

Mail to: Community Education Office
Orchard Park High School
4040 Baker Road
Orchard Park, NY 14127

Checks payable to Orchard Park Central School District

Please complete this form & mail to the Community Education Office. Checks payable to Orchard Park Central School District.
Leisure/Recreation & Special Interest

Line Dancing with Barb

Beginner/Improver Mini Line Dance Class
Barb Addeo

Ready to burn calories to some great music? Looking for a fun way to exercise? Come dance with us! Our first class introduces line dance terminology and dances at a beginner plus level. Improver dances will be taught in the second and third class. Step sheets are included for each dance taught. Three two hour sessions.

Mondays May 6, 13 & 20
6:30-8:30pm HS Cafeteria
$27.00 (NO DISCOUNTS and no refunds after class begins)

Dancing ~ with Allan & Joanne Smith

Energize with Ballroom and Latin Swing dancing! ~ A great way to meet new people, exercise, develop confidence, and have more fun at parties, dances and weddings!

Beginner Ballroom & Latin Swing Dance
Beginner dance instruction in Foxtrot, Waltz, Rumba, Cha Cha and Swing.
Thursdays 6:30-7:30pm March 14 - May 9 (no class 4/25)
8 classes $100 per couple HS Commons

Intermediate Ballroom & Latin Swing Dance
For the beginner who wants more instruction in Foxtrot, Waltz, Rumba, Cha Cha and Swing.
Thursdays 7:45-8:45pm March 14 - May 9 (no class 4/25)
8 classes $100 per couple HS Commons

HORSEBACK RIDING LESSONS For Kids and Adults! Karen Kindel
These lessons will cover riding and horsemanship. Learn to handle horses safely and assertively on their backs and off with individual attention from the instructor. Students will learn English Hunt Seat Riding. We use close-contact, forward seat saddles, and have safe, quiet horses. We provide protective headgear or hard hats. A flat sole, low heel shoe or boot is desirable to aid in safety. All riders will participate in grooming and care of animals, so plan on staying longer than your assigned riding time. All days and times are available; any age or ability.
Call 861-7843 for appointment. No discounts. Register through Orchard Park Community Education.
• Four 20 minute lead line lessons $110.00 (ages 6 and under)
• Four 30 minute group lessons $150.00 (ages 7 & up)
• Five 1 hour group lessons for the more advanced rider $180.00 (ages 7 & up)
Lessons held at: 4760 Freeman Rd. Orchard Park
Singing Lessons for Everyone

Jesse Wicher

Do what you love to do – BETTER! Learn to bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus, and musicianship. Whether you are 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.

Register through Orchard Park Community Education

Call 821-1404 to schedule your lesson time.

5 lessons - flexible scheduling $85.00

Lessons take place in voice studio at 68 Reed Avenue, Lackawanna (off Ridge Rd. near OLV)

Understanding Digital Photography

Mark Howard, Owner, Virtual Images Photography

This class is appropriate for photographers of all levels who are using a digital camera!

If you own a digital point and shoot or SLR camera, you may find yourself overwhelmed with all the buttons, knobs, menus and selection. Have you set the correct ‘Iso’? What should the ‘White Balance’ be? Are you Matrix Metering or Spot Metering? Are you using the histogram consistently to ensure a proper exposure? This class teaches you all that you need to know to take control of your camera and get it off the “Auto” mode. Regardless of your level of skill, this course will help you get the most out of your camera. Students should bring their own camera, batteries, memory card and instruction manual. No camera equipment will be provided. Optional field trips are arranged based on the interests of the group.

Wednesday, March 13 1 class 6:00-10:00pm $65.00

HS Dell Lab (second floor) ages 21+

Getting Paid to Talk  NEW! Online Course!

Voice Coaches

A Behind-The-Scenes Look at Professional Voice Acting Cost: $35.00

Perhaps you’ve been told you have a great speaking voice, or maybe you use your voice in your current profession... This in-depth web-based class will take you behind-the-scenes and into the studio to explore the enormous growth in professional voice acting. From commercials and training material to audiobooks, gaming, education, on-hold messaging, and more, you’ll get an inside look at how ordinary people with clear communication skills pursue great voice acting opportunities. We’ll discuss: What is voice acting? Areas of growth. How casting decisions are made. A day on the job. Working from home. Industry pros and cons. Skill and demo development. How to set yourself apart and win the job. In addition, you’ll schedule a one-on-one voice critique & tune-up with our producers via phone or video. This class is a great first step for anyone curious about the voice acting field!

*This class is presented via the internet and is best suited for viewing on a device connected via wifi. The class includes video and audio. There is also a workbook section that can be downloaded for permanent reference. After purchase, you will receive instructions, including a unique password, that will allow you to access the class for 48 hours once logged in. The final portion of the class includes a multiple choice review and instructions to schedule a one-on-one voice review. To ensure organized scheduling, voice reviews should be scheduled within one week of class participation.

Include email address on registration form. Technical questions can be addressed at: 866-887-2834, 9 - 4pm EST.

Voice Coaches specializes in voice over production, communication training, and voice actor development. Production clients include Discover Communications, HGTV, WE Network, Nickelodeon, Fox Television, Lifetime, Nintendo, Universal, and numerous other clients in the private, corporate, and government sectors. Voice Coaches main offices and studios in Albany, New York employ 18 full-time production and coaching professionals, with affiliate coaches nationwide.
SAT Prep Course

Orchard Park Community Education will be taking registrations for the SAT Prep Course. There will be no refunds after classes begin. The course will meet on Mondays and Wednesdays OR Tuesdays and Thursdays from 7:00 – 9:00 PM. One evening will cover math, the other verbal. Classes will begin the week of March 25th and end May 2nd. There will be no class during spring recess, 4/22-4/26. The exam will be May 4th at the High School. Registration for this course is through Community Education. Students register for the exam on-line at www.collegeboard.com.
Select One: Mon. & Wed. OR Tue. & Thurs.  $150.00
7:00 – 9:00 pm  5 weeks  HS Room TBA
Cost includes SAT review book. Please register by Friday, March 8th.
(Room assignments will be posted the first day of class on the door of the Community Education Office.)

“The Call of Paradise”- A Spiritual Journey to Hawai’i

Have you ever dreamed of traveling to Hawai’i? Sun-kissed beaches. Firey volcanoes. Lu’au feasts. The gracious beauty of a hula dancer. Hawai’i is all of these things and more! Come spend an evening luxuriating in the aloha of the islands as we look more deeply into the history, culture and spirituality of this remarkable part of America. Through fascinating pictures and stories we will explore the rich heritage and traditions that make Hawai’i one of the most beautiful, healing and life-giving places on Earth. This year our journey will take us to the lush islands of Maui and Kaua’i. Here we will drive the famous Road to Hana and visit otherworldly Haleakala Volcano National Park. We’ll tour the “Grand Canyon of the Pacific” and experience Kaua’i’s mystical Na Pali Coast, all the while surrounded by the song of wintering humpback whales. In addition, we will get to meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the temples of many of the world’s beliefs that call Hawaii’i home. For those who are interested, there will be an opportunity after the presentation to discuss the details of our 10-day spiritual tour to Hawai’i this coming May. So come join us for an evening of inspiration and let the magic of Hawai’i “call you home” to Paradise! Date: Monday, February 4  7:00-9:00pm Cost: $10
LOCATION: Maryvale High School Campus, Robert A. Binner Educational Center- Room 278, 1050 Maryvale Dr. Cheektowaga, NY 14225  ***For more information, call 821-1404 or email HolisticArts@hotmail.com***

Women’s Self Defense

Ladies learn how to defend yourself! This class will cover how to defend against basic grips, releases and strikes. Learn how to avoid and handle confrontational situations.
Basic joint locks and striking for offense will be taught as well as knife and club disarming.
Wednesdays  7:00-8:00pm  HS Commons
8 classes per session  $65.00 per session
Winter Session: Jan. 30-Mar. 27 (no class 2/20)
Spring Session: Apr. 3-May 29 (no class 4/24)

NRA Certified Handgun Safety Course

The NRA Certified Pistol Permit is valid in all NYS counties. This course is given by a retired police officer and NRA certified pistol, rifle, and shotgun instructor who has been qualified as an expert in the handling of the above listed firearms. The instructor will supply study material, blank Erie County Pistol Permit Application and two black and white photos. No written test required. All students must be at least 21 years of age or older to apply for a pistol permit. The certificate is valid for 5 years. Students 16 years or older may attend the class and keep the certificate to turn in immediately after their 21st birthday.
Thursday, March 14 OR Thursday, May 16  1 session
HS 121  6:30-9:30pm  $60.00

Hey, I Bet I Can Fix That, Or At Least Give It A Try!!!!!

Have nagging SMALL household repairs that drive you crazy? Not sure if you are up to the job? Let me guide you through what you thought you could never do. This class may help you experience the personal satisfaction of tackling and completing those repairs! Feel free to come with a repair question!
Topics such as: Plugged sink, dripping faucet, toilet running, lamp repair, furnace thermostat, etc….
Thursday, March 21  1 session
HS 121  7:00-9:00pm  $10.00
Life Enrichment Seminars with Richard D’Angelo

Introduction to Meditation
We all want to be happy and lead fulfilled lives. But too often we depend upon our minds to find this happiness and too often we are disappointed. The reason is that we are using the wrong tool for the job. To find true happiness we need to look within, for our hearts hold the answers to finding true joy and contentment, not our minds. This is where meditation comes in. By learning how to quiet the mind, we can remove ourselves from the fear the mind creates and open us up to a whole new world of self-discovery and purpose.

In this class we will learn the true benefits of the meditative experience as well as experience meditation itself. If you feel frustrated and discouraged in life, this is the class you have been waiting for!
Tuesday, March 5 7:00 – 9:30 PM  HS Room 230  1 session  $30

Angels, Spirit Guides and You!
Have you ever wondered about angels? What are they really? Can anyone call upon them? Will they help anyone with any problem? How can someone connect with them?
All of these questions and more will be addressed in this non-religious, three-hour class. The instructor has been speaking and receiving answers from angels for decades. He will help you to help you to know your angels and spirit guides better so that you may work more closely with them that very evening so you can experience their love and joy. All of your questions about these beings, as well as any related subject matter will be answered. Come and join us!
Monday, March 11 7:00 – 10:00 PM HS Room 230  1 session  $30

Exploring Past Lives
In this seminar we will discuss the concept of past lives and go into a meditation in which you will have the opportunity to experience one for yourself. The importance of doing this is to receive help and insights, which will assist you in your current life. The instructor will be able to assist you in making sense of your experience so that it can be of benefit making your life happier. Meditative ability is helpful, but not required.
Wednesday, March 27  7:00 – 9:30 PM  HS Room 217  1 session  $30

Change Your Mind, Change Your Life
In this class we will be taking an in-depth analysis of how and why our world is the way it is and the correlation between that and your mind.
During the presentation and various demonstrations, you will:
• Learn how to see auras
• Know how to protect yourself against the negative energy of others
• Discover your inner blocks to your own happiness
• Have your energy measured
• Learn how to send energy to another and what it’s like to receive it
• And most importantly, you will understand how you influence the world around you in a very substantial way
This class is not only very informative, but it’s fun. Come and join us!
Monday, March 18 7:00 – 10:00 PM HS Room 121  1 session  $30

Why sign up early????????
The success of every class depends on you! If we don’t have enough participants signed up far enough in advance of when the course begins, we may have to cancel.
By registering early, you are contributing to the success of the class!

Don’t wait by your mailbox! The only time you will hear from us is:
• If there is a change in the date or location
• If the class is full
So, if it’s almost time for your class to start and you haven’t heard from us, you’re in!
**Spanish – Online**

Learn Spanish in the comfort of your own home!

Spanish with Tiffany offers courses that are taught completely via e-mail and CD-Rom. Each lesson in this 6-week course includes a written transcript and interactive audio files. A CD-Rom containing the audio files will be mailed to each student following registration. A written lesson in MS Word will be sent via e-mail each week. A short review assignment will be sent and handed in via e-mail mid-way through the course. Students will be able to correspond with the instructor directly via e-mail freely throughout the duration of the course.

**Beginner Spanish Online**  
Start Date: January 28 OR April 1

This 6-week online course will teach you the basics of the Spanish language, from the alphabet and numbers to forming sentences with verbs and adjectives. You will learn written and spoken Spanish with emphasis on the Latin American pronunciation and accent. This course is perfect for people in the working world who interact with a Spanish-speaking public and would like to gain basic intro-level Spanish communication skills. Also great for anyone looking to learn basic Spanish for personal use at a relaxed pace from home.

Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address when registering. $75.00

**Spanish for the Healthcare Professions Online**  
Start Date: January 28 OR April 1

This 6-week online course will teach you the basics in health care terminology and communication with Spanish-speaking clients in a health care setting. Taught with the Latin American pronunciation and accent, this course is perfect for doctors, nurses, physician assistants, physical therapists, and anyone who interacts with a Spanish-speaking public in the healthcare setting. Emphasis will include vocabulary of organs and body systems, hospital terminology, diseases and conditions, pertinent questions about medical history, and how to give simple commands such as when performing a physical exam. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Students will be able to correspond with the instructor via e-mail freely throughout the duration of the course. Requirements for the course: Intro-level Spanish knowledge, CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address when registering. $80.00

**Intermediate Spanish Online**  
Start Date: January 28 OR April 1

This 6-week online course is a continuation of material following Beginner Spanish Online. It includes past tenses of verbs, subjunctive tense, future tense, extended vocabulary, commands, adverbs and other intricacies of the Spanish language. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Additional requirements for this course are Beginner Spanish proficiency, preferably having first taken the Beginner Spanish Online course. Please include your e-mail address when registering. $75.00

**Spanish for Travel Online**  
Start Date: January 28 OR April 1

This 6-week online course is perfect for anyone traveling to a Spanish-speaking area. It focuses on terminology, conversational material, and questions and phrases pertinent to travel and activities. Topics such as the airport, the hotel, the bank, medical emergencies and tourist activities are covered. No familiarity of Spanish necessary. Each lesson includes a written transcript (in Microsoft Word) and interactive audio files (in mp3 format) to accompany each section of the lesson. A CD-Rom containing the audio files for all lessons will be mailed to each student following registration for the course. Each written lesson in Microsoft Word will be sent via e-mail to each student prior to the beginning of the new week throughout the 6 weeks. A short mid-term review assignment will be sent and handed in via e-mail midway through the course. Requirements for the course: CD-Rom drive, internet access, e-mail, ability to receive MS Word documents via e-mail attachments and the ability to play and listen to mp3 audio files. Please include your e-mail address when registering. $75.00
TRIPS & TOURS

ALL TOURS: Make checks payable to Know How Tours and send to: Orchard Park Community Education, 4040 Baker Road, Orchard Park, NY 14127. Please include a list of the names, addresses, and phone numbers of all people taking the trip. It is standard procedure for Know How Tours to send out a confirmation. If you do not receive one, please call Know How Tours at 649-9694 to assure that you are registered.

PROOF OF CITIZENSHIP: CROSSING INTO CANADA VIA MOTORCOACH - ALL PASSENGERS GOING INTO CANADA WILL NOW BE REQUIRED TO PRESENT PROOF OF CITIZENSHIP BEFORE BOARDING THE COACH. IT IS OUR RESPONSIBILITY TO CHECK THAT EACH PERSON HAS THIS PROOF WITH THEM. IN ORDER TO PROTECT THE OTHER PASSENGERS FROM A DELAY, ANYONE WHO CANNOT SHOW PROPER ID TO THE TOUR ESCORT, WILL BE DENIED ENTRY ONTO THE COACH. FURTHERMORE, THERE WILL BE NO REFUND GIVEN FOR THE MISSED TOUR.

All U.S. & Canadian citizens who are 16 and older traveling between the U.S. and Canada, will be required to present one of the following forms of ID: • PASSPORT • PASSPORT CARD • NEXUS CARD • ENHANCED NY’S DRIVER’S LICENSE - OR ANY OTHER AUTHORIZED ENHANCED LICENSE

U.S. and Canadian citizens who are 15 years old & under will still be allowed to travel with their birth certificates, as will teens between the age of 16-18 if they are part of an adult supervised group. Children who are not traveling with a parent must have a notarized permission note signed by the parent.

NO DISCOUNTS – NO REFUNDS – NO CANCELLATIONS

ST. PATRICK’S DAY BLARNEY TUESDAY, MARCH 12
STARING THE BLARNEY BUNCH BAND
We’re ALL Irish during the St. Patrick’s Day holiday time of year! Last year was a sell-out – so do not delay in booking your tickets!

Dress in green, and head to SEAN PATRICK’S IRISH RESTAURANT for a delicious COMPLETE LUNCHEON. Following lunch, enjoy an afternoon show starring THE BLARNEY BUNCH BAND. Whether you’re Irish all year or just for a day, this musical celebration is sure to bring out your green! For nearly thirty years, The Blarney Bunch has been entertaining thought Western New York. Specializing in Traditional Irish music and throwing in some rock and country just to mix it up. With their love and ability to play all types of music – this day is sure to show every one of all ages a great time.

CHOOSE ONE ENTRÉE: • Corned Beef with Cabbage • Roast Pork Loin • Baked Haddock

Ticket Only: Arrive & Doors open 11:30 for seating Sean Patrick’s Restaurant, 3480 Millersport Hwy., Getzville NY $79 WITH BUS $49 DRIVE ON OWN

DEPART Tops (Orchard Park Road) 10:00am RETURN 4:00pm

CARTWRIGHT’S MAPLE TREE INN THURSDAY MARCH 21
FEATURING ALL YOU CAN EAT PANCAKES
Off to the Southern tier to enjoy maple syrup time at it’s finest. Our first stop is the CUBA CHEESE SHOPPE nestled in the farmlands of southwestern New York State where cheese has been a principle product since the late 1800’s. Shop for your favorite cheese products. An ALL YOU CAN EAT PANCAKE LUNCH (with sausage & ham) is included at CARTWRIGHT’S MAPLE TREE INN of ANGELICA HILLS. Of course, FRESH MAPLE SYRUP will be served. Leave some room for a MAPLE SUNDAE served for dessert. If you wish, take a tour (steps required) of Cartwright’s and learn the Maple Tree Inn story. Spend the afternoon in the VILLAGE OF ANGELICA SHOPS featuring a Hardware Store, Antiques, Coffee House, Country Stores, Art Galleries and more. There will be lots of time at the ANGELICA COUNTRY STORE & ANTIQUES - Two floors of endless surprises!

Est. 1989 New Items include wrought iron, lavender giftware, spring/summer scarves, nature t-shirts, kitchen linens, Americana, dog scarves, stained glass panels & wind chimes made in Angelica, Breyer Horses & gift items, glass garden decor, bees, flags, lodge, frogs, birds, tin signs, toy cars, farmhouse... HUGE selection of vintage Pyrex & Corning ware, vintage jewelry, gently used Vera Bradley handbags...*Antiques & Collectibles.

DEPART Tops (Orchard Park Road) 8:30am RETURN 4:30pm $69

SAP’S ARISING SATURDAY, MARCH 23
A SWEET TRIP THROUGH BEAUTIFUL GEAUGA COUNTY
Start off with JUICE & a MUFFIN on the way to Ohio for A SWEET TRIP THROUGH BEAUTIFUL GEAUGA COUNTY. Meet the STEP ON GUIDE & begin touring. The maple syrup tour is “one “sweet trip” but is available only for a limited time of the year. This is when the sap begins to rise in the areas male trees and can be tapped for making syrup. Maple syrup is made in only a small part of the entire world and Ohio sits in the heart of this area. We will visit SWINE CREEK and learn how the early settlers learned from the native American Indians how to turn the watery sap of the maple tree into a delightful and wholesome treat. Lunch is a traditional AMISH FEAST – Baked Chicken, Mashed Potatoes W/ Gravy, Seasonal Vegetable, 7 Layer Salad, Date Nut Pudding, Homemade Bread & maple themed dessert - Served Family Style. Visit A FAMILY OWNED SUGAR SHOP. An experienced maple syrup maker will be on hand to answer questions. Shop at RICHARD MAPLE PRODUCTS for everything maple. Ohio maple producers produce some of the finest pure maple syrup in the world a fast food stop (on your own) will be made en route home.

DEPART Tops (Orchard Park Road) 7:30am RETURN 8:30pm $115
MEET OUR AMISH FRIENDS
CLASSIC AMISH BACKROADS TOUR - MIDDLEFIELD, OH
We’re heading to Middlefield, OH for a CLASSIC AMISH BACKROADS TOUR. We will make a coffee/rest stop en route. Meet the Step on Guide & begin touring with stops including the Amish Home & Craft Bakery for a fresh cup of coffee and sweet treat. We’ll visit the Middlefield Original Cheese Co-op where the cheese maker will explain the cheese making process. Sample a variety of fine cheeses made right there. Hungry yet? A full Amish Wedding Dinner compliments our back roads tour. It’s a guarantee no one will go home hungry. Step back in time at the Amish School House. Visit the Ridgeview Farm and Country Market and learn more about the Amish culture. Before ending our day, we will drop back in time at the End of the Commons store – the oldest operating store in Ohio. A fast food stop (on your own) will be made en route home.
DEPART Tops (Orchard Park Road) 7:30am RETURN 8:30pm $115

“HAPPY TOGETHER”- THE SUMMER OF LOVE
LUNCHEON SHOW AT BINGEMANS CONFERENCE CENTER
Travel to BINGEMANS CONFERENCE CENTRE in KITCHENER, ONT. for Lunch followed by the Show produced by Showplace Entertainment. Enjoy this SHOW, Happy Together! The Summer of Love. Celebrating 50 years of FLOWER POWER, Sgt. Pepper and the BEST MUSIC of 1967. Enjoy music tribute songs to The Beatles, Sgt. Pepper’s and All You Need is Love. The Turtles song, Happy together, the Monkees song, Day Dream Believer, the Beach Boys Good Vibrations, Mama’s & Papa’s California Dreaming and so much more! You will be singing along like 1967 was YESTERDAY! En route home, we will make a stop at the famous Voortman Factory Store featuring their fantastic cookies as well as a brief stop at the Peace Bridge Duty Free Store.
PROOF OF CITIZENSHIP REQUIRED.
DEPART Tops (Orchard Park Road) 8:30am RETURN 8:00pm $109

CLEVELAND: “RUN ON THE BANK”
THURSDAY, MAY 16
LEARN ABOUT CLEVELAND’S MOST WEALTHIEST- ENJOY LUNCH IN A BANK VALUT RESTAURANT
We’re heading to CLEVELAND, OH for a BRAND NEW TOUR. We will make a brief comfort stop en route. Meet the Step on Guide & begin touring with stops including the Edgewood Park located off the shores of Lake Erie. Enjoy the Pier overlooking Lake Erie. Lakeview cemetery – guided tour of the largest significant cemetery in the state of Ohio. Learn the history of Cleveland’s wealthiest business owners. Including John D. Rockefeller, worth a billion dollars at the turn of the twentieth century. YOUR LUNCH IS SO UNIQUE. Visit one of America’s top restaurants. A menu of modern cuisine built upon foundations of flavor, freshness and invention. You will be ushered through the historic United Bank Lobby with this soaring coffered ceilings up to what was originally the bank’s counting room. Walk into the actual bank vault (the 2nd largest between NYC and Chicago. Tour a “small” 1,000 pound vault where the bank’s most wealthiest customers kept important documents and valuables. End your day visiting Cleveland’s LITTLE ITALY. A fast food stop (on your own) will be made en route home.
CHOOSE ONE ENTREE WHEN MAKING RESERVATION:
● Smoked Turkey Club ● The Crop Burger (both served with fries and chef’s choice dessert)
DEPART Tops (Orchard Park Road) 7:00am RETURN 8:30pm $119

NEW” AMISH BROWN BAG TOUR - NEW TOUR - VISIT HOLMES COUNTY, OHIO
LOTS OF GOODIES FOR YOUR “BAG”
Start off with Juice & a muffin on the way to HOLMES COUNTY, OH for an AMISH BROWN BAG TOUR. Meet the Step on Guide & begin touring “behind the scenes” throughout Middlefield, OH. Our group will make several stops along the way. Visit GRANDMA of a bulk food store, The ASHERY. A “snack” for your bag is included. Along the route, receive goodies to add to your Brown Bag. Take a tour of HEINIES CHEESE and watch how cheese is made. There will be plenty of time to shop for your favorite in this cheese store. A “cheese snack” will be included for your bag. Our lunch will be provided by the famous DER DUTCHMAN RESTAURANT in the heart of Walnut Creek. Homecooked goodness! We will be served a full dinner with two meats, mashed potatoes, vegetable, bread and delicious homemade pie. There is time to stop at their bakery and gift shop too. Walnut Creek Cheese has the area’s finest cheese, meat, bulk foods and produce. Shop at this 50,000 sq. ft. ultra fresh market. A loaf of bread is included for your “bag.” Breitenbach wine cellars is nestled among the rolling hills of the Amish Countryside. They are the producer of an extensive array of award-winning grape, fresh fruit, berry wines and Dandelion wine. We will have a chance to taste three. A fast food stop (on your own – if you can handle more food) will be made en route home. Bring a small personal cooler and your appetite for this great new tour!
DEPART Tops (Orchard Park Road) 7:30am RETURN 9:00pm $115

Checks for tours must be made payable to KNOW HOW TOURS.
Thank you!
24-CE
MARGARITAVILLE PARTY ON SENECA LAKE
THURSDAY, JUNE 27
CAPTAIN BILL’S SENECA LAKE CRUISE-ENTERTAINMENT LUNCHEON CRUISE
Head to Watkins Glen & board Captain Bill’s for a two-hour cruise with lunch & THEMED entertainment. It’s an afternoon of a “MARGARITAVILLE PARTY!” Join us for a fun filled afternoon aboard Captain Bill’s Seneca Lake Cruises for an afternoon luncheon cruise with entertainment featuring the most energetic entertainer, Mr. Harry Harvey in a nonstop Jimmy Buffet musical revue for all parrot heads. The Seneca Legacy is home to our group for the cruise before we enjoy time at our leisure in Watkins Glen’s waterfront with a chance to enjoy the scenery, a wine tasting or shopping at own leisure and expense. A fast restroom stop will be made on the way back.
Choose One entrée when making tour reservation
• Paradise Cheeseburger • Scallop & Crab Stuffed Sole • Jambalaya
ALL SERVED WITH COLESLAW, DINNER ROLLS & BUTTER, NEW POTATOES, VEGETABLE, KEY LIME PIE, SOFT DRINKS, COFFEE/TEA
DEPART Tops (Orchard Park Road) 8:30am RETURN 7:00pm $115

WASHINGTON DC~12 HOURS IN THE CITY ~NO HOTEL TOUR
SATURDAY, JULY 20
Depart Friday Night • Spend 12 Hours Saturday • Return Early Sunday
Travel to WASHINGTON with 2 rest stops. Arrive & depart from Union Station and “Do your own thing” until 8:00 pm. To make the best of your time, each person will receive a Map & some info with ideas on what to do in Washington a few weeks before departure.
DEPART Friday:
•11:00PM 
12 HOURS IN THE CITY Saturday:
•8:00AM Approximate arrival in Washington
•8:00PM Depart Washington
RETURN Sunday:
•5:00AM
Depart Tops (Orchard Park Road) Friday 11:00pm Return Sunday 5:00am $109
PAYMENT/CANCELLATION-Full payment due with reservation & includes a $25.00 non-refundable Cancellation Fee. NO REFUND will be given 30 days prior to the departure date unless a replacement is found. If this happens, a full refund minus the $25.00 p/p cancellation fee will be given.

NEW YORK CITY 12 HOURS IN THE CITY
SATURDAY, APRIL 26 OR SATURDAY, JUNE 21
NO HOTEL TOUR
Depart Friday Night • Spend 12 Hours Saturday • Return Early Sunday
Travel to the BIG APPLE with rest/food stops. Arrive in Mid- Town Manhattan (Rockefeller Center) @ 8:00 am Saturday and have free time until 8:00 pm. To make the best of your time in the City, each person will receive order forms, pamphlets, a map and other information a few weeks before departure. We advise waiting to purchase any theater tickets until 1 month prior to departure.
DEPART Friday:11:30PM
12 HOURS IN THE CITY Saturday:
•8:00AM Approximate arrival in NYC
•8:00PM Depart NYC
RETURN Sunday:3:30AM
Depart Tops (Orchard Park Road) Friday 11:30pm Return Sunday 3:30am $105
PAYMENT/CANCELLATION-Full payment due with reservation & includes a $25.00 non-refundable Cancellation Fee. NO REFUND will be given 30 days prior to the departure date unless a replacement is found. If this happens, a full refund minus the $25.00 p/p cancellation fee will be given.

Checks for tours must be made payable to KNOW HOW TOURS.
Thank you!
Please use these forms to register for all courses. Send one registration card for each course. Please make checks payable to Orchard Park Central School District (unless otherwise stated).

Please do not include lab fees with payment.
REGISTER EARLY!
Your registration may determine if a class runs!

Important Notice!
The 2019 Summer Brochure will be mailed in the May 2019 edition of the Orchard Park Central School District Community Report.

Summer Community Education classes begin June 24, 2019.

Do you have a skill or a talent you would like to share?

Become a Community Education Instructor! Contact us at 209-6295 for more information!

Watch for our SUMMER brochure in the Orchard Park Central School District Community Report in May. You may register for these sports camps, classes and more at that time.

- Lacrosse
- Volleyball
- Football Conditioning
- Field Hockey
- Basketball
- Horseback Riding
- Driver Education  (check the District Web Site in March for information)
- 5-Hour Pre-Licensing Course
- Singing Lessons
- Orchard Park Community Summer Band
- Babysitter’s Training
- Performing Arts
- Trips & Tours