

Grand Island Central Schools

*Community
Education*

Fall 2020

Online Class Listings

New Online Registration





GRAND ISLAND CENTRAL SCHOOL DISTRICT



Community Education Brochure
1100 Ransom Road
Grand Island, New York 14072
Community Education Phone Number: 773-8864


Community Education Staff

Amy Boutet..... Administrator
Karen DiCarlo..... Administrative Assistant

Board Members:

Kathleen Baker Hoppel
Cheryl Chamberlain
Ashli Dryer
Marion Fabiano
Dr. Brian Graham

Registration Information: Registration is now available online, by mail, or in person. See below for complete registration instructions. For questions, please contact amyboutet@gicsd.org or by phone at 773-8864.

To Register & Pay Online	To Register & Pay by Mail
<p>Registration online has never been easier. Just make your selection(s), checkout, and pay securely online with a credit card using RevTrak!</p>  <p>To visit our web store just click here where courses are listed.</p>	<p>Click here to view/print a Winter/Spring 2020 Community Education Brochure and Registration Form. Mail it with your check or money order to:</p> <p>Grand Island High School Community Education 1100 Ransom Road Grand Island, NY 14072</p> <p>We do not confirm mail-in registrations. You will only be notified if there is a cancellation or change to the course(s) you have selected.</p>

HOW TO REGISTER

- 1. Online Registration:** To register online, go to the Grand Island School District Website at www.grandislandschools.org, click on Departments and Services, click on Community Education and follow the instructions for online registration. **Mail in registration:** Mail in your registration by using the form in the back of this brochure and enclosing required fee(s). Registration forms can also be downloaded from the district Web Site, www.grandislandschools.org.
- 2. NOTIFICATION WILL NOT BE SENT IF ACCEPTED INTO CLASS.** You will be contacted **only** if we are unable to register you for a course. Please write the course number on the registration form.
 - **Walk it in:** The Community Education office is located in the front office of the Grand Island High School. We will no longer have a formal walk-in registration night. Secretaries are on duty in the main office of the High School if you need to register for a class. If you need to register for a class, please keep in mind classes may be full or cancelled by the first night. So register early, to save your spot.
- 3. Age Requirement:** Students must be 18 years or older to enroll in an adult class.

GENERAL INFORMATION

FEES: The fee for each class is listed with each course description. Make check payable to "Grand Island Schools." Certain classes include lab fees payable to the instructors on the first night of class. A \$20 fee will be charged for any checks returned by the bank. Some classes offer a senior citizens discount (Senior Citizen Discount). Senior age - 60+

CANCELLATION INFORMATION: If a class is filled or cancelled, the full fee will be refunded. Personal requests for cancellation must be made at least two business days prior to the start of the class to receive a refund.

TELEPHONE INQUIRIES: Inquiries will be accepted between 8:00 am and 3:30 pm at 773-8864. If you would like to teach a Community Education course or suggest a new course offering, contact the Director, Amy Boutet at 773-8864 (days).

COMMUNITY EDUCATION SCHEDULE AND LOCATION: The Fall session begins the week of September 21. Community Education activities will be online only this session. We need your email address to set up communication with you and the instructors.

20/20/20 FitnessJAM
Sheila's Fitness Jam Course# FALL 20-01

This course includes 20 minutes of Sheila's Aerobic Jazz, 20 minutes of Muscle Flex weight training and 20 minutes of Stretching and Floor Work. Experience all the great aspects of a balanced workout which includes cardio, strength and stretching. A very quick way to shape up! Body bars are provided. Please bring two, 1# weights and a mat. Sheila's Fitness Jam is a provider for BCBS WNY, Independent Health & Univera Health. This class will be offered via Zoom. Instructor and community education department will reach out to you directly.

Date: Tuesday, September 22 (10 weeks)

Time: 6:30 - 7:30 pm

Fee: \$85



SPECIAL INTEREST & SELF-IMPROVEMEMNT

MEDICARE 101 - UNDERSTANDING YOUR OPTIONS

Jason Myers

Medicare is Confusing! What are Parts A, B, C & D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, EPIC or Medicare Savings Programs? What kind of plans might work best for me?

This education – only event will help people understand how the Medicare program works and provide a general overview of the variety Medicare insurance options available to beneficiaries.

Course # FALL 20-02

Date: Wednesday, September 23

Time: 6:00 – 8:00 pm

Fee: \$10

Course # FALL 20-03

Date: Wednesday, October 14

Time: 6:00 – 8:00 pm

Fee: \$10

Course # FALL 20-04

Date: Wednesday, November 4

Time: 6:00 – 8:00 pm

Fee: \$10

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REMOVE THE THREAT ON YOUR MONEY, INCOME AND FAMILY

Lester Robinson Course # FALL 20-05

Long-Term Care & Medicaid is the single greatest threat to your retirement security and yet most Americans have never talked to their Financial Professionals about these concerns. This planning systems works to bring together Retirement and Long Term Care Planning to protect you from losing your money, income and independence to Long- Term Care and Medicaid Event. LesLTC Process, helps to reduce the greatest threat to your retirement plan. For safety if you prefer virtual classes, please contact GI Community Education office. Topic in Class:

- *Protect your Personal Choices and financial independence*
- *Remove the hidden financial threats to your money by Medicaid and inflation*
- *Understand the consequences of having of not having a plan on your money and income stream*
- *How to avoid Medicaid Spend down mistakes and maintaining eligibility for Medicaid*
- *What other Long -Term Care Options Available*
- *Maintaining eligibility for Medicaid*
- *Learn how to reduce emotional and financial burdens of Medicaid on your family*
- *Protect your money and income from a Long Term Care & Medicaid Event*
- *Develop a safe and secure plan*
- *Not to be a burden on your children*
- *Be in Control*
- *Keep your dignity*
- *Keep your Independence*
- *Avoid impoverishing your spouse from a Medicaid and a Nursing Home Event*

Date: Thursday, October 29

Time: 6:00 – 8:00 pm

Fee: \$10



9-HOUR SAT TEST PREPARATION COURSE **All-Pro Tutoring & Test Prep.**

Course #FALL 20-06

Are you ready for the SAT test? This 9-hour course offers an in-depth study of the SAT test. Course includes classroom instruction, test-taking strategies, testing information, workbook/study materials and a free simulated SAT test. For the simulated test schedule and registration information visit: www.allprotutoring.com Remaining 2020 SAT test dates: September 26, October 3, November 7 and December 5. Students are welcome to bring a snack or lunch to class .

Class Dates: Tuesday, October 20, Thursday, October 22, Tuesday, October 27 & Thursday, October 29, 2020

Time: 6:00-8:15 pm
Fee: \$125



4-HOUR SAT BOOT CAMP **All-Pro Tutoring and Test Preparation**

Course #FALL 20-07

Get a jump start on your SAT test preparation! This comprehensive course introduces students to the SAT test with emphasis on test-taking strategies, testing information, how to best prepare for the SAT test, and practice questions in each subject. Course includes workbook/study materials and a free simulated SAT test. For the simulated test schedule and registration information visit: www.allprotutoring.com Remaining 2020 SAT test dates: September 26, October 3, November 7 and December 5. Students are welcome to bring a snack or lunch to class.

Class Dates: Monday, September 21 & Wednesday, September 23

Time: 6:00-8:00 pm
Fee: \$65

9-HOUR ACT TEST PREPARATION COURSE **All-Pro Tutoring and Test Preparation**

Course #FALL 20-08

Did you know that the ACT test is held in equal esteem as the SAT test by most colleges and universities? This 9-hour review course offers an in-depth study of the ACT test. Includes: classroom instruction, test-taking strategies, testing information, study materials including the new writing format and a free simulated ACT test. For the simulated test schedule and registration information visit: www.allprotutoring.com Remaining 2020 ACT test dates: September 12, October 24 and December 12. Students are welcome to bring a snack or lunch to class.

Class Dates: Tuesday, December 1, Thursday, December 3, Tuesday, December 8 & Thursday, December 10

Time: 6:00-8:15 pm
Fee: \$125



4-HOUR ACT BOOT CAMP **All-Pro Tutoring and Test Preparation**

Course #FALL 20-09

Get a jump start on your ACT test preparation! The ACT Test is held in equal esteem as the SAT test by most colleges and universities. This comprehensive review course introduces students to the ACT test and includes test-taking strategies, testing information, study materials and a free simulated ACT test. For the simulated test schedule and registration information visit: www.allprotutoring.com Remaining 2020 ACT test dates: September 12, October 24 and December 12. Students are welcome to bring a snack or lunch to class.

Class Dates: Tuesday, October 13 and Thursday, October 15

Time: 6:00-8:00 pm
Fee: \$65

WRITING THE COLLEGE APP ESSAY **All-Pro Tutoring and Test Preparation**

Course #FALL 20-10

Do you want to submit a college application essay that will really hit home with the Admission Office at the college of your choice? Learn all the fundamentals of a winning essay as well as proven strategies. You will begin to write the college application essay during the class and leave with the confidence and knowledge to complete the process on your own. Students are welcome to bring a snack or lunch to class.

Class Date: Wednesday, October 14

Time: 6:00-8:30 pm
Fee: \$65



INTRO TO CODING

Course #FALL 20-11

Have fun with coding during this easy interactive class. Students are introduced to Scratch based coding in a fun environment and easy to follow instructions. No prior experience is required.

Day: Friday (5 weeks)

Class Begins: September 25

Time: 4:30-5:30 pm
Fee: \$99

INTRO TO GAME DESIGN

Course #FALL 20-12

Design and play your own games in this interactive class. Easy, step by step instructions ensure that each budding game designer ends up with a fun new game in each class!

Day: Friday (5 weeks)

Class Begins: October 30

Time: 4:30-5:30 pm
Fee: \$99

JUST FOR K-12 STUDENTS

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. If you have taken a Spanish Club, class previously, new vocabulary is introduced with each session - never a repeat. Class is open to new and returning students! Join the fun! If you have any questions, contact The Enrichment Company at 1-833-436-7424.



Fee: \$70

Register online at www.theenrichmentcompany.com

Form can also be downloaded and mailed directly to The Enrichment Company - Please do not send registration to Grand Island Community Ed. Office

CAREER OPPORTUNITIES & CERTIFICATIONS

MEDITATION FOR RELAXATION AND PERSONAL HEALING

Jesse Wicher, Holistic Arts

Course #FALL 20-13

Do you suffer from stress, anxiety or sleeplessness— or even high blood-pressure or hypertension? Does your mind never stop going? Meditation can help! Meditation is a simple, easy to learn practice that involves focusing your thoughts and your breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress, and create a greater sense of well-being. In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation.

Day: Tuesday (5 weeks)

Class Begins: September 22

Time: 7:00–9:00 pm

Fee: \$99

DEVELOPING YOUR INTUITION

Jesse Wicher, Holistic Arts

Course #FALL 20-14

Think you're not Intuitive? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection.

Day: Wednesday (5 weeks)

Class Begins: September 23

Time: 7:00–9:00 pm

Fee: \$99

HEALING WITH ENERGY

Jesse Wicher, Holistic Arts

Course #FALL 20-15

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.



Day: Thursday (5 weeks)

Class Begins: September 24

Time: 7:00–9:00 pm

Fee: \$99

REIKI CERTIFICATION CLASS

Jesse Wicher, Holistic Arts

Course #FALL 20-16

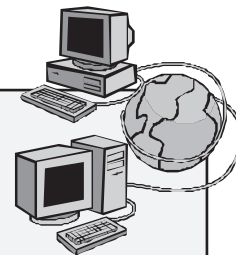
Become a certified Reiki healer. During these in-depth sessions, you will delve deeply into the ancient Japanese art of hands-on energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances. Each 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.

Class Date: Saturday, September 26

Time: 11:00-5:00 pm

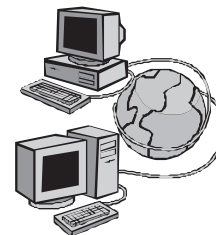
Fee: \$149

Check out our selection of
Online Courses on page 5!



ONLINE COURSES

The following online classes are offered through a partnership with ed2go! These online courses are completed in the privacy of your home at your convenience. The courses start once a month. Each course runs for 6 weeks and consists of 12 lessons. During the dates the classes are offered you can work as many hours and days as you want. The classes are taught by well-screened instructors and are self-paced.



Cost For Each Course: \$84.

Registration Process:

- Mail in your registration along with payment to Community Education and specify your selection for class start date.
- Go online to www.ed2go.com/gice and follow the class orientation for the course you have selected.
- Once you have completed your orientation, the Community Education office can verify that payment has been received and you can take the course you have selected.

For additional class offerings not listed below or a more in-depth class description go to www.ed2go.com/gice

Medical Terminology Series

Explore a Career in Medical Coding

Introduction to XML

Intermediate Microsoft Word 2013

SAT/ACT Preparation - Part 1

SAT/ACT Preparation - Part 2 Introduction to Journaling

Introduction to Microsoft Excel 2007

Accounting Fundamentals

Creating Web Pages

A to Z Grant Writing

Speed Spanish

Grammar Refresher

Intermediate Microsoft Excel 2007

Introduction to QuickBooks 2010

Beginning Writer's Workshop

Introduction to SQL

Project Management Fundamentals

Computer Skills for the Workplace

Human Anatomy and Physiology

Secrets of Better Photography

Introduction to Microsoft Access 2007

Explore a Career as an Administrative Medical Assistant

Introduction to Java Programming

Introduction to Microsoft Word 2007

Discover Digital Photography

Effective Business Writing

Become a Veterinary Assistant

Accounting Fundamentals II

GED Preparation

Introduction to QuickBooks 2009

Become a Physical Therapy Aide

Photographing People With Your Digital Camera

Introduction to PC Troubleshooting

Advanced Microsoft Excel 2007

Introduction to Networking

Speed Spanish II

Introduction to Natural Health and Healing

Introduction to Visual Basic 2008

Explore a Career in Medical Transcription

Learn to Buy and Sell on eBay

Writeriffic: Creativity Training for Writers

Response to Intervention: Reading Strategies That Work

Introduction to Microsoft Project 2007

Start Your Own Small Business

Achieving Top Search Engine Positions

Explore a Career as a Pharmacy Technician

Introduction to PC Security

Certificate in Gerontology

Grand Island Community Education Registration Form - Fall 2020 (Please Print)

Please print in Blue or Black Ink Only

First Name _____ Last Name _____

E-mail Address (We must have a valid email for registration) _____

Mailing Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____

Check Box if Senior Citizen

When registering for the Just for Kids classes, please complete the following:

Parent Name: _____ Child's DOB: _____ Male/Female

E-mail Address (We must have a valid email for registration) _____

Emergency Contact: _____ Relationship: _____ Phone Number: _____

Course Registration:

Course Name	Course Number	Day	Fee
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1. _____	_____	_____	_____
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2. _____	_____	_____	_____
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3. _____	_____	_____	_____
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Please make check out to Grand Island Central School District. Check # _____ Total \$ _____

This form may be copied for use by other registrants or downloaded at www.grandislandschools.org.

**Return Form to: Grand Island High School, Attention Community Education Department
1100 Ransom Road, Grand Island, New York 14072**

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