

GATES CHILI CONTINUING EDUCATION

Spring 2022

ZUMBA KIDS

Maribel Torres

Join Maribel for Zumba for kids designed kids ages 6 - 12. Classes are rockin' high-energy dance parties packed with kid-friendly routines. We will break down steps, add games, activities, and cultural exploration elements into the class structure. Zumba for kids benefits a healthy lifestyle and incorporates fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, teamwork, confidence, self-esteem, memory, coordination, balance, cultural awareness. This class will be held at Gates Chili High School in the front lobby.

Dates: 4/26-6/14

Days: Tuesday

Time: 4:45 PM - 5:30 PM

Sessions: 8

Fee: \$79.00

Location: GC High School Atrium Lobby

QUICK AND EASY MEALS

Stephanie Blaesi

What do you do for dinner at night? Do you snack instead of making a meal because you have no time? This class will talk about what you need to do to get yourself organized in the kitchen, how to plan ahead to save you time shopping, and you will walk away with some quick and easy meals prepped and ready to go! There is a supply fee of \$25 (cash or venmo) will be due to the instructor at the beginning of class. We know this may seem like a lot but you will be going home with lots of treats. This class is being offered in our new Family and Consumer Science room at the MS - Room 221. Enter using the front doors at GC Middle School and walk straight down the hall. The room will be on the right.

Dates: 4/28

Days: Thursday

Time: 5:00 PM - 8:00 PM

Sessions: 1

Fee: \$19.00

Location: GC Middle School - Room 221

FREE CPR: ADULT, CHILD & INFANT

Jen Everett

Heartsaver courses from American Heart Association offers: a cohesive, consistent experience for the learner, best practices to give students the best possible learning experience and help them better retain information with enhanced and realistic scenarios, while providing course and content flexibility. You will learn Adult/Child/Infant CPR and AED, and Adult/Child/Infant Choking. This class is being offered by Jennifer Everett from the Gates Ambulance. There is no class fee but those who would like a certification card will need to pay \$20 to Gates Ambulance.

Dates: 4/30

Days: Saturday

Time: 9:00 AM - 1:00 PM

Sessions: 1

Fee: Free

Location: Gates Volunteer Ambulance
Elm Grove Rd.

NEW

DRONES FOR BEGINNERS: LEARN EVERYTHING YOU NEED TO KNOW TO GET STARTED

Ross Mazzola

Thinking about buying a drone but aren't sure what to buy? Just got a drone but you're not sure where to fly it or are afraid to crash or lose it on your first flights? Join this class to get in on the exciting emerging technology of flying drones. This class will give you the knowledge to take off and enjoy this hobby. It's all about having fun, flying safe and being responsible. Drones are becoming increasingly common for personal and professional use. In this class you will learn: * What to consider before you purchase your new drone* Drone models and equipment, from hobby to professional drones* How to register your drone* When to fly and when to put your drone away because of bad weather* How to fly legally, staying away from airports, avoiding crowds, etc.* Federal Aviation Administration (FAA) rules and regulations for commercial drones* How to obtain a Part 107 Remote Pilot Certification* Safety Guidelines

Dates: 5/2

Days: Monday

Time: 6:30 PM - 7:30 PM

Sessions: 1

Fee: \$23.00

Location: GC High School - Room 205

NEW

PICKLEBALL LESSONS FOR BEGINNERS

Dick Seils

Join Instructor Dick Seils and learn to play Pickleball. Pickleball is the hottest new sport in the country for all ages, including adults 50 plus. It is a cross between tennis and ping pong. Pickleball is a great way for adults to stay fit. The class will introduce the basic rules of play for the game and allow the novice player to get familiar with serving and scoring, rules and equipment for both singles and doubles. Try it and you will be hooked. Paddles and balls will be provided. Sorry, Gold Cards are not accepted for this class at this time. Bring water to class. Class is held at our outdoor tennis courts at the Middle School.

Dates: 5/3-5/24 or 6/7-6/28

Days: Tuesday

Time: 6:00 PM - 7:00 PM

Sessions: 4

Fee: \$59.00

Location: GC Middle School - Tennis Courts

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247-5345

ACRYLIC POURING WORKSHOP

Susan Micciche

Have you seen the gorgeous Acrylic Pour artworks shared on Facebook and Pinterest? Would you like to give it a try for yourself? Join us for this workshop designed to get you started with acrylic pouring. No painting experience needed. All ages welcome including moms and kids. Everyone will be creating 2 canvases. Bring a pad and pen for notes (if you want to do this again on your own) and something to transport your wet canvases home (a box or disposable baking trays from the dollar store). Be sure to wear an apron or old shirt - this can get messy. All other materials are included in your registration fee. Special Note: register early, class size is limited. Park in Lot A and enter using door #3 at GCHS. For students ages 9 - 99 children under the age of 13 must be accompanied by a registered adult. All materials are provided by the instructor and are a part of the course fee. You will need to leave the pours for 24 hours to dry and make arrangements to pick up at a later date. Sorry gold cards are not accepted for this course. Please note registration closes 2 weeks before the start date of the class.

Dates: 5/14 or 6/4

Days: Saturday

Time: 10:00 AM - 1:00 PM

Sessions: 1

Fee: \$45.00

Location: GC High School - Room 100

NEW

THE PSYCHIC MEDIUM EXPERIENCE

Connie Wake and Susan Fiandach

What is psychic information and how does a reading "work?" Is it magic? A spiritual cult thing? Professional Psychic-Mediums and Teachers, Susan Fiandach and Connie Wake, offer this experiential class of information and connection. This offering is a "show and tell" of psychic-mediumship, describing the process of the 6th sense, followed by a demonstration of psychic-medium messages to those in attendance. Please note: Depending on the size of the class, there is no guarantee that everyone will receive a message. The basis of their understanding of psychic-mediumship is simply as the extension of information from our senses...in an "extra sensory" way. Whether you call it "that small voice," intuition or clairvoyance, we all have it and can allow it to be part of our everyday living. Knowledge is power... connection is joy! Please enter using door #5 at GCHS. Class is in the library classroom. Sorry we are unable to accept gold cards for this class.

Dates: 5/17

Days: Tuesday

Time: 6:30 PM - 8:30 PM

Sessions: 1

Fee: \$29.00

Location: GC High School - Room 227

NEW

GARDENING

VEGETABLE GARDENING BASICS: SPRINGTIME GARDEN PREP

Stacey Steward

Create a healthy home for your plants by preparing the soil. Learn some basic ways to help your garden thrive as we discuss soil nutrition, different soil types and how to give your plants their best chance through healthy soil. We'll spend some hands-on learning time in Spencerport's Community Garden, weather permitting. Bring a shovel, garden fork/ pitchfork and some gloves!

Dates: 5/5

Days: Thursday

Time: 6:00 PM - 7:00 PM

Sessions: 1

Fee: \$15.00

Location: Spencerport CSD, Cosgrove MS,
Room 518

GARDENING WITH KIDS

Stacey Steward

Your garden is an amazing place to explore nature and connect with the kids in your life. Bring your kids to this garden prep session at Spencerport's Community Garden! We'll dig in the dirt, talk about some of the friends we meet (worms and bugs) and how to care for the plants in your garden. All children must be accompanied by an adult.

Dates: 5/7

Days: Saturday

Time: 10:00 AM - 11:00 AM

Sessions: 1

Fee: \$15.00

Location: Spencerport CSD, Cosgrove MS,
Room 518

PLANT A FLOWERING CONTAINER GARDEN

Stacey Steward

Create your own container garden, full of color and texture. Learn a few design tricks, how to choose plants to fit your space, and how to care for your container through the summer. We'll meet in the greenhouse at Kirby's Farm Market. Materials included. Sorry Gold cards are not accepted for this class.

Dates: 5/19

Days: Thursday

Time: 6:00 PM - 7:30 PM

Sessions: 1

Fee: \$55.00

Location: Kirby Farm Market
9739 Ridge Road West



ART

CARD PAINTING PARTY

Susan Micciche

"Every child is an artist. The problem is how to remain an artist once we grow up." - Pablo Picasso

This is an opportunity to put aside preconceived ideas, fling your cares and to do list out the window, grab your friends and take some time to rediscover your love of color together. Everyone will be creating 3 art works worthy of framing or gifting as very special cards. Watercolor painting is a gentle tool that will be used to tap the latent artist's heart. Simple exercises will bring forth buckets of fun.

This class is for teens and adults. Children 9 - 12 are welcome if accompanied by an adult student. All materials included in registration fee. Special Note: please register at least two weeks before the start date. Park in lot A and enter using door #3.

Ms. Micciché received her degree in Art Education from Nazareth College of Rochester and studied painting and drawing at SUNY New Paltz. She has exhibited at the Center for High Falls and Steve Carpenter Art Center in Rochester and has shown her work in the juried Park Ave Festival and Clothesline Art Show. Ms. Micciché currently teaches drawing and painting in adult education venues locally.

Dates: 4/30

Days: Saturday

Time: 10:00 AM - 12:30 PM

Sessions: 1

Fee: \$23.00

Location: GC High School - Room 100

INTRODUCTION TO FUSING TECHNIQUES

34 Studio

Discover the fun of glass fusing! Students learn to fuse different types of glass and how to safely cut glass while they design and create a square bowl. Bowls can be decorative or used as functional pieces. Choose from many different colors and textures. Then learn what goes on in the kiln when the glass goes in. Projects are fired twice and are ready for pick up in ten days. Glass and materials are included in the price of this class. Please bring safety glasses or plan to purchase them from the studio for \$5. Please wear closed toed shoes. This class is offered at Studio 34 on Elton Street in Rochester. Sorry, gold cards are not accepted at this time.

Dates: 4/13

Days: Wednesday

Time: 6:00 PM - 8:00 PM

Sessions: 1

Fee: \$59.00

Location: Studio 34, 34 Elton Street

CREATING COLLAGES, AN ARTISTIC PUZZLE

Danica Glamack

This class will motivate you to create a one of a kind collage from your smartphone photographs or photos from a favorite magazine or with colored papers. In the first class you will plan your collage (choose a theme, select images, begin building the collage). Second class you will assemble the puzzle pieces for the collage. The third class is the building and completion of your collage puzzle. There will be a \$4 supply fee payable to the instructor which includes 1 canvas panel 9"x12", colored paper and foam brushes.

Students need to bring a kitchen trash bag, white glue, scissors, and photograph prints from smartphone or cut-outs from favorite magazine.

Dates: 4/25-5/9

Days: Monday

Time: 6:00 PM - 8:30 PM

Sessions: 3

Fee: \$69.00

Location: GC High School - Room 102

FLAMEWORK BEADMAKING FOR BEGINNERS

34 Studio

Want to learn how to create beautiful glass beads for jewelry or collecting? In this basic techniques class, students create up to five beads by melting and shaping glass in the same way it has been done for millennia, but with modern state of the art equipment. Beads are kiln annealed and are available for pick up in two days. Glass and materials are included in the price of this class. Please bring safely glasses or plan to purchase them from the studio for \$5. Please wear closed toed shoes. This class is offered at Studio 34 on Elton Street in Rochester. Sorry, gold cards are not accepted at this time.

Dates: 5/14

Days: Saturday

Time: 1:00 PM - 3:00 PM

Sessions: 1

Fee: \$59.00

Location: Studio 34, 34 Elton Street

PERSONAL

BECOME A NOTARY ONLINE

Kristin Cavallaro

Whether you are looking to become a new Notary Public or need a refresher on Notary Law and the duties/responsibilities afforded to you, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as the appointment, testing, and renewal policies and procedures. You must enter a valid e-mail to register. The instructor will contact students the Friday before about how to access the class. Sorry, we are unable to accept gold cards for this program.

Dates: 4/30

Days: Saturday

Time: 9:00 AM - 2:30 PM

Sessions: 1

Dates: 5/2-5/9

Days: Monday

Time: 5:30 PM - 8:30 PM

Sessions: 2

Fee: \$49.00

Location: Online - Zoom

Check online for more details!
[GatesChili.org/ContinuingEd](https://www.gateschili.org/ContinuingEd)

AQUA FITNESS

MONDAY

WATER/AQUATIC FITNESS WITH JENN

Jenn DeFreze

The water is an amazing medium to exercise in because of its capability to provide a low impact full body workout in a short time. This one hour workout will strengthen both the Cardiovascular and Muscular systems at your pace and in your comfort zone. We will incorporate the upper body, lower body, abs and core into every workout. Between intervals of strengthening there will be cardio bursts as well as intermittent balance activities. Jenn is a trained as a Physical Therapist which allows her to present a supportive environment for all levels of fitness and health goals. She welcomes and encourages communication with participants and will tailor the class to your expectations as possible. No class 5/30. Park in Lot A at GCHS and enter using door #5, check in at the window and head down to the pool. Sorry, we are unable to accept gold cards for this class. Bring a towel and a plastic water bottle.

Dates: 4/25-6/13

Days: Monday

Time: 7:00 PM - 8:00 PM

Sessions: 7

Fee: \$69.00

Location: GC High School Pool

TUESDAY

AQUA ZUMBA WITH MARIBEL

Maribel Torres

Aqua Zumba brings a new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool part. It offers a fun but challenging, water-based, body toning workout. Park in Lot A at GCHS and enter using door #5, check in at the window and head down to the pool. Sorry, we are unable to accept gold cards for this class. Bring a towel and a plastic water bottle.

Dates: 4/26-6/14

Days: Tuesday

Time: 6:15 PM - 7:00 PM

Sessions: 8

Fee: \$79.00

Location: GC High School Pool

WEDNESDAY

AQUA FITNESS WITH HELEN

Helen Bilak

Join Helen on Wednesday nights for a solid hour long do-it at your own pace aqua fitness class. We will start with warm ups and stretching, aerobic exercise & upper body conditioning, ending with stretching and relaxation breathing. This class is designed for everyone to have fun and feel good when they are done. The instructor, Helen, teaches this class from the pool. Park in Lot A at GCHS and enter using door #5, check in at the window and head down to the pool. Sorry, we are unable to accept gold cards for this class. Bring a towel and a plastic water bottle.

Dates: 4/27-6/15

Days: Wednesday

Time: 6:15 PM - 7:15 PM

Sessions: 8

Fee: \$79.00

Location: GC High School Pool

Please do not leave any valuables in the locker room without a lock. You are welcome to store personal items out in the bleachers where you can see them

THURSDAY WATER WALKING

Marla Chefalo

Have you been wanting to start water walking? Do you need the motivation to show up and keep attending? Join Marla Chefalo for this easy to do, fun fitness class. Water walking is low impact and easy to do. Getting in is the hardest part. This is a gentle 45 minute class with a warm-up, and cool down. Please check with your doctor to be sure this program is right for you. Park in Lot A at GCHS and enter using door #5, check in at the window and head down to the pool. Bring a towel and a plastic water bottle. Gold cards ARE accepted for these classes this session. No 5/26.

Dates: 4/28-6/9

Days: Thursday

Time: 7:00 PM - 7:45 PM

Sessions: 6

Fee: \$39.00

Location: GC High School Pool

FITNESS

PICKLEBALL LESSONS FOR

BEGINNERS

Dick Seils

Dates: 5/3-5/24 or 6/7-6/28

Days: Tuesday

Time: 6:00 PM - 7:00 PM

Sessions: 4

Fee: \$59.00

Location: GC Middle School - Tennis Courts

ZUMBA WITH KELLY L.

Kelly LoTurco

Zumba is a combination of Latin and international dance that makes for an exciting workout! It tones your body through dance moves that are easy to learn. It's perfect for anyone who wants to have fun while they exercise. Come join Kelly at Zumba and see for yourself! All you need to bring is a water bottle and energy! This session class will meet in the lobby of GCHS. Park in the HS bus loop and enter using door #1. Sorry, we are not accepting gold cards at this time.

Dates: 4/26-6/16

Days: Tuesday & Thursday

Time: 7:00 PM - 8:00 PM

Sessions: 16

Fee: \$139.00

Location: GC High School Atrium-Lobby

Dates: 4/26-6/14

Days: Tuesday

Sessions: 8

Fee: \$79.00

Dates: 4/28-6/16

Days: Thursday

Sessions: 8

Fee: \$79.00

ZUMBA KIDS

Maribel Torres

Dates: 4/26-6/14

Days: Tuesday

Time: 4:45 PM - 5:30 PM

Sessions: 8

Fee: \$79.00

Location: GC High School Atrium Lobby

AQUA ZUMBA WITH MARIBEL

Maribel Torres

Dates: 4/26-6/14

Time: 6:15 PM - 7:00 PM

YOGA

MIXED LEVEL YOGA

Cheri Scotto

Are you looking to balance your workout? This class will help you achieve your fitness goals with strength, endurance, flexibility and rest. Mixed level yoga offers options within each pose varying the level of intensity. If you are looking to get a good workout and de-stress, this class is for you! Foundational Level 1 and Level 2 yoga poses, breathing techniques and meditation will be taught. Variations for individual levels will be offered for a well-rounded practice that can be practiced at home. The body loves movement; it is the mind that gets in the way! Please bring a yoga mat and a yoga blanket if you have one. Yoga blocks and straps are recommended. Sorry gold cards not accepted. Choose from one night or both nights. We are exploring new options for location.

Dates: 4/26-6/16

Days: Tuesday & Thursday

Time: 6:15 PM - 7:30 PM

Sessions: 16

Fee: \$139.00

Location: TBD

Dates: 4/26-6/14

Days: Tuesday

Sessions: 8

Fee: \$79.00

Dates: 4/28-6/16

Days: Thursday

Sessions: 8

Fee: \$79.00

GENTLE YOGA

Gaie Sarley Goodness

Gaie's class will consist of centering, breathing, meditation, warm-ups, formal poses, and Shavasana/relaxation. Gaie Sarley Goodness is a Certified Kripalu Yoga Teacher. Materials: Dress in comfortable clothing. Students will need a yoga mat, cushion, block(s), and a strap or belt. Sorry, we are unable to offer this class as a Gold card option this session. Park in Lot A and use door #5 to enter the high school.

Dates: 5/2-6/13

Days: Monday

Time: 6:15 PM - 7:15 PM

Sessions: 6

Fee: \$59.00

Location: GC High School - Library Loft

REIKI - LEVEL 1 CERTIFICATION

Donalee Farrell

Reiki (Ray-key) healing energy works across the physical, emotional, mental spirit body. First degree Reiki will provide the tools to provide treatment to oneself, treatment of others and pets through a hands-on approach. You will learn the history of Reiki, practice Reiki for self-treatment and treatment on others while Reiki energy is channeled through your hands. You will also be able to scan the body for energy. There is a \$15 materials fee payable to the instructor. Sorry, gold cards are not accepted for this course. Park in Lot A and use door #5 to enter the high school.

Dates: 6/11

Days: Saturday

Time: 8:30 AM - 4:00 PM

Sessions: 1

Fee: \$129.00

Location: GC High School Library Loft

REIKI LEVEL 2 CERTIFICATION

Donalee Farrell

You will raise your spiritual awareness and increase your Reiki energy channeling abilities. You will receive two powerful Reiki Second Degree Attunements and learn the sacred Reiki Second Degree techniques and symbols for the expansion of the Reiki healing energy. We will also be exploring the Reiki principles. Prerequisite: Completion of Reiki 1. There is a \$15 supply fee payable to the instructor at the class. Sorry we are not able to accept gold cards for this class.

Dates: 6/18

Days: Saturday

Time: 9:00 AM - 4:00 PM

Sessions: 1

Fee: \$129.00

Location: GC High School Library Loft

FITNESS

GET IN SHAPE WITH MMA FITNESS

Samurai Staff

MMA Fitness is a non-contact dynamic workout that focuses on improving striking technique, power, and accuracy for punches and kicks, as well as ground conditioning! It is a blend of boxing, muay thai kickboxing, and jiu-jitsu. Train like an Ultimate Fighter! Our MMA Fitness instructors are all black belts in karate and/or jiu-jitsu and have decades of martial arts experience. They will be able to teach you the correct form when punching and kicking. They also have the knowledge and experience to create new combinations that are great for both exercise and practical uses. Boxing gloves are provided for each student included in the price of this class. Loose and comfortable clothing is recommended and shoes are optional. This class is open to men and women ages 13 and up. Please arrive 10 minutes early on the first class to have time to fill out the release form to participate and get a tour of the facility. This class is held at Samurai Martial Arts, 1512 Spencerport Road.

Dates: 4/21-5/10

Days: Tuesday & Thursday

Time: 7:30 PM - 8:30 PM

Sessions: 6

Fee: \$59.00

Location: Samurai Martial Arts,
1512 Spencerport Road

COMMUNITY USE OF THE SPARTAN FIELD HOUSE

Did you know School District Residents (over the age of 18) are able to use the Spartan Field House facilities including the fitness center, indoor walking track and pool at Gates Chili High School. Users are required to check in at door #5 and provide their valid NYS issued Driver License or Non Driver ID as proof of residence. Fitness Center users are required to take a one time orientation prior to using. You can register for this orientation at www.gateschili.org/continuingeducation Please look online use the community link for the Spartan Field house for a new required registration document you can complete from home. You will also find the schedule and other usage guidelines and practices. Questions? Email us at Continuingeducation@gateschili.org or call us at 247-5345.

FITNESS CENTER ORIENTATION

This is the required in-person orientation for district residents who would like to use the Fitness Center. Those signing up for this class are required to live in the Gates Chili School District and are required to show a valid New York State driver's license with their Gates Chili School District address. Please check before signing up as we are unable to refund fee because you live in another district. Offered weekly on Tuesdays at 6:30 pm. Call us or check online for dates. There is no walk in registration at the class. You must pre-register and pay in advance. Questions call us at 247-5345. Enter using door #5 at GCHS.

CERTIFICATIONS

FREE CPR: ADULT, CHILD & INFANT

Jen Everett

Dates: 4/30

Days: Saturday

Time: 9:00 AM - 1:00 PM

Sessions: 1

Fee: Free

Location: Gates Volunteer Ambulance

HOME ALONE EPIC TRAINING

EPIC Training

This two-hour program is designed to teach children ages 7-14 who are home alone the importance of behaving responsibly. Topics include but are not limited to first aid, what to do when a stranger comes to the door, telephone tips, internet safety as well as how to react during a variety of miscellaneous emergencies such as power outages. Also covered is who and when to call in an emergency. Knowing when your child is ready to stay home alone is a difficult decision, but preparation can make the transition much easier for you and your child. Students receive the EPIC student workbook, a Safety Information Packet, Emergency Information Contact Sheet, House Rules Form, and a card on how to call 911/Poison Control.

Dates: 5/21

Days: Saturday

Time: 9:00 AM - 11:00 AM

Sessions: 1

Fee: \$29.00

Location: GC High School - Room 227

BABYSITTING TRAINING

EPIC Training

For students ages 11 and older who want to learn how to properly watch children. This class is taught through classroom discussion, instructor lecture and is supplemented by an interactive video presentation. This 5 hour class for boys & girls teaches participants the roles and responsibilities of a babysitter and includes skills in accident prevention, first aid and abdominal thrusts for choking victims. Each student will receive a workbook and a certification card upon completion. Class will be held in the Middle School library. Pizza will be ordered and served (compliments of Mark's Pizza in Gates).

Dates: 5/21

Days: Saturday

Time: 11:00 AM - 4:00 PM

Sessions: 1

Fee: \$59.00

Location: GC High School Room 227

BABYSITTING TRAINING ONLINE

EPIC Training

Dates: 6/24

Days: Friday

Time: 11:00 AM - 4:00 PM

Sessions: 1

Fee: \$45.00

Location: Online - Zoom

AQUATIC CERTIFICATIONS

AMERICAN RED CROSS LIFEGUARD TRAINING

Derek Yacono

Dates: 5/17-5/25

Days: Tuesday, Wednesday, and Thursday

Time: 4:00 PM - 8:00 PM

Sessions: 5

Fee: Sliding Fee

Location: GC High School Pool

AMERICAN RED CROSS LIFEGUARDING RECERTIFICATION

Derek Yacono

Dates: 6/7

Days: Wednesday

Time: 4:00 PM - 6:30 PM

Sessions: 1

Fee: \$50.00

Location: GC High School Pool

WATER SAFETY INSTRUCTOR (WSI)

Derek Yacono

Dates: 5/12-6/9

Days: Wednesday and Thursday

Time: 5:00 PM - 8:00 PM

Sessions: 6

Fee: \$99.00

Location: GC High School Pool

RUN MONDAYS!

Dean Mysliveek

Who loves to run? Come join Run Mondays for a fun afternoon that will include many running activities including: relays, tag games, fun runs with a buddy and a chance to meet new friends and enjoy the sport of running. Please include grade and youth shirt size with your registration as each student will receive a t-shirt upon completion.

Parents drop off and pick up outside door #8 at the High School. Students need to be picked up and dropped off on time and in-person at 5:30 pm - failure to pick up on time may result in student being unable to participate in the program. This program is for students in 4th, 5th, and 6th grades.

Dates: 4/25-5/23

Days: Monday

Time: 4:30 PM - 5:30 PM

Sessions: 4

Fee: \$19.00

Location: GC High School Stadium



DRIVING

5 HOUR PRE-LICENSING COURSE ONLINE

Street Skills

This course is taught via online video session. Students must provide a photo of a valid NYS DMV drivers permit (back view is also necessary if the address has been changed from original) by emailing jon@streetskills.net. Students will receive a meeting code and password to attend the Zoom conference by 2 pm on the date of their scheduled course. Students are to interact with the instructor the entire course and be ready to answer direct questions or comments. When you have successfully complete the course the certificate will be mailed to the student and the student must sign the certificate upon receipt**Please note certificates will not be issued immediately following the course.

Please CHECK AND BE SURE WE HAVE A CORRECT EMAIL ADDRESS FOR YOU AND A CORRECT PHONE NUMBER BEFORE THE START OF CLASS. The MV-278 Certificate is good for one year from the date it is issued. In addition to the basics, students will leave with knowledge of skills and habits for a lifetime of safe driving. The course will not simply provide the minimum information to pass a road test, but high-value techniques. About the instructor: Mr. DelVecchio has taught auto driving skills for many years and has developed an informative and engaging pre-licensing experience.

Dates: 5/4

Days: Wednesday

Time: 3:30 PM - 8:30 PM

Dates: 6/1

Days: Wednesday

Time: 3:30 PM - 8:30 PM

Dates: 6/18

Days: Saturday

Time: 3:30 PM - 8:30 PM

Fee: \$49.00

Location: Online - Zoom Format

Follow Us On Twitter:

@GC_ContinuingEd & @gcdrivered

Follow Us On Facebook:

Gates Chili Continuing Education

@gateschilicontinuingeducation

Follow Us on Instagram

@gateschilicontinuinged

247-5345

AAA DRIVER IMPROVEMENT PROGRAM

Are you interested in refreshing your driving skills, learning crash prevention techniques and saving money? Complete this course and, as a principal driver, you will receive a 10% reduction in your automobile liability and collision insurance premiums. You may also qualify for up to four points off your current record of violations. Our certified instructor will teach traffic laws, the roles and responsibilities of the individual driver, and defensive driving techniques. This course is approved by the New York State Department of Motor Vehicles. All drivers with a NYS Driver's License are eligible. No tests are required. (Non members pay \$49 and AAA members pay \$42.) To receive AAA member discount you must register by calling the office and providing us with your up to date membership number. Members are not able to receive the lower rate for the class if they choose to register online. Sorry, Gold cards are not accepted. Class will meet in Room 204. Park in Lot A at the HS and enter using door #4. The classroom will be right across the hallway.

Dates: 4/26 and 4/28

Days: Tuesday and Thursday

Dates: 5/23 and 5/25

Days: Monday and Wednesday

Dates: 6/14 and 6/16

Days: Tuesday and Thursday

Time: 6:00 PM - 9:00 PM

Sessions: 2

Fee: \$49.00

Location: GC High School, Room 204

DRIVER EDUCATION PROGRAM SUMMER 22

This Summer the Gates Chili School District will be offering our Driver Education Program in person. We will offer two sessions with a variety of drive times. The first set of dates will begin on 6/27 and will meet 6/28, 6/29, 6/30, 7/1, 7/6, 7/7, 7/8, 7/11, 7/12, 7/13, 7/14, 7/15, 7/18, 7/19, 7/20. The second set of dates will start on 7/21 and will run 7/22, 7/25, 7/26, 7/27, 7/28, 7/29, 8/1, 8/2, 8/3, 8/4, 8/5, 8/8, 8/9, 8/10, 8/11. Students must be 16 years of age, enrolled at a high school and be in good standing. Students must also hold a valid NYS permit prior to the start of the program. We offer two date options for students to choose from (this allows you to take a summer vacation). This program provides 16 session of lecture and 16 sessions of driving with an instructor. Practice driving with an adult will also need to occur prior and during the program. More Information and the registration link can be found online at www.gateschili.org under the community tab/driver education or you can call our office for more information at 247-5345 or email us at Continuingeducation@gateschili.org. The price will be \$475 in district and \$525 out of district. Payment Plans are available. Registration will be available the week of April 11th. Spots are given out using birth date order.

DRIVER'S PERMIT TESTING

Marla Chefalo

Is it time to get your Learner's Permit? The NYS Department of Motor Vehicles (DMV) now allows students to take the Driver's License knowledge test online (on their own) or at their high school. Participation in this program should drastically reduce the time spent at the DMV office for students and their parents. After passing the exam you will be given the paperwork needed to take to the DMV to apply for your permit. The fee for this exam is in addition to any fees required by DMV. Students can take this permit test any time following their 15th birthday. Before you take your permit test at Gates Chili, please be sure to go to the site below, read the learner's manual, and take the practice test questions. These are the same questions you will see when you take your actual permit test. Parents, be sure to sign up your child not yourself for the class. To take practice tests and read the official driver's manual go to this link <https://www.dmv.ny.gov/dmanual/default.html>. All students must be currently enrolled in good standing at Gates Chili High School. We are unable to test students enrolled at other schools. Please call our office at 247-5345 to schedule a time after you have registered online.

Fee: \$10.00

Location: GC High School, Room 200

FOR TEENS

STUDENT EMPOWERMENT

Keeri and John Ingalina

A two-part personal safety program for female High School students.

Designed exclusively for Gates Chili High School, this program teaches the psychological, verbal and physical strategies that are critical for a self-defense mindset. At the core of this mindset is the belief that we are worth defending. This course teaches skills needed to dramatically improve the safety of our school community by educating female students in a comprehensive self-defense curriculum. There is a transfer of knowledge on the importance of confidence, self-esteem and psychological skills that are necessary to reduce the risk of an assault. We will begin with the origin of the Women Empowered Program and why it's different from other self-defense programs. We examine the four-phase attack strategy most used by a known/familiar assailant, as well as the "Triangle of Victimization" which depicts the three components that must exist for an assault to occur. We will also cover social media safety, boundary setting and verbal self-defense strategies along with practicing easily done techniques utilized in Gracie Jiu-Jitsu for self defense.

The Women Empowerment Program reinforces awareness principles, risk assessment, and verbal and psychological strategies a woman can use to set safe boundaries with others; even if the perpetrator is someone she knows. This is the cornerstone of our program and is nurtured in addition to essential life enhancing techniques.

This is a two-part workshop offered after school for students. We are offering this course for FREE to students of Gates Chili High School thanks to a grant obtained from the Walmart Corporation. For students in 9th-12th grades.

Dates: Check online

Days: Tuesday and Thursday

Time: 2:15 PM - 3:00 PM

Sessions: 2

Fee: Free

Location: GC High School Library Loft

Check online for more details!
[GatesChili.org/ContinuingEd](https://www.gateschili.org/ContinuingEd)



TRAVEL

PLAN YOUR OWN EUROPEAN ADVENTURE

Kate Torrey

Learn how to plan an independent trip to Europe. By traveling without a tour group you can save money and travel at your own pace. Participants will learn how to find affordable airfare and lodging, travel easily within Europe, how to pack, and even plan sightseeing. Ample time will be available for questions. Sorry, gold cards are not being accepted for this program. This class is being held in person at Hilton CSD in the District Offices/Quest, Staff Development Room, 225 West Ave., Hilton

Dates: 4/27

Days: Wednesday

Time: 6:30 PM - 8:30 PM

Sessions: 1

Fee: \$24.00

Location: Hilton CSD, District Office

PLANNING YOUR DISNEY VACATION

Kate Torrey

Planning a Disney World vacation can be overwhelming. In this class we'll cover Disney's new Genie + and Lightning Lane ride reservation features, the new park pass system, and how to plan your days in the parks. You'll find out which restaurants need to be reserved 60 days in advance, where to stay, and how to get around the 47 square miles of Walt Disney World. There will be ample time for questions. Sorry, gold cards are not being accepted for this program. This class is being held in person at Hilton CSD in the District Offices/Quest, Staff Development Room, 225 West Ave., Hilton

Dates: 5/9

Days: Monday

Time: 6:30 PM - 8:30 PM

Sessions: 1

Fee: \$20.00

Location: Hilton CSD, District Office

APPLY FOR A PASSPORT Monroe County Clerks Office

Apply For A Passport with the Monroe County Clerks Office! Apply for the gold standard of identification, a U.S. Passport right in your own neighborhood. Applicants should visit <http://www.monroecounty.gov/clerk-pass-ports.php> or call the County Clerks office at 753-1600 for complete information on what is necessary to apply. They can take your photos on site for an additional \$7. No pre-registration or appointment is necessary. If applying for a new passport, you must have a birth certificate with a raised seal and both parents names on it. Please bring your checkbook and/ or credit card to make payment. Renewal photos can be taken but it is best to mail your renewal in. Park in Lot A and enter using door #5 at GCHS. YOU DO NOT NEED TO REGISTER IN ADVANCE.

Dates: 5/4

Days: Wednesday

Time: 6:15 PM - 8:00 PM

Sessions: 1

Location: GC High School Room 227

Check online for more details!
[GatesChili.org/ContinuingEd](https://www.gateschili.org/ContinuingEd)

TRAVEL ONLINE

GET PAID TO TEACH ENGLISH

Gina Henry

Learn how Gina has taught her way around the world & paid for vacations and travel to over 98 countries. Teaching English is a high paying career or simply a great way to go on vacation for free. English is the world's business & travel language. Being able to speak English helps people get better paying jobs. If you speak English, you can teach conversational English! You don't have to be certified or speak the local language. Make money from home by teaching English online. Earn a free vacation, 2-month paid summer job, or full-time work that earns up to \$90K a year. Learn the best paying jobs, qualifications, certification programs & specific hiring organizations. Tuition includes instructors 100-page digital book (a value \$39.95). Go to www.GinaHenry.com for more instructor information. We are unable to accept gold cards at this time.

Dates: 5/14

Days: Saturday

Time: 12:00 PM - 3:00 PM

Sessions: 1

Fee: \$49.00

Location: Online course

HOW TO TRAVEL FREE AND SAFELY

Gina Henry

We're ready to get back to our travels! When it is safe to go on a trip, where can we go, how do we stay safe, and how do we make our travel free? Plus learn how to benefit from the deep travel discounts being offered right now to motivate you to book future travel in 2022. If you are near retirement, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she is prepared for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities. Tuition includes Gina's 100-page digital book How to Travel Free & Safely (a value of \$39.95). Go to www.GinaHenry.com for more instructor information. This class is online Zoom. Sorry we are unable to accept gold cards for this class.

Dates: 5/7

Days: Saturday

Time: 12:00 PM - 3:00 PM

Sessions: 1

Fee: \$49.00

Location: Online course



WORK REMOTELY & BECOME A DIGITAL NOMAD

Gina Henry

How to Create Your Money-Making Travel Lifestyle & Work Anywhere

Working remotely is now the thing. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road! You can make your travels sustainable by earning a living as you travel. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Get the "how to" of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a "physical address", the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more. Learn the best ways to set up your remote office and get quality wifi in your hotel, long-term rental, and out of your car or RV. Plus learn about the many remote jobs available. Gina Henry founded Go Global, Inc. 26 years ago and has been location independent and working remotely for the past six years traveling year round. Tuition includes instructors 100-page digital book "Work Remotely and Become a Digital Nomad" (a \$39.95 value). Go to www.GinaHenry.com for more instructor information. Sorry we are unable to accept gold cards at this time.

Dates: 5/21

Days: Saturday

Time: 12:00 PM - 3:00 PM

Sessions: 1

Fee: \$49.00

Location: Online course

Watch for
Summer Swim
Lessons

GC QUICK WATER SWIM CLUB

Gates Chili Continuing Education is excited to announce the Swim Club has restarted and we are having a lot of fun. We will be offering affordable practices year-round, Monday thru Thursday, from 5:45-7:15pm.

We hope to provide positive coaching in a fun and interactive team environment while developing each individual swimmer to their fullest potential.

Who can join? The program is offered to anyone who is a level 3 or 4 swimmer through the American Red Cross, YMCA, or any other learn to swim program.

Who are the Coaches? The Head Coach for Gates Chili will be Matt Monaghan (Section V Hall of Fame Swimmer). The club will be overseen by Derek Yacono.

When does it run and how much does it cost? The sessions are split into 4 seasons. You can pay for the seasons that best fit your schedule.

Dates: 4/25-6/10

Days: Monday, Tuesday, Wednesday, Thursday

Time: 5:45 PM - 7:15 PM

Fee: \$84.00

Location: GC High School Pool

DANCE CLASSES

Offered by Universal Dance and Movement
Kids Acro:

Mondays, 4/25 to 6/6 from 5 - 5:30 pm \$59

Kids Hip Hop:

Tuesdays, 4/26 to 5/31 from 5:30 - 6 pm \$59

Adult Hip Hop:

Tuesdays, 4/26 to 5/31 from 7 - 7:45 pm \$59

Pre-K Dance Combo Class:

Wednesdays, 4/27 to 6/1 from 5:30 pm - 6:30 pm \$79

Kids Dance Combo Class:

Fridays, 4/29 to 6/10 from 5:30 pm - 6:30 pm \$79

Register at www.gateschili.org/continuinged



GATES CHILI JAVA JAZZ IS BACK!

**FEATURING BASSIST
(AND PROUD GC GRAD!)
*DAN MONTGOMERY
AND HIS QUINTET***

**AND OUR OWN
GC JAZZ BANDS
*GC SHOW CHOIR***

**FRIDAY, MAY 13, 2022
6 - 9 P.M.**

**AT THE GATES CHILI
PERFORMING ARTS CENTER
1 SPARTAN WAY**

TICKETS \$10 ADULTS/\$5 STUDENTS
AT THE DOOR OR BY EMAILING
CHRISTOPHER_OLDFIELD@GATESCHILI.ORG



To Register:

visit our website
GatesChili.org/ContinuingEd
(585) 247-5345

Gates Chili Central School
3 Spartan Way
Rochester, New York 14624

Non-Profit Org.
U.S. Postage
PAID
Rochester, NY
Permit No. 1034

PHOTOGRAPHY

ADVANCED PHOTO TECHNIQUES

Christopher Reddy

Learn how to take better photographs using more advanced techniques available on most DSLR/ Mirrorless cameras. This hands-on class will explore the creation of stunning photographs using image stacking, panoramas, and macro photography. Landscape, low-light, and time-lapse photography will be explored. Prerequisite - You must be comfortable with your cameras' settings and features (consider taking the "All about Your Digital Camera" class). You must enter a valid e-mail to register. We will send you the link to join the class. You will be able to interact virtually, and ask questions! This class will be offered online using Google Meets. Sorry, we are unable to accept gold cards for this course.

Dates: 5/3-5/10

Days: Tuesday

Time: 6:30 PM - 8:30 PM

Sessions: 2

Fee: \$49.00

Location: Online

DIGITAL PHOTOGRAPHY HANDS ON WORKSHOP

Christopher Reddy

Learn digital photography techniques in this hands-on workshop held in a local photogenic location. Landscape, portrait, macro, time-lapse and long-exposure photography will be taught and explored. Prerequisite full familiarity with your camera - this is a class on technique, NOT camera operation. Sorry, gold cards are not being accepted for this class.

Dates: 6/13-6/20

Days: Monday

Time: 6:30 PM - 8:30 PM

Sessions: 2

Fee: \$50.00

Location: TBD

EDITING YOUR PHOTOS WITH FREE SOFTWARE

Christopher Reddy

Learn the ins and outs of editing your photos using free software. Learn how to bring out detail, enhance colors, remove objects and enhance the visual appeal of your photos. Darktable, Lightzone, RawTherapee, Krita, Gimp and Photoscape will be explored. tips, tricks, along with easy-to-learn ways to bring your photos to life. Basic understanding of your computer is required. Sorry, we are unable to accept gold cards at this time.

Dates: 6/27-6/28

Days: Monday and Tuesday

Time: 6:30 PM - 8:30 PM

Sessions: 2

Fee: \$49.00

Location: Online

EDITING YOUR PHOTOS WITH LIGHTROOM ONLINE

Christopher Reddy

Learn the ins and outs of editing your photos using Adobe Lightroom. We will demonstrate the use and features of Lightroom to bring the most out of your photos. Tips, Tricks, hidden features, and optimizing the performance and your workflow will all be discussed and demonstrated. This course will be conducted in Zoom. You must enter a valid e-mail to register. We will send you the link to join the class after you register. This class will be offered online using Google Meets. Sorry, we are unable to accept gold cards for this course for the Spring session.

Dates: 5/2-5/9

Days: Monday

Time: 6:30 PM - 8:30 PM

Sessions: 2

Fee: \$49.00

Location: Online

Follow Us On Twitter:

@GC_ContinuingEd & @gcdrivered

Follow Us On Facebook:

Gates Chili Continuing Education
@gateschilicontinuingeducation

Follow Us on Instagram

@gateschilicontinuinged

247-5345

KNOW YOUR DIGITAL CAMERA ONLINE

Christopher Reddy

Do you have a new digital camera or are thinking of buying one? Confused by all the buttons and settings? Explore the controls, features and settings of your digital camera. We will discuss the terminology, preferred settings and how to get the most out of your camera. This introductory class is for any digital camera - point and shoot, compact, bridge, smartphone, DSLR or Mirrorless (no experience necessary). You must enter a valid e-mail to register. the instructor will send you the link to join the class. You will be able to interact virtually, and ask questions! This class will be offered online using Google Meets

Dates: 5/4

Days: Wednesday

Time: 6:30 PM - 8:30 PM

Sessions: 1

Fee: \$29.00

Location: Online

TROUBLE SHOOTING YOUR PHOTOS ONLINE

Christopher Reddy

Are your photographs not turning out the way you'd like? Frustrated with your camera and getting it to capture what you see? Join us as we examine common mistakes and offer simple solutions.

Topics to include:

- Troubleshooting Your Shooting
- Troubleshooting Your Processing
- Practical hints and tips
- Q&A

People can submit their photos to be used in the workshop and for troubleshooting here:<http://photoreddy.com/trouble>

You must enter a valid e-mail to register. We will send you the link to join the class. You will be able to interact virtually, and ask questions! This class will be offered online using Google Meets. Sorry, Gold cards are not accepted for this class.

Dates: 5/17

Days: Tuesday

Dates: 6/8

Days: Wednesday

Time: 6:30 PM - 8:30 PM

Sessions: 2

Fee: \$29.00

Location: Online

Check online for more details!

GatesChili.org/ContinuingEd

