



# GATES CHILI

## CENTRAL SCHOOL DISTRICT

Continuing Education Fall 2022



Join our Community Band or the \*new\* Community Chorus! Details on pg. 10.

# Continuing Education Fall 2022 Programs

Register at [gateschili.org/ContinuingEd](https://gateschili.org/ContinuingEd)  
or by calling 247-5345

.....  
Help us to be green. Please pass this brochure on to a friend or recycle it!

## Table of Contents

Aqua Fitness.....	3
Art.....	3
Culinary .....	3
Driving .....	5
Fitness .....	6
Kids .....	7
Music.....	9
Personal .....	11
Photography.....	12
Swimming.....	13
Travel .....	14
Yoga.....	15

# TO REGISTER



Visit our website at  
[gateschili.org/ContinuingEd](https://gateschili.org/ContinuingEd)  
 or call (585) 247-5345

## Stay Connected on Social Media!

**Follow Us On Facebook**  
 @gateschilicontinuingeducation

**Follow Us on Instagram**  
 @gateschilicontinuinged

**Follow Us On Twitter**  
 @GC\_ContinuingEd & @gcdrivered

**To register or for  
 more details, go to**

**[gateschili.org/ContinuingEd](https://gateschili.org/ContinuingEd)**

## Gates Chili Continuing Education

**Director of Continuing Education**  
 Marla Chefalo

**Assistant**  
 Josie Argento

**Field House Coordinator**  
 Derek Yacono

## Hours of Operation

Monday to Thursday 9 a.m. to 7 p.m.

## Contact

[continuingeducation@gateschili.org](mailto:continuingeducation@gateschili.org)  
 (585) 247-5345

# Aqua Fitness

## Aqua Zumba With Maribel

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 party. 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. Bring a towel and a plastic water bottle. No class 11/24.

**5588F10/22B** \$139.00  
 10/4/2022-12/1/2022 Days: TTh  
 6:15 pm - 7 pm Sessions: 16  
 Maribel Torres  
 GC High School, 1 Spartan Way, Pool

**5588F10/22T** \$79.00  
 10/4/2022-11/22/2022 Days: T  
 6:15 pm - 7 pm Sessions: 8  
 Maribel Torres  
 GC High School, 1 Spartan Way, Pool

**5588F10/22Th** \$79.00  
 10/6/2022-12/1/2022 Days: Th  
 6:15 pm - 7 pm Sessions: 8  
 Maribel Torres  
 GC High School, 1 Spartan Way, Pool

# Art

## Acrylic Pouring Workshop

Exploring Acrylic Pours Fall 2022  
 Pour painting is hot and easy! Join us for this fun and informative workshop in acrylic pouring. No experience needed. Everyone will be creating two small canvasses using two different techniques. (Please note that techniques will be different from class offered in Spring 2022) Bring something to transport your wet canvasses home (a box or disposable baking trays) and an apron. All other materials are included in your registration fee. Special Note: register early, class size is limited. Warning: this is addictive. Everyone on your holiday gift list may get paintings this year.

**1211F10/22** \$45.00  
 10/20/2022-10/20/2022 Days: Th  
 6 pm - 8:30 pm Sessions: 1  
 Susan Micciche  
 GC High School, 1 Spartan Way, Art Room



## Tangle Designs

Tangles are an art form enjoyed by non-artists and artists alike. Taught one design at a time, anyone can learn this unique drawing technique. Tangles are beautiful on their own, can be used as a border in a sketchbook or as a frame for artwork. This 2 ½ hr workshop will teach participants to draw seemingly complicated patterns and create beautiful, finished pieces of art themselves. CAUTION: Drawing tangles may become addictive! Please park in lot A at GCHS and enter using door #3.

**5166F10/22** \$29.00  
 10/6/2022 Days: W  
 6 pm - 8:30 pm Sessions: 1  
 Susan Micciche  
 GC High School, 1 Spartan Way,  
 Art Room 102

## More Tangles

This workshop is a continuation of the first Tangle workshop offered in Fall 2022. Taking the first workshop is not required. This workshop will go a bit beyond basics and, like the first, be taught one design at a time, anyone can learn this unique drawing technique. Tangles are beautiful on their own, can be used as a border in a sketchbook or as a frame for artwork. In this two-and-a-half-hour workshop participants will learn to draw seemingly complicated patterns to create beautiful, finished pieces of art themselves. CAUTION: Drawing tangles may become addictive!

**5169F3/23** \$29.00  
*To be offered this spring* Days: Th  
 6 pm - 8:30 pm Sessions: 1  
 Susan Micciche  
 GC High School, 1 Spartan Way,  
 Art Room 102

# Culinary

## Adult and Me Cooking Class

Kids - Do you want to spend some extra one on one time with a special adult in your life? Adults - Do you have a kid who you want to spend a little extra time with? If you said yes, then come join our Adult and Me Cooking Class! Everyone will get into the kitchen and prepare some fun snacks, meals, and desserts! Don't forget containers to bring home leftovers. If a student has a food allergy, please indicate so that arrangements may be made. A supply fee of \$25 (per pair) 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.

**2572F10/22** \$19.00  
 10/18/2022 Days: T  
 5 pm - 7 pm Sessions: 1  
 Stephanie Blaesi  
 GC Middle School, 2 Spartan Way, Family  
 and Consumer Room 221

**2572F12/22** \$19.00  
 12/7/2022 Days: W  
 5 pm - 7 pm Sessions: 1  
 Stephanie Blaesi  
 GC Middle School, 2 Spartan Way, Family  
 and Consumer Room 221



## Apple, Pumpkin, Spice and Everything Nice

Do you love the fall flavors of apple, pumpkin and spice? If so, this class is for you! We will be making a variety of snacks, desserts, and other foods that incorporate the flavors of fall. We will create a buffet line to share our treats. Don't forget containers to bring home leftovers. There is a supply fee of \$25 due to the instructor at the beginning of class. This class is now meeting in the new Home and Careers room at the MS. Please park in the MS front lot and enter using door #1. The classroom will be straight down the hall on the right.

**2606F9/22** \$23.00  
 9/27/2022 Days: T  
 5 pm - 7 pm Sessions: 1  
 Stephanie Blaesi  
 GC Middle School, 2 Spartan Way, Family and Consumer Room 221

## Pie Making

Do you need to provide a pie or two for the holidays? Come join this class and learn how to make your own pie dough. You will make several pies to take home with you! There is a \$25 supply fee due to the instructor at the beginning of class for materials. Disposable pie tins will be available or feel free to bring your own pie plates. This class is being offered at GCMS. Please park in the lot in front of the MS and enter using Door #1. Once inside walk straight down the hall and the classroom will be on the right.

**2402F11/22** \$29.00  
 11/17/2022 Days: Th  
 5 pm - 8 pm Sessions: 1  
 Stephanie Blaesi  
 GC Middle School, 2 Spartan Way, Family and Consumer Room 221



## Holiday Treats and Cookie Exchange!

Do you have to make holiday cookies, but find it daunting to make several different kinds? Come join this class and get some help! We will make a variety of cookies and holiday treats. We will create a buffet line to share our treats so you will walk away with several varieties of cookies and treats. There is a \$25 supply fee due to the instructor at the beginning of class for materials. Make sure to bring a container (or several) to take home your holiday treats! This class is being offered at the GCMS. Please park in the lot in front of the MS and enter using Door #1. Once inside walk straight down the hall and the classroom will be on the right.

**2404F12/22** \$29.00  
 12/15/2022 Days: Th  
 5 pm - 8 pm Sessions: 1  
 Stephanie Blaesi  
 GC Middle School, 2 Spartan Way, Family and Consumer Room 221



## Wine Making Made Simple

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

Minimum age of participants: 21 years. This class is offered in two formats at the same time:

- Single, one student who will be making 10 bottles of wine
- Couple, two students making 10 bottles of wine.

This fall we are also offering the class on Tuesday nights or Wednesday nights. Please check dates closely as the class does not meet weekly.

Classes will be held at Wines By Design - located at 3392 Buffalo Rd., Rochester, NY 14624.

**Please check where you are going for class as this location has moved on Buffalo Rd.**

We are unable to accept Gold Cards for this course.

### Tuesday Class 6-7 pm

Class 1: 10/11/2022  
 Class 2: 11/01/2022  
 Class 3: 11/15/2022  
 Class 4: 11/22/2022

### Wednesday Class 6-7 pm

Class 1: 10/19/2022  
 Class 2: 11/09/2022  
 Class 3: 11/23/2022  
 Class 4: 11/30/2022

**9714F10/22CT** \$99.00  
 10/11/2022-11/22/2022 Days: T  
 6 pm - 7 pm Sessions: 4  
 Wines By Design

**9714F10/22CW** \$99.00  
 10/19/2022-11/30/2022 Days: W  
 6 pm - 7 pm Sessions: 4  
 Wines By Design

**9714F10/22ST** \$89.00  
 10/11/2022-11/22/2022 Days: T  
 6 pm - 7 pm Sessions: 4  
 Wines By Design

**9714F10/22SW** \$89.00  
 10/19/2022-11/30/2022 Days: W  
 6 pm - 7 pm Sessions: 4  
 Wines By Design

# Drivers Education

## Winter-Spring 2023 Driver Education Information

The Gates Chili School District will be offering our Driver Education Program in the Winter-Spring of 2023. We will offer one session with two lecture options on Tuesday or Sunday and a variety of drive times including M/W after school, Sat afternoons, and Sundays all day. Classes will start around Jan. 8 and will end on or around May 14. Students must be 16 years old, 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. This program provides 16 sessions of lecture and 16 sessions of driving with a certified 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](http://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](mailto:Continuingeducation@gateschili.org). The price (subject to change) will be \$500 in district and \$550 out of district. Payment Plans are available. We welcome students from all schools for this program but priority is given to Gates Chili students. Pre-registration in a program lottery is required and can be found online in late October.

**0015F9/22**  
1/8/2022-5/14/2022 Sessions: 32  
Jon DelVecchio, Roger Brown, Dan Goodwin  
GC High School, 1 Spartan Way, Room 108

# Driving

## 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 \$50 and AAA members pay \$44. 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.

**4010F11/22** \$50.00  
9/27/2022-9/29/2022 Days: TTh  
6 pm - 9 pm Sessions: 2  
Sal Siminetti  
GC High School, 1 Spartan Way, Room 204

**4010F9/22** \$50.00  
11/15/2022-11/17/2022 Days: TTh  
6 pm - 9 pm Sessions: 2  
Sal Siminetti  
GC High School, 1 Spartan Way, Room 204

## 5-Hour Pre-licensing Course ONLINE

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](mailto:jon@streetskills.net)

Students will receive a meeting code and password to attend the Zoom conference by 2 p.m. 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 completed 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 make sure we have a valid and current email address and phone number before the start of the 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. Mr. DelVecchio has taught auto driving skills for many years and has developed an informative and engaging pre-licensing experience.

**4040F10/22** \$49.00  
10/11/2022 Days: T  
3:30 pm - 8:30 pm Sessions: 1  
Skills Street  
Online Course

**4040F11/22** \$49.00  
11/22/2022 Days: T  
3:30 pm - 8:30 pm Sessions: 1  
Skills Street  
Online Course

**4040F12/22** \$49.00  
12/20/2022 Days: T  
3:30 pm - 8:30 pm Sessions: 1  
Skills Street  
Online Course



**To register or for more details, go to**  
[gateschili.org/ContinuingEd](http://gateschili.org/ContinuingEd)

## Driver's Permit Testing

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. 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. <https://www.dmv.ny.gov/dmanual/default.html>

All students must be currently enrolled in good standing at Gates Chili High School. Please call our office at 247-5345 to schedule a time after you have registered online.

**4030F9/22** \$10.00  
 9/1/2022-9/30/2022 Days: TWTh  
 11 am - 4 pm Sessions: 1  
 Marla Chefalo  
 GC High School, 1 Spartan Way, Room 200

**4030F10/22** \$10.00  
 10/1/2022-10/31/2022 Days: TWTh  
 11 am - 4 pm Sessions: 1  
 Marla Chefalo  
 GC High School, 1 Spartan Way, Room 200

**4030F11/22** \$10.00  
 11/1/2022-11/30/2022 Days: TWTh  
 11 am - 4 pm Sessions: 1  
 Marla Chefalo  
 GC High School, 1 Spartan Way, Room 200

**4030F12/22** \$10.00  
 12/1/2022-12/31/2022 Days: TWTh  
 11 am - 4 pm Sessions: 1  
 Marla Chefalo  
 GC High School, 1 Spartan Way, Room 200



## Fitness

### 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 Central 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 p.m. 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.

**FCOF9/27/22** \$15.00  
 9/27/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF10/4/22** \$15.00  
 10/4/2022-9/27/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF10/11/22** \$15.00  
 10/11/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF10/18/22** \$15.00  
 10/18/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF10/25/22** \$15.00  
 10/25/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF11/1/22** \$15.00  
 11/1/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF11/8/22** \$15.00  
 11/8/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF11/15/22** \$15.00  
 11/15/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF11/22/22** \$15.00  
 11/22/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF11/29/22** \$15.00  
 11/29/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF12/6/22** \$15.00  
 12/6/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF12/13/22** \$15.00  
 12/13/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF12/20/22** \$15.00  
 12/20/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

**FCOF12/27/22** \$15.00  
 12/27/2022 Days: T  
 6:30 pm - 7:00 pm Sessions: 1  
 Derek Yacono  
 GC High School, 1 Spartan Way, Room Fitness Center, 603

## Zumba with Kelly L.

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. No class on 11/24. Gold cards are not accepted for both nights of class.

**5628F10/22B** \$139.00  
 10/4/2022-12/1/2022 Days: TTh  
 7 pm - 8 pm Sessions: 16  
 Kelly LoTurco  
 GC High School, 1 Spartan Way,  
 Front Atrium-Lobby

**5628F10/22T** \$79.00  
 10/4/2022-11/22/2022 Days: T  
 7 pm - 8 pm Sessions: 8  
 Kelly LoTurco  
 GC High School, 1 Spartan Way,  
 Front Atrium-Lobby

**5628F10/22Th** \$79.00  
 10/6/2022-12/1/2022 Days: Th  
 7 pm - 8 pm Sessions: 8  
 Kelly LoTurco  
 GC High School, 1 Spartan Way,  
 Front Atrium-Lobby



## Kids

### Babysitting 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 five-hour class for students of any gender 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).

**4263F11/22** \$59.00  
 11/4/2022 Days: F  
 3:30 pm - 8 pm Sessions: 1  
 EPIC Training  
 GC Middle School, 2 Spartan Way, Library

### First Aid Basics for Kids

This course teaches younger responders how to recognize and react responsibly in a variety of emergency situations. Through demonstration and hands on exercises, students will learn how to control bleeding, care for muscle, bone and joint injuries, treat a burn, and much more. This course meets the requirements necessary for several of the Girl Scout and Boy Scout badges. For ages 8 - 11.

**5913F11/21** \$27.00  
 11/21/2022 Days: M  
 6 pm - 7:30 pm Sessions: 1  
 EPIC Training  
 GC Middle School, 2 Spartan Way, Library

### Kids Fall Golf Clinic

Have your kids wanted to learn to golf? Here's a chance for them to acquire the basic skills. This is an introductory golf clinic for students in grades 1-7. No prior golfing experience is necessary. Beginner participants will learn basic golfing skills. Intermediate golfers will benefit from instruction geared to skill development. Golf balls and tees will be provided. Golf clubs will also be provided but you are welcome to bring your own if you have them. Golf is a game families can play together and a game a young person can master and play for a lifetime. Join us on Saturday mornings for some golfing fun! This class is being offered by Coach Birrittella, Coach Shannon, Coach Cleland and members of the Gates Chili Golf Team. This class meets at Morgan's Crossing formerly Chili Country Club on 9/17, 10/1, 10/8, 10/15. No class on 9/24.

**8045F10/22** \$29.00  
 9/17/2022 Days: Sa  
 12-1:15 pm Sessions: 4  
 Sam Birrittella  
 Morgan's Crossing (Chili CC), Country Club



### Stay Connected on Social Media!

Follow Us On Facebook  
[@gateschilicontinuingeducation](https://www.facebook.com/gateschilicontinuingeducation)

Follow Us on Instagram  
[@gateschilicontinuing](https://www.instagram.com/gateschilicontinuing)

Follow Us On Twitter  
[@GC\\_ContinuingEd](https://twitter.com/GC_ContinuingEd) & [@gcdrivered](https://twitter.com/gcdrivered)

To register or for more details, go to

[gateschili.org/ContinuingEd](https://gateschili.org/ContinuingEd)



## 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! Program is offered at dismissal at each of the schools below.

Florence Brasser – Mondays  
3:30 pm – 4:10 pm CLASS DATES: 10/17, 10/24, 11/7, 11/14, 11/21, 11/28  
(no class 10/31)

Paul Rd – Tuesdays 3:30 pm - 4:10 pm  
CLASS DATES: 10/18, 10/25, 11/1, 11/8, 11/15, 11/22

Walt Disney – Wednesdays  
3:30 pm - 4:10 pm - CLASS DATES:  
10/19, 10/26, 11/2, 11/9, 11/16, 11/30  
(no class 11/23)

Neil Armstrong – Thursdays  
3:30 p.m. – 4:10 p.m. CLASS DATES:  
10/20, 10/27, 11/3, 11/10, 11/17, 12/1  
(no class 11/24)

**9134F10/22FB** \$84.00  
10/17/2022-11/28/2022 Days: M  
3:30 pm - 4:10 pm Sessions: 6  
THE Enrichment Company (former Culture Kids) Florence Brasser ES, 1000 Chili Cent Coldwater, Library

**9134F10/22NA** \$84.00  
10/20/2022-12/1/2022 Days: Th  
3:30 pm - 4:10 pm Sessions: 6  
THE Enrichment Company (former Culture Kids) Neil Armstrong ES, 3273 Lyell, Library

**9134F10/22PR** \$84.00  
10/18/2022-11/22/2022 Days: T  
3:30 pm - 4:10 pm Sessions: 6  
THE Enrichment Company (former Culture Kids) Paul Road ES, Social Work Room

**9134F10/22WD** \$84.00  
10/19/2022-11/30/2022 Days: W  
3:30 pm - 4:10 pm Sessions: 6  
THE Enrichment Company (former Culture Kids) Walt Disney ES, Cafe Side B

### Stay Connected on Social Media!

Follow Us On Facebook  
@gateschilicontinuingeducation

Follow Us on Instagram  
@gateschilicontinuinged

Follow Us On Twitter  
@GC\_ContinuingEd & @gcdrivered

To register or for more details, go to

[gateschili.org/ContinuingEd](https://gateschili.org/ContinuingEd)

## Youth Cheer Clinic

Have you wondered if you would like Cheerleading? The Gates Chili High School Cheerleading Program will be hosting a Youth Cheer Clinic on Saturday, Sept. 24 from 9 a.m. until 12 p.m. at the High School. This clinic is open to any child age 12 and under (no prior cheerleading experience required). Come out and join the GC cheerleaders and coaching staff while they teach introductory cheer skills that include jumping, stunting, sideline cheers, and dancing all in a safe learning environment. This clinic is designed to help young athletes learn and improve their technique on new and current cheerleading skills while helping children create a love for the sport of cheerleading. Whether your child is already a current youth cheerleader or looking to try something new this one day clinic is great for them! We hope to see you there! Pre-registration is required. Please enter using door #5 at GCHS.

**9134F10/22FB** \$45.00  
9/24/2022-9/24/2022 Days: Sa  
9 am - 12 pm Sessions: 1  
Jacklyn Pratt  
GC High School, 1 Spartan Way, Room Gym





# Music

## Individual Piano, Guitar or Drum Lessons with Josh

Learn to play the piano, guitar, or drums through one-on-one 30-minute lessons with music teacher Josh Seiler. You decide your goals and leave the rest to the teacher. The most common goal might be to learn to read sheet music, but this is also an opportunity to learn jazz, chord theory, improvisation, composition, or other skills. All ages and skill levels are welcome. Josh is a self-taught and formally trained teacher. He has been playing for more than 30 years and has been teaching more than 15 years. Josh treats music as an art and strives to make lessons creative and enjoyable! You do not need to bring anything to the first day. If you are interested in working on a specific book, then you can bring that. Additional \$5-10 workbooks might be recommended based on skill level to those learning to read sheet music. Due to the tight schedule, we ask that you arrive early and make sure to leave on time so the next lesson can start. Classes will be held in the High School chorus classrooms.

**6569F10/22** \$99.00  
 10/6/2022-11/3/2022 Days: Th  
 3 pm - 3:30 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F10/22** \$99.00  
 10/6/2022-11/3/2022 Days: Th  
 3:30 pm - 4:00 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F10/22** \$99.00  
 10/6/2022-11/3/2022 Days: Th  
 4:30 pm - 5 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F10/22** \$99.00  
 10/6/2022-11/3/2022 Days: Th  
 4 pm - 4:30 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F10/22** \$99.00  
 10/6/2022-11/3/2022 Days: Th  
 5:30 pm - 6 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F10/22** \$99.00  
 10/6/2022-11/3/2022 Days: Th  
 5 pm - 5:30 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F10/22** \$99.00  
 10/6/2022-11/3/2022 Days: Th  
 6:30 pm - 7 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F10/22** \$99.00  
 10/6/2022-11/3/2022 Days: Th  
 6 pm - 6:30 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F11/22** \$99.00  
 11/10/2022-12/15/2022 Days: Th  
 3 pm - 3:30 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F11/22** \$99.00  
 11/10/2022-12/15/2022 Days: Th  
 3:30 pm - 4 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F11/22** \$99.00  
 11/10/2022-12/15/2022 Days: Th  
 4:30 pm - 5 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F11/22** \$99.00  
 11/10/2022-12/15/2022 Days: Th  
 4 pm - 4:30 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F11/22** \$99.00  
 11/10/2022-12/15/2022 Days: Th  
 5:30 pm - 6 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F11/22** \$99.00  
 11/10/2022-12/15/2022 Days: Th  
 5 pm - 5:30 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F11/22** \$99.00  
 11/10/2022-12/15/2022 Days: Th  
 6:30 pm - 7 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

**6569F11/22** \$99.00  
 11/10/2022-12/15/2022 Days: Th  
 6 pm - 6:30 pm Sessions: 5  
 Josh Seiler  
 Gates Chili Performing Arts Center,  
 1 Spartan Way

### Stay Connected on Social Media!

Follow Us On Facebook  
 @gateschilicontinuingeducation

Follow Us on Instagram  
 @gateschilicontinuing

Follow Us On Twitter  
 @GC\_ContinuingEd & @gcdrivered



## Gates Chili Community Chorus



Love to sing? Join our new Community Chorus! All are welcome—no audition required! Singing is good for the soul! Members of all vocal ability levels are welcome, from "Karaoke Kings or Queens" to "Shy -Shower Singers". Becoming a part of the Gates Chili Community Choir will improve your self-confidence, de-stress your brain, and bring joy back into your heart! We will learn many different styles of music, there will be something for everyone to enjoy. Come have fun singing in a supportive, professional led community Choir. Membership is open to adults/college students and to high school students in grade 10 or older and who are currently enrolled in choir during the school day. We will rehearse weekly on Mondays from 7:30-9 p.m. in the Gates Chili HS Chorus Room 700 and we will follow the school calendar for vacations and days off. There will be at least two scheduled performances to look forward to in our new Performing Arts Center. If you have any questions please contact [ccmerkel@gateschili.org](mailto:ccmerkel@gateschili.org).

Adults \$150 (we are unable to accept gold cards for this program)

Students, district employees and music teachers from other districts \$50 (please call 247-5345 to register)

FALL 22 10/3, (NO 10/10) 10/17, 10/24, (NO 10/31), 11/7, 11/14, (NO 11/21), 11/28, 12/5, 12/12

WINTER 23 1/30, 2/6, 2/13, (NO 2/20), 2/27, 3/6, 3/13, 3/20, 3/27

SPRING 23 (no 4/3), 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, (NO 5/29), 6/5, 6/12, (NO 6/19)

**6509F10/22** \$150  
 10/3/2022-6/12/2023 Days: M  
 7:30 pm - 9 pm Sessions: 25  
 Christine Merkel  
 GC High School, High School 1 Spartan Way, Room 712 Band Room

Payment plans available.

## Gates Chili Community Concert Band

Did you love playing in band in school? Have you dreamed about playing in band again? Do you have a clarinet or trombone collecting dust somewhere in the house? Whether you are a pro or a "once upon a time band nerd", now is the time to get involved with this group now in it second season. The Gates Chili Community Concert Band provides an outlet for area musicians to practice and perform a wide variety of music! Membership is open to the adults/college students (HS students are also welcome with the approval of the director) who play woodwinds, brass and percussion. While the GCCCB does not require an audition, it is recommended that you at least played at a high school level. We will rehearse weekly in the Gates Chili Band Room on Thursday evenings from 7-9 p.m. There will be at least two scheduled performances we will be preparing for! Rehearsals start in September and will run through to May (no vacation and holiday weeks). Join our community band and experience the excitement of performing again in our new facility.

Adults \$150 per year.

Not sure? Want to check it out first. We offer a free three-week trial but you do need to register for it. Please call our office at 247-5345 for more details.

Students, district employees and music teachers from other districts \$50 (please call 247-5345 to register).

If you have any questions please contact [cooldfield@gateschili.org](mailto:cooldfield@gateschili.org).

FALL 22 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, (NO 11/24), 12/1, 12/8, 12/15

WINTER 23 1/20, 2/2, 2/9, 2/16, (NO 2/23), 3/2, 3/9, 3/16, 3/23, 3/30

SPRING 23 (No 4/6), 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15

**6517F9/22** \$150.00  
 9/22/2022-6/15/2023 Days: Th  
 7 pm - 9 pm Sessions: 30  
 Christopher Oldfield  
 GC High School, 1 Spartan Way, Room 712 Band Room



## FUN Instrumental Music Lessons

Join us this fall for our Instrumental Music Lessons. Join Alumni Ryan Potter for half-hour music lessons. Our program is designed to keep your skills sharp while having some fun playing. Mr. Potter has a bachelors of Music in Education and has studied music for many years and as an alumni he is very familiar with the Gates Chili Music Program. Mr. Potter is ready to work with all students individually at all levels. Parents/guardians, maintain your students momentum and musical spark this fall. These lessons are casual and will be designed to meet the needs of the individual student. They are open to all ages grade 4 and up. You should bring some of your own music and an idea of what you would like to be playing or he can work on music you are playing with your current band.

**IML2022F10/22** \$79.00  
 10/12/2022-11/9/2022 Days: W  
 5:00 pm - 8 pm Sessions: 5  
 Ryan Potter  
 GC High School, 1 Spartan Way, Room 712 (Band Room)



## Stay Connected on Social Media!

Follow Us On Facebook  
[@gateschilicontinuingeducation](https://www.facebook.com/gateschilicontinuingeducation)

Follow Us on Instagram  
[@gateschilicontinuing](https://www.instagram.com/gateschilicontinuing)

Follow Us On Twitter  
[@GC\\_ContinuingEd](https://twitter.com/GC_ContinuingEd) & [@gcdrived](https://twitter.com/gcdrived)

To register or for more details, go to

[gateschili.org/ContinuingEd](https://gateschili.org/ContinuingEd)

# Personal

## College Ready, Parent Edition

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



Your Instructor: Kate Torrey, M.S. is the Senior Director of three opportunity programs at Rochester Institute of Technology for students who are the first in their families to go to college. She has worked in higher education for more than 20 years and is the first in her family to go to college, as well as the parent of a current college student.

**1919F10/22** \$24.00  
 10/20/2022 Days: Th  
 6:30 pm - 8:30 pm Sessions: 1  
 Kate Torrey  
 GC High School, 1 Spartan Way, Room 205

## Don't Be Afraid of Public Speaking!



Join us for this five-week course: Don't Be Afraid of Public Speaking (Anymore) with communication teacher Josh Seiler. This is not your typical public speaking workshop. By focusing on boosting your "communication confidence," and making public speaking fun, you will learn to lose (or use) that dreadful nervous energy that is so common with speaking in front of others. The skills taught in this course are not only limited to talking from a podium, but also interpersonal relationships, job interviews, communicating online, managing conflict, and even negotiation and persuasion. After this course you will be able to approach any interpersonal situation with more poise. Whether it's asking for a raise, or asking your kids to stop fighting, you'll know exactly what to say and how to say it. This class will meet in room 204 at Gates Chili High School. Please park in lot A and enter using door #4.

**1553F10/22** \$69.00  
 10/4/2022-11/1/2022 Days: T  
 6:30 pm - 7:30 pm Sessions: 5  
 Josh Seiler  
 GC High School, 1 Spartan Way, Room 204

## Become a Notary Online

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.

**7077OF10/22/22** \$49.00  
 10/22/2022 Days: Sa  
 9:00 am - 2:30 pm Sessions: 1  
 Kristin Cavallaro  
 Online Course

**7077OF12/22** \$49.00  
 12/5/2022-12/12/2022 Days: M  
 5:30 pm - 8:30 pm Sessions: 2  
 Kristin Cavallaro  
 Online Course

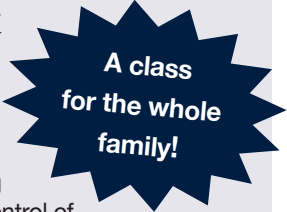
## Become A Notary Public

Whether you are looking to become a new Notary Public or need a refresher on Notary Law and the duties/responsibilities afforded to you, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as appointment, testing and renewal policies and procedures. Please review the class locations carefully. For classes at Gates Chili at the library location on Saturday, please enter the HS at door #5. There is a \$3 materials supply fee due to the instructor at the first class.

**7077F10/22** \$49.00  
 10/15/2022 Days: Sa  
 9:00 am - 2:30 pm Sessions: 1  
 Kristin Cavallaro  
 GC High School, 1 Spartan Way, Library Classroom 227



## First Aid/CPR for Pets



This course is designed with the entire family in mind, so bring everyone along! Participants will learn the first aid basics and CPR for dogs and cats and how to handle accidents and small injuries that may happen to your furry family member. Instead of panicking and feeling helpless, you can help your pet in distress by taking control of the situation with confidence. This is a class for the whole family, however, students ages 15 and under must be accompanied by an adult. Please call the office 247-5345 or email us at [Continuingeducation@gateschili.org](mailto:Continuingeducation@gateschili.org) if you want to register your whole family at a discounted price.

**269F11/22** \$23.00  
 11/21/2022 Days: M  
 6:00 pm - 7:30 pm Sessions: 1  
 EPIC Training  
 GC High School, 1 Spartan Way, Library Classroom 227

# Photography

## Digital Cameras Explained

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). This class will be held in the high school library classroom. Park in Lot A at the high school and enter using door #5.

**2003F9/22** \$29.00  
 9/27/2022 Days: T  
 6:30 pm - 8:30 pm Sessions: 1  
 Christopher Reddy  
 GC High School, High School 1 Spartan Way, Room Library Classroom 227

## Troubleshooting Your Photography

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). Park in Lot A and Enter using door #5. This class is being offered in the library classroom.

**2088F10/22** \$29.00  
 10/5/2022 Days: W  
 6:30 pm - 8:30 pm Sessions: 1  
 Christopher Reddy  
 GC High School, 1 Spartan Way, Library Classroom 227

## Mastering Digital Photography

Learn how to take better photographs. Explore the best settings for your camera. Learn about composition, exposure, and focusing options. This class offers practice using your camera and gives you the confidence to make the most of your camera's features. Practical exercises will reinforce what is discussed. You will become comfortable with your camera's settings and its controls (consider "Digital Cameras Explained" if you need to brush up).

**2088F10/22** \$79.00  
 10/18/2022-11/1/2022 Days: T  
 6:30 pm - 8:30 pm Sessions: 3  
 Christopher Reddy  
 GC High School, 1 Spartan Way, Library Classroom 227

## Manual Mode Demystified

Ever wonder why many professional photographers use manual mode on their cameras? We will explore and explain the pros and cons of this most flexible of shooting modes. Learn when and when not to use it to get the most out of your camera. Park in lot A and enter using door #5.

**2062F10/22** \$29.00  
 10/3/2022 Days: M  
 6:30 pm - 8:30 pm Sessions: 1  
 Christopher Reddy  
 GC High School, 1 Spartan Way, Library Classroom 227

## Editing Your Photos with Free Software

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.

**2087F11/22** \$49.00  
 11/8/2022-11/15/2022 Days: T  
 6:30 pm - 8:30 pm Sessions: 2  
 Christopher Reddy  
 GC High School, 1 Spartan Way, Library Classroom 227

## Lightroom in Depth

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. Please use door #5 to enter the HS.

**2056F11/22** \$49.00  
 11/22/2022-11/29/2022 Days: T  
 6:30 pm - 8:30 pm Sessions: 2  
 Christopher Reddy  
 GC High School, 1 Spartan Way, Library Classroom 227

## Advanced Photo Techniques

Learn how to take better photographs using more advanced techniques available on most DSLR/mirrorless cameras. This 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 camera's settings and features (consider taking "Master Digital Photography").

**2049F12/22** \$49.00  
 12/6/2022-12/13/2022 Days: T  
 6:30 pm - 8:30 pm Sessions: 2  
 Christopher Reddy  
 GC High School, 1 Spartan Way, Library Classroom 227



# Swimming

## Private Swimming Lessons

Private swim lessons are a nice, easy way to get one-on-one instruction, to help with that one stroke that needs improvement, or to just become more comfortable in the water. Private lessons are for beginner, intermediate and advanced swimmers, ages 3 and older. Individual lessons are perfect for all students including teens, adult beginners, and adults looking for a little bit of coaching. Please park in Lot A at GCHS and enter Door #5. Register early as we expect this program to fill very quickly. If you have any questions feel free to contact us at [continuingeducation@gateschili.org](mailto:continuingeducation@gateschili.org).

No Class 10/8/22 and 11/5/22

**PSL1F/22S1215** \$95.00  
 9/24/2022-11/12/2022 Days: Sa  
 12:15 pm -12:45 pm Sessions: 6  
 Derek Yacono  
 GC High School, 1 Spartan Way, Pool

**PSL2F/22S1250** \$95.00  
 9/24/2022-11/12/2022 Days: Sa  
 12:50 pm - 1:20 pm Sessions: 6  
 Derek Yacono  
 GC High School, 1 Spartan Way, Pool

**PSL3F/22S125** \$95.00  
 9/24/2022-11/12/2022 Days: Sa  
 1:25 pm - 1:55 pm Sessions: 6  
 Derek Yacono  
 GC High School, 1 Spartan Way, Pool

**PSL4F/22S200** \$95.00  
 9/24/2022-11/12/2022 Days: Sa  
 2:00 pm - 2:30 pm Sessions: 6  
 Derek Yacono  
 GC High School, 1 Spartan Way, Pool

## Tiny Tots Swim Lessons

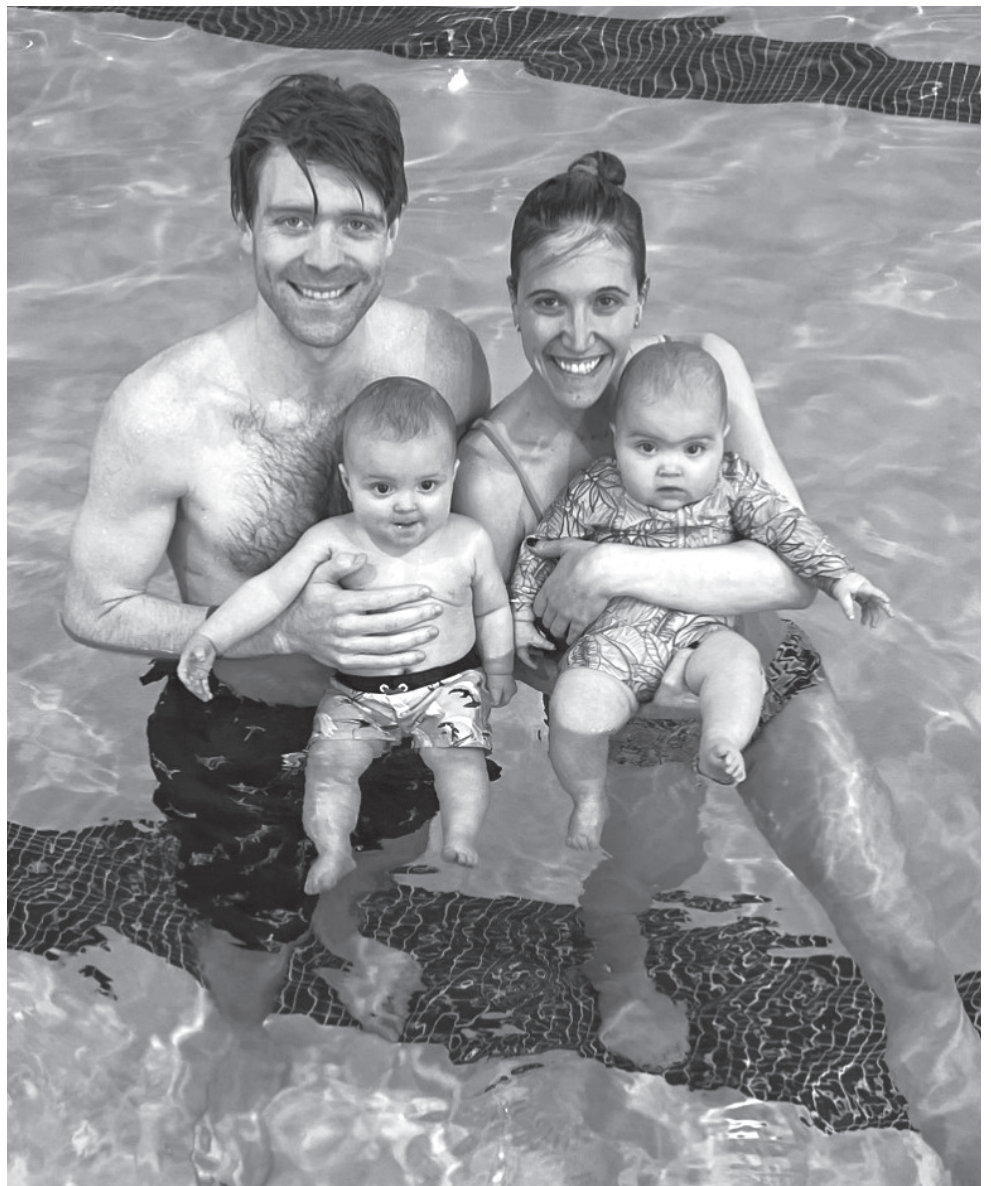
Tiny Tots Lessons is a program for children who are comfortable in the shallow end of the High School pool, without a parent/guardian. These lessons teach water entry and exit, breath control, underwater swimming, buoyancy, swimming on the front and back and water safety skills. Bubbles and other tools will be used to allow children to get comfortable in the water. As the program progresses we will eliminate the bubbles. Recommended for ages 2-5. Please park in Lot A on the west side of GCHS and enter the building using Door #5. No class 10/8/22 and 11/5/22.

**9060F9/22** \$69.00  
 9/24/2022-11/12/2022 Days: Sa  
 11:40 am -12:10 pm Sessions: 6  
 Derek Yacono  
 GC High School, 1 Spartan Way, Pool

## Parent and Child Swim Lessons

Parent and Child Swim is a program to help parents teach their young children how to become comfortable in and around the water. We will acclimate them to the water in preparation for learning to swim. Parents/guardians learn techniques and information to orient their child to the water. A parent, guardian, or other responsible adult must accompany the child in the water. Please park in Lot A and enter using Door #5 at GCHS. Come dressed for the lesson you can leave your things in the bleachers. You are able change in the locker room afterwards, but we currently do not have showers.

**9030F9/22** \$29.00  
 9/24/2022-11/12/2022 Days: Sa  
 11:05 am -11:35 am Sessions: 6  
 Derek Yacono  
 GC High School, 1 Spartan Way, Pool



### Stay Connected on Social Media!

Follow Us On Facebook  
[@gateschilicontinuingeducation](https://www.facebook.com/gateschilicontinuingeducation)

Follow Us on Instagram  
[@gateschilicontinuing](https://www.instagram.com/gateschilicontinuing)

Follow Us On Twitter  
[@GC\\_ContinuingEd](https://twitter.com/GC_ContinuingEd) & [@gcdrived](https://twitter.com/gcdrived)

# Travel

## Apply for a Passport

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-passports.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.**

11/10/2022 Days: Th  
5 pm - 7 pm  
Monroe County Clerk's Office Booth at the Fall Family Fest on Nov. 10

## Planning Your Disney Vacation

Planning a Disney World vacation can be overwhelming. In this class we'll cover Disney's new Genie + and Lightning Lane ride reservation features, the new park pass system, and how to plan your days in the parks. You'll find out which restaurants need to be reserved 60 days in advance, where to stay, and how to get around the 47 square miles of Walt Disney World. There will be ample time for questions. This class is being offered at GCHS in room 205. Park in lot A and enter using door # 4.

9520F11/22 \$24.00  
11/7/2022 Days: M  
6:30 pm - 8:30 pm Sessions: 1  
Kate Torrey  
GC High School, 1 Spartan Way,  
Room 205

## Plan Your Own European Adventure

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. This class is being held in person at GCHS in room 205. Park in Lot A and enter using door #4.

9518F11/22 \$24.00  
11/21/2022 Days: M  
6:30 pm - 8:30 pm Sessions: 1  
Kate Torrey  
GC High School, 1 Spartan Way, Room 205



# TO REGISTER



To register or for more details, go to [gateschili.org/ContinuingEd](http://gateschili.org/ContinuingEd)

Visit our website at [gateschili.org/ContinuingEd](http://gateschili.org/ContinuingEd) or call (585) 247-5345

# Yoga

## Gentle Yoga

Gentle Yoga consists 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. Please park in Lot A at GCHS and enter Door #5. No class on 10/10 or 10/31.

**5537F10/22** \$89.00  
 10/3/2022-12/5/2022 Days: M  
 6:15 pm - 7:15 pm Sessions: 8  
 Gaie Sarley Goodness  
 GC High School, 1 Spartan Way, Library Mezzanine

## Meditate Your Way to Less Stress

Learn to process everyday stress and even residual stress through a variety of meditation practices. Learn to practice LSF, Living Stress Free meditation, complete breathing, simple hatha chair yoga stretches, walking meditation and more. Learn to examine your current lifestyle using the LSF Yantra Wheel. Gaie Goodness is a certified Kripalu Yoga Instructor with eight years of experience and a level-one meditation teacher through Living Stress Free, Inc. Please park in Lot A at GCHS and enter using door #5.

**9818F10/22** \$49.00  
 10/3/2022-12/5/2022 Days: T  
 7:30 pm - 8:30 pm Sessions: 8  
 Gaie Sarley Goodness  
 GC High School, 1 Spartan Way, Room Library Mezzanine

## Mixed Level Yoga

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. Gold cards not accepted for both nights. No class on Thursday 11/24.

**5545F10/22B** \$159.00  
 10/4/2022-12/1/2022 Days: TTh  
 6:15 pm - 7:30 pm Sessions: 16  
 Cheri Scotto  
 GC High School, 1 Spartan Way, Library Mezzanine

**5545F10/22T** \$89.00  
 10/4/2022-11/22/2022 Days: T  
 6:15 pm - 7:30 pm Sessions: 8  
 Cheri Scotto  
 GC High School, 1 Spartan Way, Library Mezzanine

**5545F10/22TH** \$89.00  
 10/6/2022-12/1/2022 Days: Th  
 6:15 pm - 7:30 pm Sessions: 8  
 Cheri Scotto  
 GC High School, 1 Spartan Way, Library Mezzanine



*Join us at the annual*



Thursday, Nov. 10, 2022 • Gates Chili Field House • 5-7 p.m.

### Stay Connected on Social Media!

Follow Us On Facebook  
 @gateschilicontinuingeducation

Follow Us on Instagram  
 @gateschilicontinuing

Follow Us On Twitter  
 @GC\_ContinuingEd & @gcdrivered



**GATES CHILI CENTRAL SCHOOL DISTRICT**

3 Spartan Way  
Rochester, New York 14624  
585.247.5050

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

**Board of Education**

Jeffrey Pettenski, *President*  
Francis Muscato, *Vice President*  
Michael Bailey  
Catherine Coffee  
Kerri Keyes  
Nicole Littlewood  
Robert Long  
Christine Brown Richards, Ed.D.  
Andrea Hinchey Unson

**Superintendent of Schools**

Christopher J. Dailey

**Director of Continuing Education, Editor**

Marla Chefalo

**Graphic Designer**

Lisa Constantine

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

*Designed and printed at  
Monroe 2-Orleans BOCES*

# Gates Chili Field House available for community use

## Community Walk Program

Gates Chili High School is open to district residents in the evenings for walking. Walk the indoor suspended track at the high school. Do not leave any valuables; we are not responsible for lost or stolen items. For more information about our walking hours, check out the Gates Chili website at [gateschili.org](http://gateschili.org). Check the schedule on the district website or sign up for weekly emails. The track schedule is subject to change due to athletic contests, rentals or other events.

## Community Swim Program

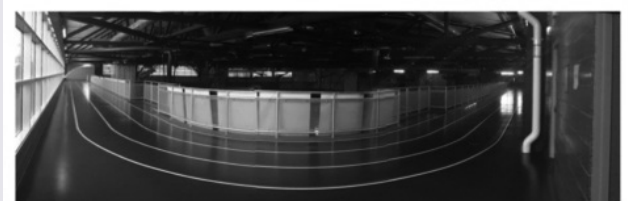
The Gates Chili High School pool is open most evenings and weekends for district residents for open swimming. For more information about our pool hours and usage guidelines, please check out the district website at [gateschili.org](http://gateschili.org).

Family Swim takes place on Saturdays and Sundays only. Please check the schedule online. Children must be accompanied by their legal guardian. Check the website for special vacation family swimming hours.

## Fitness Center Use and Orientation

All district residents who would like to use the fitness center must undergo the Fitness Center Orientation. The orientation course requires residents to show a valid New York State driver's license that includes their Gates Chili district address. Please ensure you reside in the district before signing up as we are unable to process refunds. Each registered student will need to make their own account in the registration database.

Orientation offered Tuesdays at 6:45 p.m.  
Cost: \$15



**Register and learn more at  
[gateschili.org/ContinuingEd](http://gateschili.org/ContinuingEd)**