Fall Programs

Continuing Education
247-5345 | gateschili.org

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Registration at: registration.xenegrade.com/gcsdconed

Spanish for the Elementary Years
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We add courses all year long! • 247-5345 • registration.xenegrade.com/gcsdconed

NEW & HOT THIS FALL
- Kids Fall Golf Clinic
  Run Mondays!
- Mindfulness Morning
- Meet Your Makeup Match
- Beauty Basis
- DIY Spa
- Fighting the Sugar Blues and Eating for Energy
- Introduction to French
- Sewing with Cork Fabric
- Simple Sewing Projects 2.0
- Exploring Acrylic Pours
- Winter Sky Guided Painting

Gates Chili Continuing Education Hours
Monday to Thursday 9 AM to 7 PM
www.gateschili.org

Gates Chili Continuing Education Department
Director
Marla Chefalo
Assistant
Josie Argento
Field House Coordinator
Derek Yacono
Evening Assistants
Pat Cipolla & Emily Entress

To Register:
visit our website at:
registration.xenegrade.com/gcsdconed
(585) 247-5345
or fill out the form on page 19

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To Register:
Disney Elementary Library
Location: Fee: $72.00
6 Sessions: 3:30 PM - 4:10 PM
Time: Wednesday
Days:
Dates: 10/23-12/4
Course #:

Paul Road Library
Location: Fee: $72.00
6 Sessions: 3:30 PM - 4:10 PM
Time: Tuesday
Days:
Dates: 10/22-12/3
Course #:

Florence Brassier Library
Location: Fee: $72.00
6 Sessions: 3:30 PM - 4:10 PM
Time: Monday
Days:
Dates: 10/21-12/2
Course #:

Neil Armstrong Library
Location: Fee: $72.00
6 Sessions: 3:30 PM - 4:10 PM
Time: Thursday
Days:
Dates: 10/17-12/5
Course #:

KIDS FALL GOLF CLINIC
Sam Birrittella
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 and members of the Gates Chili Golf Team. This Class meets at Chili Country Club on 9/14, 9/28, 10/5, 10/19. No class 10/12
Course #: 8045F9/19
Dates: 9/14-10/19
Days: Saturday
Time: 12:00 PM - 1:15 PM
Sessions: 4
Fee: $29.00
Location: Chili Country Club

RUN MONDAYS!
Lisa Cerretto
Who loves to run? Come join the girls and boys cross country team Mondays for a fun afternoon that will include many running activities (relays, tag games, fun runs with a buddy.) and a chance to meet new friends and enjoy the sport of running. Please include grade, school and shirt size with your registration. Parents drop off and pick up will be at the new GCHS stadium. Students need to be picked up at 5:30 pm - failure to pick up on time may result in student being unable to participate. Each student will receive a t-shirt upon completion of the program. For students in 4th, 5th and 6th grades.
Course #: 5586F9/19
Dates: 9/16-10/7
Days: Monday
Time: 4:30 PM - 5:30 PM
Sessions: 5
Fee: $9.00
Location: GC High School Stadium

KARATE FOR KIDS!
Curt Sawyer
Learn self-defense, self-confidence, self-control, and have fun while learning karate! Karate also helps to improve fitness, flexibility and coordination. A uniform is included in the class fee. This class is open to both girls and boys. Ages 4-7 will be held on Tuesday and Thursday and ages 8-12 will be on Monday and Wednesday. Please arrive 10 minutes early on the first class to have time to fill out the release form to participate, get a tour of the facility and change into the uniform. This class is being offered at Samurai Martial Arts at 512 Spencerport Road.
Course #: 5577F9/19B-12
Dates: 9/23-10/9
Days: Monday and Wednesday
Time: 6:00 PM - 6:45 PM
Sessions: 6
Fee: $59.00
Location: Samurai Martial Arts, 1512 Spencerport Road
Course #: 5577F9/19B-7
Dates: 9/24-10/10
Days: Tuesday and Thursday
Time: 5:15 PM - 6:00 PM
**KIDS YOGA**

**MINDFULNESS MORNING**

*Stacey Martin*

Join us as we practice being in the present moment through yoga, crafts, and more! Mindfulness is a great way to relax your body and focus your energy on one activity at a time. Please wear comfortable clothing you can move freely in. For ages 5 - 11. Please park in lot A and enter using door #5 at the high school. There is a $10 supply fee due to the instructor at the start of the program. This class meets once a month in the fall on 9/14, 10/12, 11/9, 12/14.

**Course #: 1006F9/19**
**Dates: 9/14-12/14**
**Days: Saturday**
**Time: 9:30 AM - 11:00 AM**
**Sessions: 4**
**Fee: $59.00**
**Location: GC High School, Library Loft 227**

**STRETCH SMARTIE YOGA**

*Stacey Martin*

Enjoy stories, songs and stretches with your child in this unique class. We’ll explore aspects of yoga to develop strength and flexibility in our minds and bodies. Please wear comfortable clothing you can move freely in and bring a yoga mat or large towel to class. For children ages 10 and under with an adult. Please enter the building using door #5. You will walk straight down the hall and turn right. This class will be held at Spencerport’s Terry Taylor School. No class 10/14 or 11/11.

**Course #: 1002F10/19**
**Dates: 10/8-10/29**
**Days: Tuesday**
**Time: 9:30 AM -10:00 AM**
**Sessions: 4**
**Fee: $39.00**
**Location: Spencerport CSD, Terry Taylor Elementary S, Room Community Ed. Training Room**

**LEARN TO SWIM**

Learn to Swim is a program for beginner, intermediate and advanced swimmers. These are small group lessons for students in levels 1-6. Students must be able to swim without a bubble for these classes. Recommended for ages 6 and up. Please park in Lot A on the west side of GCHS and use door #5 to enter the building. Please do not leave valuables in the locker room unless you bring a lock for a locker. No Classes: 10/14, 10/31, 11/11.

**Course #: 9025F9/19M**
**Dates: 9/23-11/25**
**Days: Monday**
**Time: 6:55 PM - 7:30 PM**
**Sessions: 8**
**Fee: $84.00**
**Location: GC High School, Pool**

**SWIMMING LESSONS**

**GC QUICK WATER SWIM CLUB**

This club swims year round in the Gates Chili High School Pool. Our Senior Group swims M-F 5:30-7:30 and the Age Group (ages 7-13) swims M, T, R, F from 5:30-7:00. Swimmers will have the option to pay USS fees, and swim in meets year round or just attend the practices for self-improvement. 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 from a NY high school or college who is a level 3 or 4 swimmer through the American Red Cross, YMCA, or any other learn to swim program is eligible to participate. Is this team practice only or will I go to meets? The choice is yours. You can sign up and practice year round to better yourself without the pressure of competing or you can pay the $66 USS membership fee and be eligible to compete in meets. If you choose to participate in swim meet. Additional race and meet fees will apply.

**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 program will run from July (beginning after the 4th) until the 2nd week of June about. There will be a short break from the end of August through Labor Day. *Practices may be cancelled due to Gates Chili district swim events.*

**Additional Membership Options:**

- We will break the season into 4 parts to meet our swimmers needs
  - Summer 2019: 7/8/19 - 8/16/19 $100
  - Fall (girls season) 2019: 9/3/19-11/22/19 $150
  - Winter (boys season) 19/20: 11/25/19-2/28/20 $150
  - Spring 2020: 3/2/20- 6/12/20 $180
- Park in Lot A on the Westside of GCHS. Enter using door #5 at Gates Chili High School. We offer a two week trial option also. Club Questions? Contact Derek Yacono at derek_yacono@gateschili.org Registration Questions? Continuingeducation@gateschili.org or call us at 247-5345

**Course #: 9050F9/19**
**Dates: 9/3-11/22**
**Days: Monday, Tuesday, Wednesday, Thursday, and Friday**
**Time: 5:30 PM - 7:30 PM**
**Fee: $150.00**
**Location: GC High School, Pool**

**Winter (boys season) 19/20: 11/25/19-2/28/20 $150**

**Spring 2020: 3/2/20- 6/12/20 $180**

**LEARN TO SWIM**

Learn to Swim is a program for beginner, intermediate and advanced swimmers. These are small group lessons for students in levels 1-6. Students must be able to swim without a bubble for these classes. Recommended for ages 6 and up. Please park in Lot A on the west side of GCHS and use door #5 to enter the building. Please do not leave valuables in the locker room unless you bring a lock for a locker. No Classes: 10/14, 10/31, 11/11.

**Course #: 9025F9/19M**
**Dates: 9/23-11/25**
**Days: Monday**
**Time: 6:55 PM - 7:30 PM**
**Sessions: 8**
**Fee: $84.00**
**Location: GC High School, Pool**

**LEARN TO SWIM**

**Course #: 9025F9/19R**
**Dates: 9/23-11/25**
**Days: Monday**
**Time: 6:55 PM - 7:30 PM**
**Sessions: 8**
**Fee: $84.00**
**Location: GC High School, Pool**

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We add courses all year long! • 247-5345 • registration.xenegrade.com/gcsdconed
PARENT AND CHILD SWIM PROGRAM

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 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. No Class 10/19 due to a swim meet.

Course #: 9030F9/19
Dates: 9/21-11/16
Days: Saturday, Monday, or Thursday
Time: 12:05 PM -12:35 PM
Days: Saturday
Dates: 9/21-11/16
Course #:
Location: GC High School, Pool

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. These lessons are very popular so please register early! Please park in Lot A on the west side of GCHS and enter using door #5. Do not leave valuables in the locker room unless you bring a lock for your locker. No Classes: 10/14, 10/31, 11/11. See slots online or call us for information.

9060F9/19M
Location: GC High School, Pool

TINY TOTS LESSONS

Tiny Tots Lessons is a program for children who are comfortable in the shallow end of the High School pool, without a parent. 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. Please do not leave valuables in the locker room without a lock. No Classes: 10/14, 10/31, 11/11

9060F9/19M
Location: GC High School, Pool

SAFETY CERTS

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 Middle School).

Course #: 4263F10/19
Dates: 10/25
Days: Friday
Time: 6:00 PM - 8:00 PM
Sessions: 1
Fee: $29.00
Location: GC MS Library

TEST PREP

ACT EXAM PREP

Brighton Cont. Ed.

The ACT test is an option for many college applicants. The style of questions and content are different from those found on the SAT test. Students will practice with ACT format and content through class instruction, homework and computer drills. Textbook fee of $20 payable to the instructor at first class. General information about College Entrance Exams: Registration for this exam preparatory class does NOT register you for the actual EXAM. Online registration for the SAT exam can be found by visiting www.collegeboard.org. ACT exam information is available at www.act.org. Please register early to best avoid scheduling conflicts! If a class has met the minimum student registration for the SAT exam (registration for the ACT is separate from this registration)

Course #: 1536F10/19
Dates: 10/23-10/25
Days: Thursday and Friday
Time: 4:00 PM - 7:00 PM
Sessions: 3
Fee: $84.00
Location: Brighton High School, Room 119

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TEST PREP | TRAVEL | DO IT YOURSELF

SAT EXAM PREP
Brighton Cont. Ed.

This class will help students get ready for the upcoming SAT exam. Students will become familiar with and practice the three sections of the exam: Reading, Writing & Language, and Math. The optional essay will also be addressed. Student will take a full practice exam over the course of this three day class. Textbook is purchased at first class for $25. General Information about College Entrance Exams: Registration for this exam preparatory class does NOT register you for the actual EXAM. Online registration for the SAT exam can be found by visiting www.collegeboard.org. This class is being held at Brighton High School in room 119. Class meets on 9/17, 9/19, 9/23, 9/24. This class is perfect for those registered for the October 5th SAT exam.

Course #: 1537F/19
Dates: 9/17, 9/19, 9/23, 9/24
Time: 6:00 PM - 9:00 PM
Sessions: 4
Fee: $84.00
Location: Brighton High School, Room 119

PLAN YOUR OWN DISNEY VACATION
Kate Torrey

Did you know there are over 200 places to eat at Disney World, and some of them need to be reserved 6 months in advance? There are many details involved in planning a Disney Vacation. This class will cover how to plan your Disney vacation to make the most of your time, including how to utilize free Disney tools to skip ride lines, get free transportation at Disney, and get reservations for the most popular restaurants. With the opening of Star Wars: Galaxy’s Edge and other new additions to Disney World, this is a great time to visit. Please enter using door #45 on the east side of the HS. This door sits around the side of the HS before the yellow metal building. Once inside walk to the end of the hall and turn right. The room will be on the left.

Course #: 9520F11/19
Dates: 11/18
Days: Monday
Time: 6:30 PM - 8:30 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Classroom 429

TRAVEL

APPLY FOR A PASSPORT
Monroe County Clerks Office

Apply For A Passport with the Monroe County Clerks Office! September is Passport Awareness Month. Apply for the gold standard of identification, a U.S. Passport right in your own neighborhood. Applicants should visit http://www.monroe county.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.

Course #: 0002F19/19
Dates: 9/26
Days: Thursday
Time: 6:00 PM - 7:30 PM
Sessions: 1
Location: GC High School, Library

TRAVEL ABROAD ON A BUDGET
Grace Ferris

Have you always wanted to travel abroad, but never quite make it out there? This class offers opportunities to learn how to travel abroad on a budget, while still making it memorable and enjoyable. Traveling with a tour guide tends to get monotonous and expensive. The goal of this class is to give confidence to people to travel abroad on any income through airfare tips, lodging recommendations and feasibility with the duration of the trip. Please park in lot A enter using door #5 at GCHS. The classroom will be in the rear corner of the library. This class will be taught by Grace Ferris and Zach Davis.

Course #: 9521F11/19
Dates: 12/14
Days: Saturday
Time: 10:00 AM -12:00 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Classroom 227

BLEND YOUR BEAUTY LAB
Stacey Martin

Each session we’ll create a collection of beauty and bath products in this hands on class. We’ll be mixing up recipes around different themes, including goodies to get your glow on, love your lips and more! Please indicate any allergies when registering. For ages 11-16. There is a $40 supply fee due to the instructor at the start of class. Class meets on 9/14, 10/12, 11/9 and 12/14. Please park in Lot A and enter using Door #5. Class will meet in the library classroom.

Course #: 1007F9/19
Dates: 9/14, 10/12, 11/9, 12/4
Days: Saturdays
Time: 12:00 PM - 1:30 PM
Sessions: 4
Fee: $59.00
Location: GC High School, Classroom 227

D.I.Y.

PLAN YOUR OWN EUROPEAN ADVENTURE
Kate Torrey

You don’t need an expensive cruise or guided tour to travel to Europe. You can travel at your own pace, see exactly what you want, and save money all at the same time. It just takes a little know-how and some solid planning. In this class we will cover how to save money on airfare, how to travel around Europe, what to pack, how to find lodging, and many other details important to planning your own, independent European Adventure. Your instructor has traveled independently in six European countries and is eager to teach others how easy traveling in Europe can be. This class is being held at Gates Chili High School. Please use door #45 on the east side of our campus. You will need to drive around the side of the property. Door #45 is just past the large cafe and sits back. You are welcome to park in any of the authorized only spots. Once inside you head straight down the hall and turn right - the classroom will be on the left.

Course #: 9518F9/26
Dates: 9/26
Days: Thursday
Time: 6:30 PM - 8:30 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Classroom 429
MEET YOUR MAKEUP MATCH  
Stacey Martin

Have you ever struggled to find the right shade of foundation for your face? Then this class is for you. Join us for a hands-on class where you will create a custom foundation based on your unique skin tone and type. This class is for adults - teens are welcome with a parent. Please park in Lot C and enter using Door #45. Class will be held in Room 429. There is a $10 supply fee due to the instructor at the class.

Course #: 1023F10/19  
Dates: 10/10  
Days: Thursday  
Time: 6:30 PM - 8:00 PM  
Sessions: 1  
Fee: $19.00  
Location: GC High School, Classroom 429

BEAUTY BASICS  
Stacey Martin

Not sure where to start when applying makeup on yourself? Check out this hands-on class where you will learn how to create a basic makeup look that highlights your own natural beauty. For adults and teens with a adult. There is a $10 supply fee due to the instructor at the class. Please park in Lot C and enter using Door #45.

Course #: 1057F11/19  
Dates: 11/14  
Days: Thursday  
Time: 6:30 PM - 8:00 PM  
Sessions: 1  
Fee: $19.00  
Location: GC High School, Classroom 429

DIY SPA  
Stacey Martin

Scrubs, soaks and more! Create your own bath and body products to take home in this interactive class. They make great gifts to give away or to pamper yourself! This class is for adults, but teens are welcome with a adult. There is a $10 supply fee due to the instructor at the class. Please park on the east side of the building near the yellow metal building and enter using Door #45.

Course #: 1058F12/19  
Dates: 12/12  
Days: Thursday  
Time: 6:30 PM - 8:00 PM  
Sessions: 1  
Fee: $19.00  
Location: GC High School, Classroom 429

GOOD FOOD DELIVERED TO YOU!

Pick up every Wednesday from 3-6:30 at GCHS, Door 45

Sign up online or contact membership@thegoodfoodcollective.com/315-524-3570

CULINARY

APPLE, PUMPKIN, SPICE AND EVERYTHING NICE  
Stephanie Blaesi

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. Please park in the HS bus loop and enter using Door #1. The classroom will be the 2nd door to the right.

Course #: 2606F9/19  
Dates: 9/24  
Days: Tuesday  
Time: 6:00 PM - 8:00 PM  
Sessions: 1  
Fee: $19.00  
Location: GC High School, Classroom 429

HOW TO USE YOUR INSTANT POT  
Adrienne Markus

Have an Instant Pot that is still in its box or rarely used? Learn how to use that electric pressure cooker to make easy, delicious and healthy dinners in a snap! You do not need to use an Instant Pot to participate – any electric pressure cooker you use is compatible with this demonstration. Watch as your instructor makes a simple dinner and explains how to safely and easily use your Instant Pot. A sample of the dish, tips and additional recipes will be provided! This demo will highlight a seasonal recipe that has not been made in previous classes. Adrienne is a certified health coach who offers a wide range of health related workshops in the Rochester area. There is a $5 supply fee payable to the instructor at class. This class is held at Twelve Corners Middle School Room 400. Enter the building from the Monroe Avenue parking lot (entrance to lot is located next door to the BCSD Administration Bldg at 2035 Monroe Avenue. Once inside the building stay to the right of the atrium and take the stairs heading down (toward the vending machines/cafeteria), follow the hallway to your right. Go up the stairs at the end of the hallway until you have reached the 4th floor. Room 400 is to the left at the top of the stairs.

Course #: 2550F10/19  
Dates: 10/22  
Days: Tuesday  
Time: 6:30 PM - 8:00 PM  
Sessions: 1  
Fee: $19.00  
Location: Brighton Middle School, Room 400

DO IT YOURSELF | CULINARY

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HOLIDAY TREATS AND COOKIE EXCHANGE!

Stephanie Blaesi

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 to take home your holiday treats! Please park in the bus loop at the HS and enter using Door #1. Once inside turn right and the classroom is on the right just past security.

Course #: 2404F12/19
Dates: 12/12
Days: Thursday
Time: 5:00 PM - 8:00 PM
Sessions: 1
Fee: $29.00
Location: GC High School, Classroom 107

ADULT AND ME COOKING CLASS

Stephanie Blaesi

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. In addition to the class fee, there is a $20 (per twosome) supply fee payable to the instructor at the beginning of class. Please park in the bus loop and use Door #1 to enter the High School - the classroom will be on the right.

Course #: 2572F10/19
Dates: 10/17
Days: Thursday
Time: 5:00 PM - 7:00 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Classroom 107

Class #2: 2572F12/19
Dates: 12/3
Days: Tuesday
Time: 5:00 PM - 7:00 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Classroom 107

FIGHTING THE SUGAR BLUES AND EATING FOR ENERGY

Lori Goldsmith

Are you suffering from the Sugar Blues? Do you constantly crave sweets and get that mid-day slump? If so, I invite you to join me in this hour long jam-packed workshop. You will learn what foods to eat that gives you to most energy (without depriving yourself). Understand how sugar affects the body and why we crave this addictive sneaky white stuff. We'll explore how food affects mood and discuss healthy natural sweaters. Healthy, energy boosting recipes will be given out for you to try at home! Please park in Lot C at the East side of the high school and enter using Door 45.

Course #: 9814F10/19
Dates: 10/15
Days: Tuesday
Time: 7:00 PM - 8:00 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Room 429

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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. Yoga blocks and straps are optional however, highly recommended. Sorry, gold cards not accepted for both nights. No class 10/29, 10/31, 11/5, 11/7, 11/12, 11/21, 11/26, 11/28.

Course #: 5545F9/19B
Dates: 9/24-12/12
Days: Tuesday and Thursday
Time: 6:00 PM - 7:15 PM
Sessions: 16
Fee: $129.00
Location: GC High School, Library Loft

Course #: 5545F9/19T
Dates: 9/24-12/10
Days: Tuesdays
Time: 6:00 PM - 7:15 PM
Sessions: 8
Fee: $79.00
Location: GC High School, Library Loft

Course #: 5545F9/19Th
Dates: 9/26-12/12
Days: Thursdays
Time: 6:00 PM - 7:15 PM
Sessions: 8
Fee: $79.00
Location: GC High School, Library Loft

MEDITATE YOUR WAY TO LESS STRESS
Gaie Sarley Goodness
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 200 hour certified Kripalu Yoga Instructor with 8 years experience and a level one meditation teacher through Living Stress Free, Inc. Class will meet in the main office lounge. Please park in Lot A at GCHS. To get to the classroom enter using door #5 and walk to the end of the hall. Turn right and the room is on the right.

Course #: 9818F10/19
Dates: 10/1-11/19
Days: Tuesdays
Time: 7:00 PM - 8:00 PM
Sessions: 8
Fee: $79.00
Location: GC High School, Principal’s Lounge

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 fun but challenging, water-based, body toning workout. Please bring a towel and plastic water bottle. You are welcome to store things in our pool locker room, but you will need to bring your own lock. Alternatively you can bring your things to the deck and store them in the bleachers. We are not responsible for items left in the locker room. Park in Lot A, enter using Door #5 at GCHS and head down to the pool. No class 11/27 or 11/29. Sorry, Gold cards are not accepted for both nights of class.

Course #: 5588F9/19B
Dates: 9/25-12/6
Days: Wednesdays and Fridays
Time: 7:30 PM - 8:30 PM
Sessions: 20
Fee: $179.00
Location: GC High School, Pool

Course #: 5588F9/19W
Dates: 9/25-12/4
Days: Wednesdays
Time: 7:30 PM - 8:30 PM
Sessions: 10
Fee: $99.00
Location: GC High School, Pool

Course #: 5588F9/19F
Dates: 9/27-12/6
Days: Fridays
Time: 7:30 PM - 8:30 PM
Sessions: 10
Fee: $99.00
Location: GC High School, Pool

AEROBIC SCULPT/CIRCUIT TRAINING
Colleen Painton
This fitness class will tone your muscles, improve your cardiovascular fitness and heart health, and provide metabolic conditioning. Plus, it will put a smile on your face! Our energizing dance workout is easy to follow and is followed up with circuit training, which allows participants to personalize their workouts with resistance bands, jump ropes, weight balls, step aerobic exercises, etc. Each class will end with additional stretching and toning exercises. Exercises can be modified to fit all fitness levels. Please wear sneakers and bring hand held weights (optional) and a floor mat. No class on 10/14, 10/31, 11/11.

Course #: 5519F9/19
Dates: 9/23-11/21
Days: Monday and Thursday
Time: 6:30 PM - 7:30 PM
Sessions: 15
Fee: $69.00
Location: Paul Rd, Gym

Gates Chili Continuing Education
Office Hours: Mon-Thur 9 am - 7 pm
247-5345
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YOGA | FITNESS

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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 me at Zumba and see for yourself! Classes will be held on Wednesdays and Thursdays from 7:00 pm until 8:00 pm and Saturdays from 9:00 am until 10:00 am at the Gates Chili High School in the front lobby. All you need to bring is a water bottle and energy! I look forward to seeing you there! Please note: classes will not be held during the week of Thanksgiving no class 10/31, 11/27, 11/28, 11/30. Sorry, no Gold card for 3x a week.  
Course #: 5628F9/19ALL  
Dates: 9/25-12/12  
Days: Wednesday, Thursday, and Saturday  
Time: 7:00 PM - 8:00 PM  
Sessions: 30  
Fee: $259.00  
Location: GC High School, Front Atrium-Lobby  
Course #: 5628F9/19W  
Dates: 9/25-12/4  
Days: Wednesdays  
Time: 7:00 PM - 8:00 PM  
Sessions: 10  
Fee: $99.00  
Course #: 5628F9/19Th  
Dates: 9/26-12/12  
Days: Thursdays  
Time: 7:00 PM - 8:00 PM  
Sessions: 10  
Fee: $99.00  
Course #: 5628F9/19S  
Dates: 9/28-12/7  
Days: Saturdays  
Time: 9:00 AM -10:00 AM  
Sessions: 10  
Fee: $99.00

ENERGIZE YOUR LIFE WITH CARDIO KICKBOXING  
Samurai Staff  
Cardio Kickboxing is a fast-paced, high calorie-burning workout. Traditional kickboxing techniques are used in combinations to fun, high-energy music. Punching bags, focus mitts, exercise balls, free weights and body bars are also used during classes. Our cardio kickboxing instructors are all black belts in karate and have decades of martial arts experience. They will be able to teach you the correct form when punching and kicking, while helping you meet your fitness goals. The cost of this class includes boxing gloves. This class is open to both men and women ages 13 and up. Loose and comfortable clothing is recommended and shoes are optional. 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. The class is being offered at Samurai Martial Arts on Spencerport Road.  
Course #: 5520F9/19  
Dates: 9/23-10/9  
Days: Monday and Wednesday  
Time: 6:45 PM - 7:30 PM  
Sessions: 6  
Fee: $59.00  
Location: Samurai Martial Arts, 1512 Spencerport Road

GET IN SHAPE WITH KARATE!  
Samurai Staff  
Learn self-defense, self-confidence, self-control and have fun while learning karate! Karate also helps to improve fitness, flexibility and coordination. A uniform is included in the class fee. This class is for both men and women ages 13 and up. Please arrive10 minutes early on the first class to have time to fill out the release form to participate, get a tour of the facility and change into the uniform. This class is being offered at Samurai Martial Arts on Spencerport Road.  
Course #: 5578F9/19  
Dates: 9/23-10/9  
Days: Monday and Wednesday  
Time: 6:45 PM - 7:30 PM  
Sessions: 6  
Fee: $59.00  
Location: Samurai Martial Arts, 1512 Spencerport Road

DEFEND YOURSELF WITH JIU-JITSU!  
Samurai Staff  
This class is great for learning how to defend yourself when on the ground. Students will learn to avoid the takedown and to escape from the ground position. No experience necessary! This class is open to both 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, get a tour of the facility and change into the uniform. This class is offered at Samurai Martial Arts, 1512 Spencerport Road.  
Course #: 5505F9/19  
Dates: 9/24-10/29  
Days: Tuesdays  
Time: 7:30 PM - 8:30 PM  
Sessions: 6  
Fee: $59.00  
Location: Samurai Martial Arts, 1512 Spencerport Road

REGISTER AT  
registration.xenegrade.com/gcsdconed
DANCE | MARKET TOURS

BABY FEET GET THE BEAT
Dates: 9/28-10/26
Time: 10:00 AM - 11:00 AM
Fee: $55.00
Age Group: 3-5 year olds

KIDS GET THE BEAT
Dates: 9/23-10/28
Time: 6:15 PM - 7:15 PM
Fee: $66.00
Age Group: 6-8 year olds

IRISH STEP DANCE FOR KIDS
Dates: 10/4-10/25
Time: 6:30 PM - 7:30 PM
Fee: $45.00
Age Group: 7+

HIP HOP/ TAP/ JAZZ FOR KIDS
Dates: 9/23-10/28
Time: 5:30 PM - 6:30 PM
Fee: $66.00
Age Group: 9-12 year olds

IRISH DANCE FOR ADULTS
Dates: 10/4-10/25
Time: 7:30 PM - 8:30 PM
Fee: $45.00
Age Group: 16+

BALLET FOR ADULTS
Dates: 9/23-10/28
Time: 5:30 PM - 6:30 PM
Fee: $66.00
Age Group: 18+

All courses are at Dance Biz, 1742 Long Pond Rd

MARKET TOURS

EXOTIC TOUR OF ETHNIC MARKETS
Sandy Baker
Discover your local source of exotic foreign foods as you tour eight of Rochester's unusual ethnic markets. The quaint shops on your worldly travels will include such markets as German, Indian, Jamaican, Ukrainian, Mid-Eastern, Polish, Asian and Italian.

We'll meet at West Irondequoit High School where you'll get your tour information packet and driving directions. Your Tour guide Sandy Baker will ride with students as we carpool from nation to nation. Bring your appetite, we'll be sampling along the way. No purchases are necessary, but we recommend you bring a cooler for possible perishable food purchases, as well as a bottle of drinking water.

Course #: 2570F10/19
Dates: 10/26
Days: Saturday
Time: 9:30 AM - 3:00 PM
Sessions: 1
Fee: $35.00
Location: Irondequoit HS, 260 Cooper Rd., Commons Area

GOURMET MARKET TOUR
Sandy Baker
Treat your taste buds to this gourmet tasting adventure featuring seven of Rochester's finest food specialty markets. This behind the scenes guided tour was designed exclusively for food lovers. Bring your appetite, you'll be sampling delicious treats such as organic fair trade coffee made from freshly roasted beans, Chef inspired prepared foods, exotic seasonal teas, sprices from around the world, French - American hand made chocolates and gourmet ice creams. You'll taste and chat with other food loving guests as you discover specialty and hard to find ingredients. Be sure to bring a cooler for your perishable food purchases. Tour goers will meet at Brighton High School in the main lobby inside door #20. Follow signs for the gymnasium. You will then drive individually or car pool from market to market. Map and directions will be provided. Your experienced tour guide, Sandy Baker, also leads the tour of ethnic markets. We will take a lunch break while on the tour, where you can purchase gourmet sandwiches/soups/salads at one of the specialty markets on the tour.

Course #: 2571GF11/19
Dates: 11/9
Days: Saturday
Time: 9:00 AM - 3:00 PM
Sessions: 1
Fee: $35.00
Location: Brighton High School, Room 119

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**LANGUAGE**

**INTRODUCTION TO FRENCH**
Florence Prawer

Speak and understand French right from day one. Be able to take a cab ride, order a meal, get a room with a view, ask your way in Montmartre, and make friends. Learn high-frequency vocabulary and basic phrases useful in conversational settings. The emphasis is on speaking and understanding French. Classes are media-enriched to keep you up-to-date on contemporary happenings in the Gallic world. Sessions are customized according to needs and interests. Add spice and savoir-faire to your life, without stress or homework, in a fun-filled French ambiance. Vous voir en classe! This class is held in a meeting room on the first floor at The Summit at Brighton, located at 2000 Summit Circle Drive, Rochester, NY 14618. No class on 10/1.

Course #: 9147F9/19  
Dates: 9/24-11/5  
Days: Tuesday  
Time: 5:30 PM - 7:30 PM  
Sessions: 6  
Fee: $64.00  
Location: The Summit at Brighton, 2000 Summit Circle Drive

**BEGINNING SPANISH**
Florence Prawer

Spanish - Introduction Speak and understand Spanish right from day one. Be able to ask questions, order a meal, take a taxi ride, and make friends. The emphasis is on speaking and comprehension. Learn high-frequency vocabulary useful in varied conversational settings. Short cultural, media-enriched segments keep you up-to-date on current happenings in the Spanish-speaking world. Sessions are customized to the needs of the class. Hasta La Vista! This class is held in a meeting room on the first floor at The Summit at Brighton, located at 2000 Summit Circle Drive, Rochester, NY 14618.

Course #: 9141F9/19  
Dates: 9/26-10/31  
Days: Thursday  
Time: 5:30 PM - 7:00 PM  
Sessions: 6  
Fee: $64.00  
Location: The Summit at Brighton, 2000 Summit Circle Drive

**MUSIC**

**INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE**

Some music teachers may not want you to know this, but you don’t need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you’ll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Fee includes the online book and online videos. Topics include:

* How chords work in a song  
* How to get more out of sheet music by reading less of it  
* How to form the three main types of chords  
* How to handle different keys and time signatures  
* How to avoid “counting”.  
* How to simplify over 12,000 complex chords  

An online book and video are included in the course cost. This fall the class will be hosted by Rush Henrietta at the Sr. High room -D 108.

Course #: 6596F10/19  
Dates: 11/7  
Days: Thursday  
Time: 6:30 PM - 9:30 PM  
Sessions: 1  
Fee: $59.00  
Location: RH Sr. High School, Room D-108

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**Spanish with Tiffany**

**Intermediate Spanish Online - $79**

**Spanish for the Healthcare Professions Online - $79**

**Spanish For Travel Online - $79**

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PHOTOGRAPHY

KNOW YOUR DIGITAL CAMERA

Christopher Reddy

Do you have a new digital camera or are thinking of buying one? Confused by all the buttons and terminology? Explore the controls, features and settings of your digital camera. We will discuss different types of photography and common settings for most. This is for any digital camera — point and shoot, compact, bridge, mirrorless or DSLR. Bring your camera and questions! This class will be held in the HS library classroom. Park in Lot A at the HS and enter using door #5.

Course #: 2003F10/19
Dates: 10/8-10/15
Days: Tuesday
Time: 6:00 PM - 8:00 PM
Sessions: 2
Fee: $29.00
Location: GC High School, Library Classroom

MASTER YOUR DIGITAL CAMERA

Christopher Reddy

Learn how to take better photographs using the right settings for your camera. This hands-on class offers practice using your camera and includes homework assignments to challenge you. We will explain exposure, focus and composition and how to use aperture, shutter speed and ISO. You must be comfortable with how to change your camera’s settings and it’s controls. Bring your DSLR and the instructions to class. Canon, Nikon, Sony, Panasonic, Olympus Fuji – all welcome! Please park in Lot A at the HS and enter using door #5. The classroom is in the rear corner of the HS library. No class 11/26.

Course #: 2004F11/19
Dates: 11/12-12/3
Days: Tuesday
Time: 6:00 PM - 8:00 PM
Sessions: 3
Fee: $39.00
Location: GC High School, Library Classroom

SEWING

SEWING WITH CORK FABRIC

Kathy Healey

Cork fabric is an eco-friendly alternative to leather and is available to home sewers. This unique fabric is available in a variety of colors and prints and sews up well into bags and other accessories. Projects for this class will include a tissue holder, a decorative tassel that can be used on a purse or luggage and a business or gift card holder. All of these items will make great gifts for the holiday season. A kit fee of $10 is payable to the instructor on the first night of class. The kits will contain a variety of cork colors. You can bring your own machine or use one of ours; just let us know. Please also bring thread, straight pins, scissors, a water soluble marking pen, seam ripper, 6” or 12” ruler and two fat quarters for the hexagon coasters. Park in the bus loop and use door #1 to enter the high school.

Course #: 7250F9/19
Dates: 9/24-10/1
Days: Tuesday
Time: 6:30 PM - 8:30 PM
Sessions: 2
Fee: $36.00
Location: GC High School, Room 108

CREATING COLLAGES, AN ARTISTIC PUZZLE

Danica Glamack

Cork fabric is an eco-friendly alternative to leather and is available to home sewers. This unique fabric is available in a variety of colors and prints and sews up well into bags and other accessories. Projects for this class will include a pillowcase. A kit fee of $5 for the pillowcase is payable to the instructor the first night of class. You can bring your own machine or use one of ours just let us know. Please also bring thread, straight pins, scissors, a water soluble marking pen, seam ripper, 6” or 12” ruler and one yard of 45” woven fabric for the pillowcase. Park in the bus loop and use door #1 to enter the High School.

Course #: 7251F10/19
Dates: 10/8-10/15
Days: Tuesday
Time: 6:30 PM - 8:30 PM
Sessions: 2
Fee: $36.00
Location: GC High School, Room 108
**ART | PERSONAL**

**EXPLORING ACRYLIC POURS**
Susan Micciche

Pour painting is hot! Join us for this workshop designed to get you started with acrylic pouring. No painting experience needed. Everyone will be creating two small canvases using two different techniques. (Note: this class will be offered twice- each time using different techniques.) Bring something to transport your wet canvases home in (a box or disposable baking trays from the dollar store) 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! Please park in Lot A and use Door #3 to enter the building.

Course #: 5174F10/19
Dates: 10/5
Days: Saturday
Time: 10:00 AM - 1:00 PM
Sessions: 1
Fee: $49.00
Location: GC High School, Room 100

Course #: 5174F11/19
Dates: 11/2/2019

**WINTER SKY GUIDED PAINTING**
Susan Micciche

Explore the winter sky and wonders of the heavens by creating your own watercolor masterpiece during this step by step painting class. You may want to use this painting for your holiday card this year or gift the original to someone special. Students will go home with their matted painting in a glassine envelope ready for framing. This class includes all materials. Please park in Lot A and use Door #3 to enter the High School. This class is for adults and teens. Children under 13 must be accompanied by a registered adult.

Course #: 5175F11/19
Dates: 11/16
Days: Saturday
Time: 10:00 AM -12:00 PM
Sessions: 1
Fee: $24.00
Location: GC High School, Room 100

**DRAWING FOR EVERYONE**
Susan Micciche

You can draw! Are you a crafter? Painter? Confidence in drawing improves enjoyment of all artistic endeavors. You can draw better than you think you can. Drawing is a learned skill. You do not need to be born with a special artistic gene to draw. Everyone can learn to draw. Using proven techniques, anyone with a desire to draw WILL draw much better in a short time. Students will learn to see as an artist and learn basic concepts in class. Each class will include examples of master drawings, instruction, demonstration, exercises and optional homework. Bring a No.2 pencil and an 11x14 (or larger) spiral bound sketchbook to our first class. A supply list will be provided at that time. Sorry, Gold Cards not accepted. Park in Lot A and use door #3.

Course #: 5165F10/19
Dates: 10/8-11/5
Days: Tuesday
Time: 6:00 PM - 8:30 PM
Sessions: 5
Fee: $99.00
Location: GC High School, Room 101

**LOOSE INTUITIVE WATERCOLOR PAINTING**
Susan Micciche

Join us as we capture the emotion and colors of the season in this easy painting class. We gather with no judgment or goal beyond the joy of painting. Everyone works at their own pace as we learn new techniques and create a different painting each week. Previous experience is not required. This is a great way to get your feet wet or freshen your watercolor style, enjoying the luscious colors and process along the way. Please park in Lot A and use Door #3 to enter the H.S. Sorry, no Gold Card accepted for this class. A supply list will be provided at registration. No class on 11/26.

Course #: 5172F11/19
Dates: 11/12-12/10
Days: Tuesday
Time: 6:00 PM - 8:30 PM
Sessions: 4
Fee: $89.00
Location: GC High School, Room 100

**DIVORCE 101: THE FACTS ABOUT DIVORCE IN NYS**
B.J. Mann

Clarify the myths and learn the facts about marital separation and divorce in New York State. Those who will benefit from this informational program: individuals contemplating the divorce process, counselors, human resource managers, clergy, financial planners and others who may become involved along the way. The course will cover: grounds for divorce, child custody, parenting schedules, property and debt distribution, real estate, retirement and tax implications. Take home handouts and a list of resources and information on support groups will be provided. Your instructor is a Family Mediator and distinguished businessperson. Please use door #45 at GCHS to enter the building.

Course #: 7025F12/19
Dates: 12/3
Days: Tuesday
Time: 7:00 PM - 9:00 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Room 429

**WRITING AND REVISING - IT’S EASY ONCE YOU KNOW HOW!**
Anne Shields

Whether you are looking for a part or full time job, just entering (or re-entering) the job market or planning to switch jobs, a resume is essential. It tells an employer about what you can bring to a position and it prepares you to interview with the added plus of boosting your confidence! You will get the greatest value from this session if you bring your current resume or, if you are just starting out, a rough draft. Park on the east side of the building near the yellow metal building. Enter using Door 45.

Course #: 2257F10/19
Dates: 10/22
Days: Tuesday
Time: 6:30 PM - 8:00 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Room 429
BECOME A NOTARY PUBLIC
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 appointment, testing and renewal policies and procedures. Please review the class locations carefully. Class at Irondequoit HS (260 Cooper Rd. park in the loop in back between Dake Jr. High and Irondequoit HS. Enter using door #3 class is in room #1214. Once inside turn left at the first hallway and the classroom is on the left. For the Brighton H.S. class: park in the main BHS lot and use door #20. Once inside, turn at the second left (hall after the cafeteria) and follow that hall to the end to find room 158. The Rush Henrietta Class is held in room E101. Enter the High School using the main entrance (between the flag poles). There is a $5 materials supply fee due at the first class.

Course #: 7077F9/17/19
Dates: 9/17-9/24
Days: Tuesday
Time: 6:00 PM - 8:30 PM
Sessions: 2
Fee: $49.00
Location: Irondequoit High School, Room 1214

Course #: 7077F10/21/19
Dates: 10/21-10/28
Days: Monday
Time: 6:00 PM - 8:30 PM
Sessions: 2
Fee: $49.00
Location: Brighton High School, Room 158

Course #: 7077F10/26/19
Dates: 10/26
Days: Saturday
Time: 9:00 AM - 2:30 PM
Sessions: 1
Fee: $49.00
Location: GC High School, Library

MAKE MEETINGS MATTER
Anne Shields
Bad meetings can’t end soon enough. What can you do, as a facilitator or attendee, to get, and keep, things on track? This session offers practical tips to use in your next work, church, club, or volunteer group meeting. Please bring with you a list of 2-3 aspects of poor meetings that bother you most. Park on the east side of the building near the yellow metal building. Enter using Door 45.

Course #: 2255F10/19
Dates: 10/10
Days: Thursday
Time: 6:30 PM - 8:00 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Room 429

NETWORKING FOR INTROVERTS (AND OTHERS WHO DREAD IT)
Anne Shields
You shudder when you hear the word, but although you dread it, networking really does work. In this session, we will address participants’ greatest fears and concerns, letting you walk away with several practical, not-too-risky, steps toward finding and making connections. Park on the east side of the building near the yellow metal building. Enter using Door 45.

Course #: 2255F10/19
Dates: 10/21
Days: Monday
Time: 6:30 PM - 8:00 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Room 429

SENIOR LIVING OPTIONS AND DOWNSIZING
Jessica Mitrano
Learn about various senior living options, the services offered at different levels of care, and important questions to ask while touring and doing your research. You will also receive information about how to prepare for a move, including downsizing and preparing your home for sale. Ideal for seniors or those helping loved ones make a decision on their next move. You will leave feeling more informed as you navigate your way through the process, and confident that there are resources available in our community to help guide you along the way. The cost for this course is $10 per person or $15 per couple. Park in Lot C on the East side of the High School and use door #45 to enter the HS.

Course #: 5065F10/19
Dates: 10/3
Days: Thursday
Time: 6:00 PM - 7:30 PM
Sessions: 1
Fee: $15.00
Location: GC High School, Room 429

Course #: 5065F10/19
Dates: 10/21-10/28
Days: Monday
Time: 6:00 PM - 8:30 PM
Sessions: 2
Fee: $49.00
Location: GC High School, Library

SO, TELL ME ABOUT YOURSELF...INTERVIEWING WITH CONFIDENCE
Anne Shields
It’s intimidating, but interviewing is a skill that can be learned and practiced. After this session you’ll be ready for almost anything, feel more confidence and in control because you’ll know what the employer REALLY wants to know and how to present your best self, interviewing for the job you want. Please bring with you a list of 2-3 questions you most dread having to answer so you can be sure to leave ready for your next interview! Park on the east side of the building near the yellow metal building. Enter using Door 45.

Course #: 2259F12/19
Dates: 12/3
Days: Tuesday
Time: 6:30 PM - 8:00 PM
Sessions: 1
Fee: $19.00
Location: GC High School, Room 429

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THINKING ABOUT REMODELING YOUR KITCHEN
Peter Rees
Are you planning to remodel your kitchen? Learn how to plan an efficient kitchen, what to look for in kitchen cabinets, the pros and cons of refacing versus new cabinets, the advantages of different types of countertops, flooring, sinks and lighting. Learn the elements of basic kitchen design and the best order of having your remodeling work done. Bring all your questions to be answered by a kitchen specialist. For more information, check out www.reesandcompany.com. Please park in the large parking lot at Brighton High School to the right of the school. Enter door #20. Go straight down the hallway to the second hallway on the left. Follow that hallway to the end and you will find room 158 slightly to the left.

Course #: 9610F10/19
Dates: 10/24
Days: Thursday
Time: 6:30 PM - 9:00 PM
Sessions: 1
Fee: $19.00
Location: Brighton High School, Room 158

LONG-TERM CARE: PROTECTING YOUR RETIREMENT AND PRESERVING YOUR LEGACY
Vinny Dallo, CLU, CLTC, LUTCF
According to a Morningstar survey in 2018, 52% of people turning 65 will need some type of long-term care services in their lifetime. Now is the time to educate yourself! In this workshop, you will learn what health events trigger long-term care, the role Medicare and Medicaid play, methods of care, and how long-term care insurance can provide real solutions. Please park in Lot C at the high school and enter using Door #45.

Course #: 3271F11/19
Dates: 11/5
Days: Tuesday
Time: 7:00 PM - 8:15 PM
Sessions: 1
Fee: $15.00
Location: GC High School, Room 429

WHAT’S ALL THE HYPE ABOUT “TYPE”? - USING THE MBTI TO BETTER UNDERSTAND YOURSELF AND OTHERS
Anne Shields
Introvert or extrovert? Thinking or feeling? More than 2 million people use the Myers-Briggs Type Indicator (MBTI) each year to learn more about themselves and others. The MBTI helps you see patterns in how you typically move through your world, interact with others, and make decisions. In the first session, learn what the MBTI is and isn’t and determine your “best fit” type. In the second session, you’ll experience type preferences in action and learn how you can use this knowledge to play to your strengths at home and work. Park on the east side of the building near the yellow metal building. Enter using Door 45.

Course #: 2256F11/19
Dates: 11/7-11/14
Days: Thursday
Time: 6:30 PM - 8:00 PM
Sessions: 2
Fee: $29.00
Location: GC High School, Room 429

PLANNING FOR A SUCCESSFUL RETIREMENT
Vinny Dallo, CLU, CLTC, LUTCF
Deciding to retire is one of the most critical financial decisions of our lives. It is never too early to start planning for retirement. This workshop will help you make smart decisions during your working years, and teach you effective strategies to generate retirement income. We will address the effects of taxes, inflation, market volatility, and longevity. Please park in Lot C at the high school and enter using Door #45.

Course #: 3272F12/19
Dates: 12/3
Days: Tuesday
Time: 7:00 PM - 8:15 PM
Sessions: 1
Fee: $15.00
Location: GC High School, Room 429

FINANCIAL PLANNING
UNDERSTANDING SOCIAL SECURITY
Vinny Dallo, CLU, CLTC, LUTCF
Everyone is familiar with Social Security, but do you really know how it works? This workshop covers how benefits are calculated, eligibility requirements, taxation of benefits, spousal benefits, the effects of divorce and death, and strategies to maximize your household income. Please park in Lot C at the high school and enter using Door #45.

Course #: 3270F10/19
Dates: 10/8
Days: Tuesday
Time: 7:00 PM - 8:15 PM
Sessions: 1
Fee: $15.00
Location: GC High School, Room 429

We add courses all year long! • 247-5345 • registration.xenegrade.com/gcsdconed
DRIVING

DRIVER’S PERMIT TESTING
Maria 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 at their own high school. Participation in this program will drastically reduce 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 are able to take this permit test any time following their 16th 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.

Dates: 9/19, 10/3, 10/17, 10/31, 11/14, 11/21, 12/12
Days: Thursday
Time: 2:15 PM - 3:00 PM
Sessions: 1
Fee: $10.00
Location: GC High School, Room 427

SAFE DRIVING 5 HOUR COURSE
Jon DelVecchio & Roger Brown

The New York State Department of Motor Vehicles mandates attendance in this course to qualify you for form MV 278 which is required to register for a driving test. You will need to bring your valid NYS Learner’s Permit to class. It is best to register and pay for this class in advance. It is not always possible to register the day of the class, in case the class is full.

Course #: 4040F10/19
Dates: 10/8
Days: Tuesday
Time: 6:30 PM - 9:30 PM
Sessions: 2
Fee: $49.00
Location: GC High School, Room 204

AAA DRIVER IMPROVEMENT PROGRAM
AAA

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 $43 and AAA members pay $37.) 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, Senior Gold Card 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.

Course #: 4010F9/19
Dates: 9/30-10/2
Days: Monday and Wednesday
Time: 6:30 PM - 9:30 PM
Sessions: 2
Fee: $43.00
Location: GC High School, Room 204
Course #: 4010F11/19
Dates: 11/12-11/14
Days: Tuesday and Thursday

AARP SMART DRIVER COURSE
AARP

The AARP Smart Driver Course consists of six units. As a result of completing the course, participants will: learn researched-based safe strategies that can reduce the likelihood of having a crash, understand the links between the driver, vehicle and road environment and how this awareness encourages safer behavior. Learn how aging, medications, alcohol, and other health-related issues affect driving ability, and ways to adjust to allow for these changes. Increase confidence, know how to drive safely when sharing the road with other road users and learn the newest safety and advanced features in vehicles. Learn when driving may no longer be safe and explore other ways to travel. The cost for this program is paid directly to the instructor on the first night of class. It is $20 for AARP members and $25 for non members. You pay by check or money order (made out to AARP) as they are unable to accept cash. Please bring your driver’s license and a pen to class. Park in Lot A and enter using Door #4. The classroom will be straight across the hall from Door #4. Sorry, Gold Cards are not accepted for this class.

Course #: 4022F9/19
Dates: 9/23-9/25
Days: Monday and Wednesday
Time: 6:00 PM - 9:00 PM
Sessions: 2
Location: GC High School, Room 204
Course #: 4022F11/19
Dates: 11/4 & 11/6

Fall 2019 Course Offerings • Follow us on Twitter @GC_ContinuingEd
ONLINE REGISTRATION
TO BEGIN GO TO:
REGISTRATION.XENEGRADE.COM/GCSDCONED

IF YOU HAVE REGISTERED FOR A CLASS WITH US BEFORE in any manner by phone, mail, or in person you already have an online account. Please go to the login screen and use the forgot username? Then use the forgot password? If we have your email on file you will receive emails to access your account. You will then be able to create your own unique user name and password. This method will only work if we have an email on file for you. You can call or email us to check.

GOLD CARD USERS: You will need to register by phone, mail, or in person.

NEW USERS: New students can register by creating a user account. From the search page use the login tab at the top right of the screen. Then select new students and new account. Please enter the information requested. You are required to provide a mobile phone number and an email address. If you don’t use a mobile phone you can list your primary phone in the mobile phone box.

PARENTS: Are you registering another family member with your same address? If so please use the My Account (with your own name) and go to manage members to add your family member. This is especially important for diving classes, permit testing, kids classes, kids camps, and swim lessons.

REGISTRATION OPTIONS
BY PHONE: You may register immediately by phone, during regular office hours. Please have all information requested on the attached registration form ready when you call. Payment must be made by MasterCard, Visa, or Discover Card at the time of your call.

BY MAIL: Mail-in registration begins immediately. Payment by check, money order, MasterCard, Visa, or Discover Card must accompany your registration form. Please complete the attached for and mail to:
By Email: continuingeducation@gateschili.org

REFUND POLICY: If a class is cancelled for any reason, you will be notified by phone or email and receive a full refund. Refunds are made based on your payment method and may take up to four weeks to process.
If you wish to withdraw from a class you have registered for, requests for withdrawal should be received 5 or more business days prior to the start of class. Refunds will not be made 5 days before a class is scheduled to start. There are absolutely no refunds after a class has begun unless accompanied by a doctor’s certification of illness. All withdrawal/refund requests are subject to a $10 processing fee.

PAYMENT: Payment must accompany registrations. We are not able to reserve spots in classes without full payment. We accept cash, check, MasterCard, Visa, or Discover Card. There is a $25 fee for a returned check. There is a $10 change fee to any changed online registration.

INSTRUCTOR REGULATIONS: Gates Chili Continuing Education offers classes for the enjoyment and benefit of the community. Our instructors are here to share with you a skill, talent, or expertise that they possess. They are not required to be a certified teacher. The opinions shared by the instructors are not necessarily the opinion of the Gates Chili School District. Solicitation of a product or company is not allowed. We are not responsible for any advice offered or obtained outside of the scheduled class. Gates Chili Continuing Education cannot monitor all classes to ensure compliance of the above regulation.

SENIOR CITIZENS: Gates Chili District residences over the age of 60 are eligible for a district Gold Card. Gold Card holders may enroll in one course per session at no registration fee. Supply fees and additional expenses are the responsibility of the individuals. Senior citizen must apply and provide proof of address and age prior to registering for class. Gold Card holders will need to register by phone or email.

PERSONAL INJURY OR LOSS: Gates Chili Continuing Education is not responsible for personal injuries or personal loss. Students are responsible for their own injury protection and for the protection of their personal belongings.

PHOTOGRAPHS AND WRITTEN EVALUATION COMMENTS: Gates Chili Continuing Education reserves the right to take and use your photo or comments in our publications and presentations.

QUESTIONS? CALL US (585) 247-5345
OR EMAIL US CONTINUINGEDUCATION@GATESCHILI.ORG

We add courses all year long! • 247-5345 • registration.xenegrade.com/gcsdconed
COMMUNITY WALK PROGRAM
The High School is open to Gates Chili School 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 District website at gateschili.org. Check the schedule on the district website or sign up for weekly emails. The track schedule may change at the last minute due to athletic contests, rentals, or other events.

COMMUNITY SWIM PROGRAM
The 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 Gates Chili District website at gateschili.org.

FAMILY SWIM
Saturdays and Sundays. Please check schedule online. Children must be accompanied by their legal guardian. Check our website for special vacation family swimming hours.

FITNESS CENTER ORIENTATION
This is the required 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. Each registered student will need to make their own account in the registration database. Offered Tuesdays at 6:45 PM. $15

FALL 2019 REGISTRATION FORM
CALL US TO SET UP YOUR ONLINE REGISTRATION ACCOUNT

Mr.  Mrs. First Name __________________________ Last Name __________________________
Mrs.  
Address __________________________________________ __________________________________________
City __________________________ Zip Code __________ 
Home Phone __________________________ Work Phone __________________________ 
E-mail Address __________________________

District Resident? Yes No  Senior Citizen? No Yes  Gold Card #

One check or money order is acceptable for the courses listed below. Please make checks payable to Gates Chili Continuing Education, or include Credit Card information, and mail to: Gates Chili Continuing Education, 1 Spartan Way, Rochester, NY 14624

(PLEASE MARK DATES ON CALENDAR. WE DON’T SEND CONFIRMATIONS.)

Course Name and Number __________________________________________ **Child Name & Age __________________________________________ Total $ ______

________________________________________________

Check method of payment (please give complete information requested.) For Office Use Only
( ) Check, payable to: Gates Chili Continuing Education. Receipt#:________________________
( ) Cash, in-person only ( ) Money Order Authorization #:________________________
I authorize you to charge my ( ) Visa ( ) MasterCard ( ) Discover Card __________
Card #: __________________________ CVV Code: __________________________

Print cardholder name: __________________________ Exp. Date: __________________________
Cardholder signature: __________________________

Fall 2019 Course Offerings • Follow us on Twitter @GC_ContinuingEd
See what is new this fall at Gates Chili Continuing Education

Kids Fall Golf Clinic
Run Mondays!
Mindfulness Morning
Meet Your Makeup Match
Beauty Basis
DIY Spa

Fighting the Sugar Blues and Eating for Energy
Sewing with Cork Fabric
Simple Sewing Projects 2.0
Exploring Acrylic Pours
Winter Sky Guided Painting
Introduction to French