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NEW THIS SUMMER

Stretch Smartie Yoga
Blend Your Beauty
Lip Lab
Travel Abroad on a Budget
Finger Lakes Culinary Tour
Aqua Zumba with Maribel
Barre Above Fitness
How to Paddle Board - The Basics
Commercial Driving Test Prep
**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. The room is the Principals Lounge on the right.  
**Course #**: 1002SU7/19  
**Dates**: 7/9/2019-7/30/2019  
**Days**: Tuesday  
**Time**: 9:30 AM-10:00 AM  
**Sessions**: 1  
**Fee**: $29.00  
**Location**: GC High School, 1 Spartan Way, Principals Lounge

**LIP LAB**  
**Stacey Martin**  
Perfect your pout in this hands on class! Join us to pamper your lips and create your own custom lip stain. Try out different shades, learn tips and tricks, and treat your lips in the lip lab. For adults and teens with an adult. Please park in lot B and use door #50 to enter the building. Walk down the hall and turn right at the first intersection. The classroom will be on the left. There is a supply fee of $10 payable to the instructor at the beginning of class.  
**Course #**: 1003SU7/19  
**Dates**: 7/24/2019  
**Days**: Wednesday  
**Time**: 7:00 PM-8:00 PM  
**Sessions**: 1  
**Fee**: $29.00  
**Location**: GC High School, 1 Spartan Way, Room 421

**BLEND YOUR BEAUTY**  
**Stacey Martin**  
Have you ever struggled to find the right shade of foundation for your face? Then this 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. Once you blend your perfect match, you will have the opportunity to apply your new makeup and complete your look. For adults and teens with an adult. The room is 421. There is a $20 supply fee due to the instructor at the beginning.  
**Course #**: 1008SU7/19  
**Dates**: 7/31/2019  
**Days**: Wednesday  
**Time**: 7:00 PM-8:00 PM  
**Sessions**: 1  
**Fee**: $29.00  
**Location**: GC High School, 1 Spartan Way, Room 421

**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.  
**Course #**: 5588SU7/19  
**Dates**: 7/10/2019-8/14/2019  
**Days**: Wednesday  
**Time**: 4:30 PM-5:30 PM  
**Sessions**: 6  
**Fee**: $59.00  
**Location**: GC High School, 1 Spartan Way, Pool

**HOW TO PADDLE BOARD: THE BASICS!**  
**Marla Chefalo**  
Have you been thinking about trying paddleboarding but don’t know where to start? Learn how to “board” a paddleboard, how to balance, how to move forward, and what to do when you fall off and how to get back on. If time allows we will introduce a few basic yoga poses. We will also provide a handout of local options for paddleboarding in Rochester. Join Marla Chefalo for this small group course. Park in lot A and enter using door #5 at GCHS. This class will be held in the deep end of the HS pool. Paddleboards and paddles will be provided. If you are not a swimmer we will provide you with a lifejacket or you are welcome to bring your own. Give us a call if Tuesday nights does not work - we might be able to work another time out.  
**Course #**: 8044SU7/9/19  
**Dates**: 7/9/2019  
**Days**: Tuesday  
**Time**: 6:30 AM-8:00 PM  
**Sessions**: 1  
**Fee**: $22.00  
**Location**: GC High School, 1 Spartan Way, Pool

**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 #**: 9521SU7/19  
**Dates**: 7/16/2019-7/23/2019  
**Days**: Tuesday  
**Time**: 6:00 PM-7:30 PM  
**Sessions**: 2  
**Location**: GC High School, 1 Spartan Way, Library Classroom 227
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SWIMMING

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.

Course #: 9030Su7/19
Dates: 7/13/2019-8/10/2019
Days: Saturday
Time: 9:05 AM - 9:35 AM
Sessions: 5
Fee: $19.00
Location: GC High School, 1 Spartan Way, 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.

Course #: 9060Su7/19
Days: Tuesday and Thursday
Time: 5:10 PM - 5:40 PM
Sessions: 10
Fee: $99.00
Location: GC High School, 1 Spartan Way, Pool

LEARN TO SWIM

This is a program for beginner, intermediate and advanced swimmers. These small group lessons are for students in levels 1-6. Students must be able to swim without a bubble for class.

Course #: 9080Su7/19
Days: Tuesday and Thursday
Time: 5:45 PM - 6:15 PM
Sessions: 10
Fee: $99.00
Location: GC High School, 1 Spartan Way, 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. See slots online or call us for information.

Offered Tuesdays and Thursdays
Session 1: 7/9 - 7/23
Session 2: 7/25 - 8/8
Class times: 2:10, 2:45, 3:20, 3:55, 4:30 PM
Saturdays 7/13 - 8/10
Class times: 9:05, 9:40, 10:15, 10:50, 11:25

GC QUICK WATER SUMMER SWIM CLUB

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

This summer GC Quick Water Swim Club is offering 7 practices thru-out the week. Together with Rochester Surge we are combining practice time to offer more opportunities to practice over the summer. You may attend all practices if you choose. Practices will begin Monday, July 8 and finish Friday, August 16.

Course #: 9051Su7/19
Dates: 7/8/2019-8/16/2019
Days: Monday, Tuesday, Wednesday, and Thursday
Time: 5:30 PM - 7:30 PM
Sessions: 42
Fee: $99.00
Location: GC High School, 1 Spartan Way, Pool

REGISTER AT registration.xenegrade.com/gcsdconed

CLUB QUESTIONS?
Contact Derek Yacono at derek_yacono@gateschili.org

REGISTRATION QUESTIONS?
Continuingeducation@gateschili.org or call us at 247-5345

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@gcdrivered

Follow Us On Facebook:
Gates Chili Continuing Education
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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 and yummy 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 which is due 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 #: 2572SU7/19**  
**Dates:** 7/17/2019-7/17/2019  
**Days:** Wednesday  
**Time:** 5:00 PM - 7:00 PM  
**Sessions:** 1  
**Fee:** $19.00  
**Location:** GC High School, 1 Spartan Way, Room 107

COOKING CAMP FOR “TEENS”  
**Stephanie Blaesi**

Do you have a “teen” who is interested in cooking, baking or experimenting in the kitchen? Then come and join us this summer for some kitchen fun. Students will learn to cook, you will have some time for yourself, and they can practice creating delicious recipes! In addition to the fee for class, there is a $25 supply fee payable to the instructor the first day of class for the purchasing of food items. Please bring a container daily to bring home your treats! If a student has a food allergy, please indicate so that arrangements may be made. For students going in to 6th to 10th grades. Please park in the bus loop and use door #1 to enter the High School - the classroom will be on the right.

**Course #: 2566SU7/19**  
**Dates:** 7/8/2019-7/11/2019  
**Days:** Monday, Tuesday, Wednesday, and Thursday  
**Time:** 12:30 PM - 3:00 PM  
**Sessions:** 4  
**Fee:** $79.00  
**Location:** GC High School, 1 Spartan Way, Room 107

COOKING CAMP FOR KIDS!  
**AGES 5-11**  
**Stephanie Blaesi**

Need a few hours to yourself? Want something for the kids to do over break? How about enrolling them in Cooking Camp! They will learn to cook, you will have some time to yourself, and they can learn how to make you something yummy! Students will create a variety of breakfast, lunch, dinner and snack foods during the camp. In addition to the class fee, a $25 supply fee is due to the instructor the first day of class for the purchasing of food items. Please bring a container daily to bring home your treats! If a student has a food allergy, please indicate so that arrangements may be made. Please park in the bus loop and use door #1 to enter the High School - the classroom will be on the right.

**Course #: 2567SU7/19**  
**Dates:** 7/8/2019-7/11/2019  
**Days:** Monday, Tuesday, Wednesday, and Thursday  
**Time:** 9:00 AM - 11:30 AM  
**Sessions:** 4  
**Fee:** $79.00  
**Location:** GC High School, 1 Spartan Way, Room 107

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AFRICAN DRUMMING CLASS/DRUM CIRCLE FOR KIDS

Ryan Potter

In this class students will learn hand drumming patterns from two countries in Africa: Ghana and Guinea. The students will learn the basic patterns by using an oral tradition as it is done in these countries. Improvisation is an important part of West African music, therefore, the students will learn the basic steps to this technique. There will be a performance on 8/14 at 7pm. This class is for students in grades 1-8. Please use door #45 on the east side of the building to enter the high school.

Course #: 6540SU7/19
Dates: 7/10/2019-8/14/2019
Days: Wednesday
Time: 6:00 PM - 7:00 PM
Sessions: 6
Fee: $49.00
Location: GC High School, 1 Spartan Way, Band Room

AFRICAN DRUMMING CLASS/DRUM CIRCLE FOR TEENS AND ADULTS

Ryan Potter

In this class students will learn hand drumming patterns from two countries in Africa: Ghana and Guinea. The students will learn the basic patterns using an oral tradition as it is done in these countries. Improvisation is an important part of West African music, therefore, the students will learn the steps to this technique. Ghanian music actively involves dance, which will also be taught as part of the class. This class is for grades 9-12 and adults. Please use door #45 on the east side of the high school to enter the building. The last class will be a performance for friends and families at 7 pm with the other groups. All needed drums will be provided.

Course #: 6541SU7/19
Dates: 7/10/2019-8/14/2019
Days: Wednesday
Time: 7:15 PM - 8:15 PM
Sessions: 6
Fee: $49.00
Location: GC High School, 1 Spartan Way, Band Room

INDIVIDUAL MUSIC LESSONS WITH MR. VANE

Ryan Vane

Join us for lessons with Mr. Vane our newest Elementary Music Teacher and a district Alumni. Mr. Vane can teach all instruments and Piano for 1/2 hour music lessons this Summer. Our program is designed to keep your skills sharp while having some fun playing. He is ready to work with all students individually at all levels. Parents maintain your students momentum and musical spark. These lessons are casual and can be designed to meet the needs of the individual student. They are open to all ages grade 5 and up. You should bring some of your own music and an idea of what you would like to be playing. These classes are open to all ages students - adults. Classes will be held in the HS band room practice rooms in the band room. Use door #39 on the east rear side of the High School to enter the building - it is just around the corner from the yellow metal building. This door brings you in to the band room and the practice room is just inside. You may park in the loop marked C or in the spots near the metal building.

Course #: 6577SU7/19
Sessions: 5
Fee: $99.00
Location: GC High School, 1 Spartan Way, Band Room

PERCUSSION LESSONS

Ryan Potter

The students will have their choice between drum set, snare drum and mallet percussion. They will learn the basic techniques of the instrument. Each student will progress at their own rate throughout the six week session. Students may need to purchase a method book, this will be discussed at the first lesson. For students from 5th grade to adult. Students will schedule a one on one 1/2 hour slot with the instructor upon registering. Please use door #45 to enter the building at GCHS.

Course #: 6542SU7/19
Dates: 7/10/2019-8/14/2019
Days: Wednesday
Sessions: 5
Location: GC High School, 1 Spartan Way, Band Room

BABY FEET GET THE BEAT

Days: Wednesday
Dates: 7/10 - 8/14
Fee: $66.00
Time: 5:00 PM - 6:00 PM

KIDS GET THE BEAT

6-8 YRS. OLDS

Days: Wednesday
Dates: 7/10 - 8/14
Fee: $66.00
Time: 6:00 PM - 7:00 PM

HIP HOP/JAZZ FOR KIDS

Days: Wednesday
Dates: 7/10 - 8/14
Fee: $66.00
Time: 7:00 PM - 8:00 PM

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SAFETY CERTIFICATION | PERSONAL

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. Students are asked to bring a self addressed stamped envelope. Class will be held in the High School library. Pizza will be ordered and served (compliments of Mark’s Pizza in Gates).

Course #: 4263SU7/19
Dates: 7/16/2019
Days: Tuesday
Time: 9:00 AM - 2:00 PM
Sessions: 1
Fee: $59.00
Location: GC High School, 1 Spartan Way, Library Classroom 227

HOME ALONE EPIC TRAINING

EPIC Training

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

Course #: 4262SU8/19
Dates: 8/13/2019
Days: Tuesday
Time: 10:00 AM -12:00 PM
Sessions: 1
Fee: $29.00
Location: GC High School, 1 Spartan Way, Library Classroom 227
DO IT YOURSELF | TRAVEL

D.I.Y.

BLEND YOUR BEAUTY
Stacey Martin
Have you ever struggled to find the right shade of foundation for your face? Then this 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. Once you blend your perfect match, you will have the opportunity to apply your new makeup and complete your look. For adults and teens with an adult. The room is 421. There is a $20 supply fee due to the instructor at the beginning of class. Please park in lot B and use door #50 to enter the building. Walk down the hall and turn right at the first intersection. The classroom will be on the left.

Course #: 1008SU7/19
Dates: 7/31/2019
Days: Wednesday
Time: 7:00 PM - 8:00 PM
Sessions: 1
Fee: $29.00
Location: GC High School, 1 Spartan Way, Room 421

LIP LAB
Stacey Martin
Perfect your pout in this hands on class! Join us to pamper your lips and create your own custom lip stain. Try out different shades, learn tips and tricks, and treat your lips in the lip lab. For adults and teens with an adult. Please park in lot B and use door #50 to enter the building. Walk down the hall and turn right at the first intersection. The classroom will be on the left. There is a supply fee of $10 payable to the instructor at the beginning of class.

Course #: 1003SU7/19
Dates: 7/24/2019
Days: Wednesday
Time: 7:00 PM - 8:00 PM
Sessions: 1
Fee: $29.00
Location: GC High School, 1 Spartan Way, Room 421

TRAVEL

TRAVEL ABROAD ON A BUDGET
Grace Ferris & Zach Davis
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 to GCHS. The classroom will be in the rear corner of the library. This class will be taught by Grace Ferris and Zach Davis.

Course #: 9521SU7/19
Dates: 7/16/2019-7/23/2019
Days: Tuesday
Time: 6:00 PM - 7:30 PM
Sessions: 2
Fee: $29.00
Location: GC High School, 1 Spartan Way, Library Classroom 227
FINGER LAKES CULINARY TOUR: CANANDAIGUA LAKE/KUEKA LAKE REGION

Sandy Baker

Our tour begins right in the heart of the picturesque Finger Lakes region, in Penn Yan, New York, where we will have an exclusive tour of The Birkett Mills, one of the world’s largest manufacturers of Buckwheat products whose goods are shipped across the United States, Canada, Japan and Western Europe. You’ll have the unique opportunity to tour the 200 year old mill and learn about buckwheat, soft white wheat, and custom grain milling. You will need to wear comfy, closed-toe shoes (we suggest sneakers), and no loose clothing, as you will be climbing a set of steep stairs up to the milling operation. Hair nets will be provided, and all jewelry except wedding bands will need to be removed. Get ready to taste some delicious culinary treats at The Birkett Mills, all prepared using their locally milled grains. This unique opportunity is available only to guests on this tour.

No culinary tour would be complete without a bakery, and there’s a special one on this tour. Making it extra fun, the bakery is located in a huge bulk food store featuring bargain prices on your favorite staples, plus plenty of fresh home-grown produce, locally-produced cheeses, etc. Our next-to-last stop, a gourmet organic ice cream purveyor located in an unlikely spot along a little traveled country road, will not only delight your taste buds, but you will have the opportunity to feed the ducks on the farm. It’s blueberry season, so get ready to ride on a wagon driven by a Mennonite farmer who will take you on a tour of his family blueberry farm. Then stroll behind the farmhouse to the blueberry patch, where you can pick your own fresh, sun-ripened blueberries. Lucky tour-goers; Spartan blueberries, Sandy’s (and soon to be your) favorite variety, will be in season!

What to bring with you:
- A cooler for possible perishable purchases
- Containers to carry home blueberries (Plastic bags are not good; berries get squashed.)

Dress Code: Our exclusive tour of The Birkett Mills requires we follow stringent personal safety rules and food safety rules, including:
- No open shoes (Sneakers are preferred footwear)
- No flowing clothing (no flowing scarves, skirts, etc., because we will be climbing a steep, slippery set of stairs in The Mill
- No jewelry, other than a wedding band
- Hairnets will be distributed, to cover facial hair and scalp (Of course, before and after we tour The Birkett Mills, you will be welcome to wear jewelry, flowing scarves, etc.)

Getting There: Tour-goers will provide their own transportation, and everyone is encouraged to car pool with friends. We will meet at a coffee shop in Penn Yan at 9:30AM. After you register to go on the tour, Sandy will send directions to you, via e-mail or USPS.

What time is the tour? The tour will start at 9:30AM and run until about 4:30PM, although you might want to stay longer and pick lots of plump, sun-ripened Spartan blueberries. Get ready for a day of adventure, fun and tasty treats!

Course #: 2619SU7/19
Dates: 7/25/2019
Days: Thursday
Time: 9:30 AM - 4:00 PM
Sessions: 1
Fee: $35.00
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.

Course #: 5588SU7/19
Dates: 7/10/2019-8/14/2019
Days: Wednesday
Time: 4:30 PM - 5:30 PM
Sessions: 6
Fee: $59.00
Location: GC High School, 1 Spartan Way, Pool

FITNESS

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 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!

Course #: 5628SU7/19B
Dates: 7/10/2019-8/15/2019
Days: Wednesday and Thursday
Time: 7:00 PM - 8:00 PM
Sessions: 12
Fee: $84.00
Location: GC High School, 1 Spartan Way, Front Atrium-Lobby

Course #: 5628SU7/19W
Dates: 7/11/2019-8/14/2019
Days: Wednesday
Time: 7:00 PM - 8:00 PM
Sessions: 6
Fee: $49.00
Location: GC High School, 1 Spartan Way, Front Atrium-Lobby

Course #: 5628SU7/19W
Dates: 7/10/2019-8/15/2019
Days: Thursday
Time: 7:00 PM - 8:00 PM
Sessions: 6
Fee: $49.00
Location: GC High School, 1 Spartan Way, Front Atrium-Lobby

NEW

A HUGE THANK YOU to Maria Sihto who has taught Zumba for us for the past 8 years! We will all miss you greatly and wish you the very best!

HOW TO PADDLE BOARD:
THE BASICS!
Marla Chefalo
Have you been thinking about trying paddleboarding but don’t know where to start? Learn how to “board” a paddleboard, how to balance, how to move forward, and what to do when you fall off and how to get back on. If time allows we will introduce a few basic yoga poses. We will also provide a handout of local options for paddleboarding in Rochester. Join Marla Chefalo for this small group course. Park in lot A and enter using door #5 at GCHS. This class will be held in the deep end of the HS pool. Paddleboards and paddles will be provided, If you are not a swimmer we will provide you with a lifejacket or you are welcome to bring your own. Give us a call if Tuesday nights does not work - we might be able to work another time out. 247-5345

Course #: 8044SU7/9/19
Dates: 7/9/2019
Days: Tuesday
Time: 6:30 AM - 8:00 PM
Sessions: 1
Fee: $22.00
Location: GC High School, 1 Spartan Way, Pool

Course #: 8044SU7/16/19
Dates: 7/16/2019
Days: Tuesday
Time: 6:30 AM - 8:00 PM
Sessions: 1
Fee: $22.00
Location: GC High School, 1 Spartan Way, Pool

Course #: 8044SU7/23/19
Dates: 7/23/2019
Days: Tuesday
Time: 6:30 AM - 8:00 PM
Sessions: 1
Fee: $22.00
Location: GC High School, 1 Spartan Way, Pool

NEW

How to Paddle Board:
The Basics!

Marla Chefalo
Have you been thinking about trying paddleboarding but don’t know where to start? Learn how to “board” a paddleboard, how to balance, how to move forward, and what to do when you fall off and how to get back on. If time allows we will introduce a few basic yoga poses. We will also provide a handout of local options for paddleboarding in Rochester. Join Marla Chefalo for this small group course. Park in lot A and enter using door #5 at GCHS. This class will be held in the deep end of the HS pool. Paddleboards and paddles will be provided, If you are not a swimmer we will provide you with a lifejacket or you are welcome to bring your own. Give us a call if Tuesday nights does not work - we might be able to work another time out. 247-5345

Course #: 8044SU7/9/19
Dates: 7/9/2019
Days: Tuesday
Time: 6:30 AM - 8:00 PM
Sessions: 1
Fee: $22.00
Location: GC High School, 1 Spartan Way, Pool

Course #: 8044SU7/16/19
Dates: 7/16/2019
Days: Tuesday
Time: 6:30 AM - 8:00 PM
Sessions: 1
Fee: $22.00
Location: GC High School, 1 Spartan Way, Pool

Course #: 8044SU7/23/19
Dates: 7/23/2019
Days: Tuesday
Time: 6:30 AM - 8:00 PM
Sessions: 1
Fee: $22.00
Location: GC High School, 1 Spartan Way, Pool

Gates Chili Continuing Education
Summer Office Hours: Mon-Thur 9 am - 4 pm
247-5345
REGISTRATION.XENEGRADE.COM/GCSDCONED
BEGINNER YOGA WITH KIERA
Kiera Naughton
Focused on the fundamentals of yoga, poses are introduced and unpacked so optimal alignment can be found in your own body. A connection of breath and movement will be the focus as we move mindfully through the flow of class. This class is great for those new to yoga and beginner yogis looking to increase their knowledge in a slower paced environment. Students will need to bring a yoga mat and can choose to bring a small towel, water bottle or yoga blocks. When class is scheduled in the loft or library please park in Lot A and use door #5 to enter the High School.

Course #: 5598SU7/19M
Dates: 7/8/2019-8/12/2019
Days: Monday
Time: 5:30 PM - 6:30 PM
Sessions: 6
Fee: $59.00
Location: GC High School, 1 Spartan Way, Library Loft

Course #: 5598SU7/19W
Dates: 7/10/2019-8/14/2019
Days: Wednesday
Time: 5:30 PM - 6:30 PM
Sessions: 6
Fee: $59.00
Location: GC High School, 1 Spartan Way, Library Loft

GENTLE YOGA
Gaie Sarley Goodness
Learn to care for yourself, de-stress, deeply relax, refresh and energize through the age-old wisdom of yoga. There will be guided instruction in yoga breathing, postures, meditation and relaxation. Good for beginners and practitioners of all levels. Modifications and options will be taught for injuries or personal concerns. Nourish and nurture your mind, spirit and body. Wear comfortable clothing and bring a yoga mat. Other props such as blocks, straps, blanket and cushion are optional. Gaie Sarley Goodness is a Certified Kripalu Yoga Teacher. Please park in lot A and enter using door #5.

Course #: 5537SU7/19
Dates: 7/9/2019-8/13/2019
Days: Tuesday
Time: 4:30 PM - 5:30 PM
Sessions: 6
Fee: $59.00
Location: GC High School, 1 Spartan Way, Room 227

MIXED LEVEL VINYASA YOGA
Kiera Naughton
Flowing through poses arranged to invigorate and detoxify, this class will encourage use of strength and flexibility while moving through shapes with breath. With options to modify or intensify poses, each class can become an individualized moving meditation. Some prior yoga experience is recommended. Students will need to bring a yoga mat and can choose to bring a small towel, water bottle or yoga blocks. Use Door 5 to enter the building.

Course #: 5599SU7/19W
Dates: 7/10/2019-8/14/2019
Days: Wednesday
Time: 6:45 PM - 7:45 PM
Sessions: 6
Fee: $59.00
Location: GC High School, 1 Spartan Way, Library Loft

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. The room is the Principals Lounge on the right.

Course #: 1002SU7/19
Dates: 7/9/2019-7/30/2019
Days: Tuesday
Time: 9:30 AM -10:00 AM
Sessions: 4
Fee: $39.00
Location: GC High School, 1 Spartan Way, Principals Lounge

Follow Us On Twitter: @GC_ContinuingEd & @gcdrivered
Follow Us On Facebook: Gates Chili Continuing Education @gateschilicontinuingeducation
Follow Us on Instagram: @gateschilicontinuinged
AQUATIC CERTIFICATION

AMERICAN RED CROSS LIFEGUARD TRAINING

Derek Yacono

American Red Cross Lifeguard Training program is designed to teach candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize, and respond quickly and effectively to emergencies. Candidates are expected to swim 300 yards continuously, using the front crawl or breaststroke. They also need to swim 20 yards using front crawl or breaststroke, surface dive 7-10 ft., retrieve a 10-pound brick, return to the surface, swim 20 yards back to the starting point with the brick and exit the water without using the ladder or steps in 1 minute 40 seconds. The final test is treading water for two minutes. This course includes CPR for the Professional Rescuer and First Aid. Plan to spend time in both the classroom and pool each session. Students must be 15 years of age by the last scheduled session. There is an additional $85 Supply fee for course materials due with your registration. Use door #5 at GCHS to enter the building. Class will meet in the pool. Classes are held on July 29- Aug 1, You must attend all dates. Please email Derek_yacono@gateschili.org for class questions.

Course #: 9005Su7/19
Dates: 7/29/2019-8/1/2019
Days: Monday through Thursday
Time: 10:00 AM - 4:00 PM
Sessions: 4
Fee: $119.00 + $85.00 Supply Fee
Location: GC High School, 1 Spartan Way, Pool

AMERICAN RED CROSS LIFEGUARD INSTRUCTORS COURSE

Derek Yacono

The Lifeguard Instructor course from the American Red Cross trains individuals to teach the basic-level ARC Lifeguard Course. All candidates must be current in the basic level lifeguarding certification and will be tested on all the skills the first day of class. All candidates must be at least 17 years of age. Once registered, the instructor will reach out to candidates with pre-course assignments. Upon successful completion of this class you will be able to certify lifeguards as instructors and offer the lifeguard training course on your own.

Course #: 9007Su7/19
Dates: 7/22/2019-7/26/2019
Days: Monday through Friday
Time: 10:30 AM - 3:30 PM
Sessions: 5
Fee: $300.00
Location: GC High School, 1 Spartan Way, Pool
TAKE DRIVER EDUCATION AT GATES CHILI THIS SUMMER!

Open to any student from any high school in good standing with a valid permit.

*Classes start on July 1st or July 15th*

**Current Openings:**
- R6 starts 7/1: 4:30 PM - 6:00 PM
- R7 starts 7/1: 6:00 PM - 7:30 PM
- R8 starts 7/15: 7:00 AM - 8:30 AM
- R13 starts 7/15: 4:30 PM - 6 PM
- R14 starts 7/15: 6:00 PM - 7:30 PM

Call 247-5345 for dates and details or go to www.gateschili.org under the community tab to the drive education tab. Fee: $425

**COMMERCIAL DRIVERS PERMIT TEST PREPARATION CDL**

Matthew Helmbold

Have you been thinking about getting your CDL? Do you have questions about taking the permit test? If so this is the class for you! We will go over what is required to get your CDL B and C learners permits. This is the permit you need to start learning how to drive school bus, dump truck, and other size vehicles. We have put together a great class that has some class room work and hands on with a school bus. The best part of the hands on is you are able to see and feel what we are teaching you. Our instructor has been teaching adults how to drive school buses for many years. She has a great personality and has been drive a school bus for 29 years. Come explore what it means to hold a CDL license and how you might use it. We will provide all class materials and a manual for class. BTW we are always hiring CDL Certified bus drivers and we pay well! This is a great way to check us out and see what you think. Classes will be held in the transportation building at Gates Chili High School. Please park in the lot marked X (off the second entrance on Wegman Rd.) buzz in door # x. Class will be held in the conference room.

Course #: 4002SU8/19
Dates: 8/19/19: 10:00 AM - 1:00 PM or 8/20/19: 6:00 PM - 9:00 PM
Sessions: 1
Fee: $99.00
Location: Gates Chili Transportation Dept., Conference Room

Gates Chili Continuing Education

Summer Office Hours: Mon-Thur 9 am - 4 pm

247-5345
SAFE DRIVING 5 HOUR COURSE
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 #: 4040SU7/19
Dates: 7/13/2019
Days: Saturday
Time: 8:30 PM - 1:30 PM
Sessions: 1
Fee: $49.00
Location: GC High School, 1 Spartan Way, Library Classroom

AAA DRIVER IMPROVEMENT PROGRAM
Dom Tucci

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 NY 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 straight across the hallway.

Course #: 4010SU7/19
Dates: 7/15/2019-7/17/2019
Days: Monday and Wednesday
Time: 6:30 PM - 9:30 PM
Sessions: 2
Fee: $43.00
Location: GC High School, 1 Spartan Way, Room 204

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, 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 #: 4022SU7/19
Dates: 7/8/2019-7/10/2019
Days: Monday and Wednesday
Time: 6:00 PM - 9:00 PM
Sessions: 2
Location: GC High School, 1 Spartan Way, Room 204

Gates Chili Continuing Education
Office Hours: Mon-Thur 9 am - 7 pm
247-5345
REGISTRATION.XENEGRADE.COM/GCSDCONED
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
PICKLEBALL

PICKLEBALL LESSONS FOR BEGINNERS

Dick Seils

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

Course #: 5630SU7/19
Dates: 7/10/2019-7/31/2019
Days: Wednesday
Time: 5:30 PM - 6:30 PM
Sessions: 4
Fee: $59.00
Location: GC Middle School, Tennis Courts

NAUI OPEN WATER SCUBA CERTIFICATION

Chris Fay

NAUI Basic SCUBA Diver E-Learning System Text and DVD 5 Pool and Classroom Session 4 Open Water Dives on 2 Separate days NAUI Basic Open Water Certification Card at completion of course Upon successful completion the student will be certified by the National Association of Underwater Instructors as a Basic Scuba Diver. Students to provide mask, fins and water booties 2 mm wet suits recommended for pool session but students may wear bathing suits with shirt. Students must be in good physical and mental condition and must be able to pass the basic skill requirements including 200 yard swim, 10 minute water tread and 15 yard underwater swim. Students may be required to obtain doctors approval to participate. Call us to discuss dates and times.

Course #: 9117SU7/19
Dates: TBD
Days: TBD
Time: 6:00 PM - 9:00 PM
Sessions: 5
Fee: $430.00
Location: GC High School, 1 Spartan Way, Pool

SCUBA REFRESHER COURSE

Chris Fay

The refresher class is for individuals who have already completed the full course and just want a review of Basic SCUBA knowledge before diving again. This class is for Certified Divers only. Students will attend any two 1.5 hour pool sessions listed as part of the full scuba class. Can be completed on any of the class days listed excluding the first day of class. Students need to provide mask, fins and water booties. 2 mm wet suits recommended for pool session but students may wear bathing suits with shirt. In order to participate in this class students must also show verification of their current certification.

Course #: 9117RSU7/19
Dates: TBD
Days: TBD
Time: 5:30 PM - 8:30 PM
Sessions: 2
Fee: $45.00
Location: GC High School, 1 Spartan Way, Pool
Summer [FREE] Food Program

Friends, Fun & Free Food!

Gates Chili School District

Breakfast: 7:00 AM - 10:00 AM • Lunch: 10:30 AM - 1:15 PM
Gates Chili High School (Enter at Door #50) • Paul Road School

Breakfast & Lunch served Mon.-Fri.

July 8 - August 16

Summer is coming soon. You may be thinking about what your students will do for meals while school is out. The good news is that the U.S. Department of Agriculture (USDA) has partnered with Gates Chili School District to serve FREE meals. It’s food that’s in, while school is out. The other good news is that there are no income requirements and no registration necessary. The Summer Food Program is fully funded by the USDA. Any child 18 and under may come to eat. Meals must be eaten on site and parents/guardians may also purchase a meal for a nominal fee of $4.00 for lunch and $2.00 for breakfast. Transportation will not be provided to participate in the Summer School Food Service Program.

Need more information? Call 585.247.7213

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Individuals with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audio, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audio, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave., SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email program.intake@usda.gov.

This institution is an equal opportunity provider.
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

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

GATES CHILI CONTINUING EDUCATION
1 SPARTAN WAY, ROCHESTER, NY 14624

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.
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

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

Date: ______________________________
Mr. ______________________________________________________________________
Mrs. ______________________________________________________________________
Ms. First Name ____________________________________________ Last Name __________
Address ______________________________________________________________________
City ____________________________ Zip Code __________________________
Home Phone ____________________ Work Phone ______________________
E-mail Address ___________________________ __________________________

District Resident? Yes No Senior Citizen? Yes No 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 #:(____________________) (____________________) (____________________)
Cardholder name: __________________________ Exp. Date: __________________
Cardholder signature: __________________________

Summer 2019 Course Offerings • Follow us on Twitter @GC_ContinuingEd
Summer is coming soon. You may be thinking about what your students will do for meals while school is out. The good news is that the U.S. Department of Agriculture (USDA) has partnered with Gates Chili School District to serve FREE meals. It's food that's in, while school is out. The other good news is that there are no income requirements and no registration necessary. The Summer Food Program is fully funded by the USDA. Any child 18 and under may come to eat. Meals must be eaten on site and parents/guardians may also purchase a meal for a nominal fee of $4.00 for lunch and $2.00 for breakfast. Transportation will not be provided to participate in the Summer School Food Service Program.

Need more information? Call 585.247.7213

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, Offices, and Employees, and Institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410;
2. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.