

CG GATES CHILI

CENTRAL SCHOOL DISTRICT

Continuing Education Fall 2024



Continuing Education Fall 2024 Programs

Register at gateschili.org/ContinuingEd
or by calling 585-247-5345

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

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TO REGISTER



Visit our website at
gateschili.org/ContinuingEd
 or call 585-247-5345

FALL FAMILY FEST

HARVESTING HEALTH AND WELLNESS IN OUR COMMUNITY

THURSDAY, NOV. 7 • 5-7 P.M.
GATES CHILI HS • FIELD HOUSE



Yummy snacks, activities and details about community services!



Fun, free giveaways from community partners!



Free flu shots to protect the whole family!



Annual coat drive distribution for those in need this year!

Gates Chili Continuing Education

Director of Continuing Education
 Marla Chefalo

Assistant
 Josie Argento

Field House Coordinator
 Derek Yacono

Hours of Operation
 Monday to Thursday 9 a.m. to 5 p.m.

Contact
 Email us at continuingeducation@gateschili.org
 585-247-5345

Arts and Crafts

Color, Color, Color

This class is an overview of color theory. You will walk away knowing how colors affect one another (and us). Topics include the color wheel, vocabulary of color and symbolic meanings of colors. A practical understanding of color theory is not just helpful for artists but also gardeners, crafters and anyone working on DIY home projects or shopping for new clothes.

Oct. 19 Sat
10 a.m. to 12:30 p.m.
GCHS art room 100 \$39

Dip Nails for Beginners

Learn the basics of applying and removing dip nails to get salon results at home. This class is demonstration only. A supply list, detailed instructions and links to vendor websites will be provided.

Oct. 22 Tue
7-8 p.m.
GCHS room 201 \$9

Family Glass Fusing

A fun and rewarding art experience for the whole family! Work together to cut and arrange your own colorful glass designs before it's fired in the kiln. Classes are held at Rochester Arc + Flame Center and taught by professional glass artists. Great for beginners and experienced artists. Each session features a different project (see below). Additional pieces are available for purchase. The \$225 per course fee covers up to four participants and includes materials and safety equipment. Open to students 5 years and older. Minors must be accompanied by an adult. Projects will be available to pick up one to two weeks after class.

Project: Halloween Ornament
Oct. 13 Sun
9 a.m. to 12 p.m.

Project: Thanksgiving Plate
Nov. 10 Sun
9 a.m. to 12 p.m.

Project: Holiday Ornament
Dec. 15 Sun
9 a.m. to 12 p.m.

Rochester Arc + Flame Center
125 Fedex Way
Rochester, NY 14624
\$225 (covers up to four participants) ◆

Glass Flameworking Specialty Sampler: Magnets

The Rochester Arc + Flame Center's Specialty Sampler class gives students the opportunity to create glass designs to add to ornamental pieces like magnets, garden stakes or jewelry. Using glass, flame and your own creativity, make and personalize up to three designs. You will learn to light the torch, adjust the flame and stretch, gather, cut and fuse glass rods. Great for beginners and experienced flameworkers. Course fee includes materials and safety equipment. Projects will be available to pick up one to two weeks after class.

Oct. 5 Sat
9 a.m. to 1 p.m.
Rochester Arc + Flame Center \$125 ◆
125 Fedex Way
Rochester, NY 14624

Glass Fusing Sampler

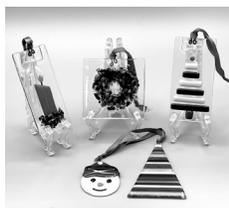
Explore the world of glass fusing in this introductory class at the Rochester Arc + Flame Center. Learn to cut and arrange glass and use your creativity to make your own designs! When you're done, we will fire your project in a kiln to complete your masterpiece. Great for beginners and experienced artists. Each session features a different project (see below). Course fee includes materials and safety equipment. Projects will be available to pick up one to two weeks after class.



Project: Halloween Ornament
Oct. 12 Sat
9 a.m. to 12 p.m.

Project: Thanksgiving Plate
Nov. 9 Sat
9 a.m. to 12 p.m.

Project: Holiday Ornament
Dec. 14 Sat
9 a.m. to 12 p.m.
Rochester Arc + Flame Center \$100 ◆
125 Fedex Way
Rochester, NY 14624



Quilting for Beginners

A fun and festive class for beginners. You will sew a holiday rug that will add a touch of cheer to your home or make for a heartfelt handmade gift. To participate, you must know how to thread and operate a basic home sewing machine. Sewing machines can be reserved for \$10.

Dec. 2 and 9 Mon
5:30-8 p.m.
GCHS room 201 \$69

Sewing 101

Learn the basics of operating a home sewing machine. We'll cover the parts of the machine, how to thread a bobbin and adjust stitch length and width and more. Whether you're a beginner or just want a refresher, you'll leave this class feeling confident in your skills. You will need to bring your own machine to class.

Nov. 4 Mon
5:30-7 p.m.
GCHS room 201 \$49

Sewing 102

For beginners who have completed Sewing 101 or have basic knowledge of sewing machines. This course is designed to build on your foundational skills, introducing you to the basics of sewing. No equipment or materials needed.

Nov. 12 Tue
5:30-8:30 p.m.
GCHS room 201 \$49

You and Me Sewing

Dive into a world of creativity and fun as you and your child embark on a sewing journey. Each session features a different project (see below). For kids ages 8-13. Sewing machines are provided. Participants also bring their own machines if they can operate them without assistance. Project: Book Pillow and Book Holder

Project: Book Pillow and Book Holder
Oct. 5 Sat
10 a.m. to 2 p.m.
GCHS room 201 \$69

Project: Scrunchies
Nov. 2 Sat
GCHS room 201 \$39

Culinary

Adult and Me Cooking Class

An opportunity for kids and adults to spend some special one-on-one time together in the kitchen. We will make a selection of fun snacks, meals and desserts. Don't forget containers because you will be going home with lots of treats! If you have any food allergies, please notify us before class so we can make arrangements. A \$25 supply fee per pair is due to the instructor at the beginning of class.

Oct. 22 Tue
5-7 p.m.

Dec. 04 Tue
5-7 p.m.

GCMS room 221 \$19



Pie Making

Come and bake some pies with us! We'll even show you how to make your own dough, and at the end of class, you will have several pies to take home with you. Disposable pie tins will be available or bring your own pie plates. A \$25 supply fee is due to the instructor at the beginning of class.

Nov. 25 Mon
5-8 p.m.
GCMS room 221 \$29

Pie Making for Kids

A pie making class for kids 6 and older. We'll even make our own dough, and at the end of class, you will have several pies to take home with you. Disposable pie tins will be available or bring your own pie plates. A \$15 supply fee is due to the instructor at the beginning of class. If your child has any food allergies, please notify us before class so we can make arrangements.

Nov. 21 Thu
5-6:30 p.m.
GCMS room 221 \$29



Holiday Treats and Cookie Exchange

Overwhelmed by all those holiday cookies you have to bake? Get some help! We will make a variety of cookies and treats for you to bring home, so be sure to bring your takeout containers! A \$25 supply fee is due to the instructor at the beginning of class.

Dec. 16 Mon
5-8 p.m.
GCMS room 221 \$29

Holiday Treats for Kids

A baking class for kids 6 and older. We will make a variety of cookies and treats for you to bring home, so be sure to bring your takeout containers! A \$25 supply fee is due to the instructor at the beginning of class.

Dec. 17 Tue
5-7 p.m.
GCMS room 221 \$19



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@gateschilicontinuingeducation

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@gateschilicontinuing

Driving

Online Five-Hour Pre-Licensing Course

This informative and engaging online course provides the knowledge you will need as a new driver. Students are required to interact with the instructor and answer direct questions. You must email a photo of your valid NYS learner's permit (include back view if your address has changed since permit was issued) to streetskillsmoto@gmail.com. You will receive a code and password to access the Zoom video conference by 2 p.m. on the day of your scheduled course. Upon successful completion of the course, the certificate needed to schedule your road test will be mailed to you. The certificate must be signed upon receipt and is valid for one year from the date it is issued. Please be sure we have your correct address, email and phone number before the start of the class.

Choose one session: Sept. 11, Oct. 16, Nov. 20 or Dec. 18
3:30-8:30 p.m. Wed

Online \$49

AAA Driver Improvement Program

Refresh your driving skills and knowledge with this NYS DMV-approved course open to all drivers with a valid NYS driver's license. Topics include a review of traffic laws and responsibilities of the driver and defensive driving techniques. Completion of the course can lower portions of your insurance premium by up to 10%, as well as take up to 4 points off your driving record. No tests are required. To receive the AAA member discount, you must register by calling our office and providing your up-to-date membership number.

Sept. 24 and 26 Tue, Thu
6-9 p.m.

Oct. 28 and 30 Mon, Wed
6-9 p.m.

GCHS room 204 \$45 — AAA members ◆
\$52 — Non-members ◆

AARP Smart Driver Course

Learn techniques to keep you safe on the road, including how to reduce distractions and adjust your driving to compensate for age-related physical changes. We will also discuss the effects of medication on driving and proper use of new technology in cars. The course fee is paid by check or money order made out AARP on the first night of class. Please also bring your driver's license, AARP card and a pen.

Oct. 21 and 23 Mon, Wed
6-9 p.m.

GCHS room 204 \$25 — AARP members ◆
\$30 — Non-members ◆

Stay Connected on Social Media!

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

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

Driver's Permit Testing

The NYS DMV allows students 15 years and older to take their permit test online by themselves or at school. After passing the test, you will receive the required paperwork that you will take to the DMV to apply for your permit.

To take the test at GCHS, you must be currently enrolled and in good standing. After you have registered online, come to the Continuing Education office (GCHS room 200) or call us at 585-247-5345 to schedule a test time during a study hall, lunch or after school. Tests are scheduled Tuesdays, Wednesdays and Thursdays between 11 a.m. and 4 p.m.

Before you take your test, be sure to read the learner's manual and complete the practice questions on the DMV's website. A \$10 fee is due at the time of your test.



DRIVER EDUCATION

Winter/Spring 2025

Watch for information in mid-October!



gateschili.org/DriverEd

Language and Travel

Beginner Spanish — Online

In just six weeks, learn the basics of the Spanish language, from the alphabet and numbers to forming sentences. Go at your own pace — you can register for and access this course at any time. To complete this course, you will need access to the internet and email and be able to receive Microsoft Word documents via email attachments and listen to MP3 audio files (CDs are available upon request). Please be sure to provide an updated email address when registering.

Anytime Online \$79 ♦

Intermediate Spanish — Online

A continuation of material following the Beginner Spanish online course. Lessons include past, future and subjunctive tense, commands, extended vocabulary and other intricacies of the Spanish language. Go at your own pace — you can register for and access this course at any time. To complete this course, you will need access to the internet and email and be able to receive Microsoft Word documents via email attachments and listen to MP3 audio files (CDs are available upon request). Please be sure to provide an updated email address when registering.

Anytime Online \$79 ♦

Spanish for Health Care Professions — Online

Learn the basics needed to communicate with Spanish-speaking clients in a health care setting. This course is perfect for any health care provider, including doctors, nurses and physical therapists. Lessons cover crucial vocabulary, including organs, body systems, diseases and conditions, and hospital terminology, as well as how to ask important questions about medical history and give simple commands when performing a physical exam. Go at your own pace — you can register for and access this course at any time. To complete this course, you will need access to the internet and email and be able to receive Microsoft Word documents via email attachments and listen to MP3 audio files (CDs are available upon request). Please be sure to provide an updated email address when registering.

Anytime Online \$89 ♦

Spanish for Travel — Online

Before your trip to a Spanish-speaking destination, learn the basics you'll need to get around. This course focuses on vocabulary used in travel activities and settings, including airports, hotels and banks. We will also go over what you need to know to communicate in a medical emergency. Go at your own pace — you can register for and access this course at any time. To complete this course, you will need access to the internet and email and be able to receive Microsoft Word documents via email attachments and listen to MP3 audio files (CDs are available upon request). Please be sure to provide an updated email address when registering.

Anytime Online \$79 ♦

Cheap Travel Strategies

Travel doesn't have to break the bank! Learn how to use Google Flights to find the cheapest airfare and how to strategically use credit card rewards and promotions to get free or discounted flights, hotels and more. Anyone can do it with a little know-how. Bring your laptop, tablet or smart phone to class.

Nov. 14 6:30-8 p.m. GCHS room 205 Thu \$37

Plan Your Own European Adventure

Learn how to find affordable flights and lodging and plan sightseeing and ground travel in Europe. We'll also cover logistics like packing and foreign currency, what to do if you get sick while traveling, using your phone abroad affordably and how to skip the lines at big tourist attractions without spending more money.

Dec. 2 6:30-8:30 p.m. GCHS room 205 Thur \$37

Planning Your Disney Vacation

Take the stress out of planning your Disney World vacation and make the most of your time in the parks. We'll go over all the important steps, including booking dining and Lightning Lane reservations and learn how to use the most important features of the Disney website and app, including virtual queues, which you'll need to get on the newest rides.

Sept. 23 6:30-8:30 p.m. GCHS room 201 Mon \$37

Travelogue: A Tour of Italy from North to South

Take a tour of some of the most beautiful parts of Italy, starting in Lake Como then traveling to Venice, the Cinque Terre National Park, Rome, Pompeii and finally, Sorrento and the Amalfi Coast. We'll cover all the must-see spots, including the best places to stay and how to get around. Perfect for those looking for travel inspiration or planning their own trips to Italy.

Oct. 21 6:30-8 p.m. GCHS room 205 Mon \$37



JOURNEY TOWARDS A U.S. PASSPORT

Thursday, Nov. 7 • 5-7 P.M.
Gates Chili HS • Spartan Field House

A proud community partner of the



Visit gateschili.org/Passport to make sure you have everything needed to apply!



Music and Dance



Music and Merriment for Toddlers

A fun, interactive music class for adults and their children ages 6 months to 3 years. We will sing, rhyme, chant, explore musical instruments and more! Your child will learn to keep a steady beat and experience opposites (high/low, fast/slow). We will also work on controlling small and large body movements through fingerplays, circle dances and creative movement.

Sept. 28 to Oct. 26 (No class Oct. 12) Sat
9:30-10 a.m.
GCHS Library Mezzanine \$29

Gates Chili Community Concert Band

Whether you're a pro or a former band nerd, now is the time to join the GC Community Concert Band! Now in its fourth season, the group provides an outlet for area musicians to practice and perform a wide variety of music! Membership is open to adults and college students who play woodwinds, brass and percussion. While the group does not require an audition, we recommend that you at least play at a high school level. We rehearse weekly and will have at least four scheduled performances during the year. Email questions to cooldfield@gateschili.org.

Sept. 19 to July 19, 2025 Thu
7-8:30 p.m.
GCHS room 703 \$150

Baby Feet Get the Beat

An introductory dance experience for 3- and 4-year-olds. Kids will gain rhythm, coordination and confidence while learning hip-hop, ballet, jazz, tap and creative movement. Tap shoes and ballet slippers are required. Class is held at Dance Biz in Gates.

Sept. 21 to Oct. 26 Sat
11 a.m. to 12 p.m.
Dance Biz \$72
1742 Long Pond Road
Gates, NY 14606

Individual Piano, Guitar or Drum Lessons

Learn to play in a one-on-one setting. Open to all ages and skill levels. You decide your goals and leave the rest to the instructor. If you are interested in using a specific workbook, bring it with you. Additional \$5-10 workbooks may be recommended to those learning to read sheet music. Due to the tight schedule, we ask that you arrive early and make sure to leave on time.

Oct. 21 to Nov. 18 (No class 11/11) Mon
3-6:30 p.m. — Choose one 30-minute time slot
Nov. 25 to Dec. 16 (No class 11/11) Mon
3-6:30 p.m. — Choose one 30-minute time slot
GCHS TBD \$99



Beginner Ballet for Adults

A low-impact ballet class incorporating barre work, center floor combinations and routines. Ballet is a great way to improve flexibility, balance and strength. Wear any dance or yoga apparel and ballet slippers or jazz shoes. Class is held at Dance Biz in Gates.

Sept. 25 to Oct. 30 Wed
6-7 p.m.
Dance Biz \$72
1742 Long Pond Road
Gates, NY 14606

Country Line Dance for Adults

Learn all the most popular country-western line dances. Come with a friend, group or by yourself. Line dancing is for everyone! Boots and hats not required. Please remove your spurs. Class is held at Dance Biz in Gates.

Sept. 24 to Nov. 11 Tue
6-7 p.m.
Dance Biz \$48
1742 Long Pond Road
Gates, NY 14606



Beginner Jazz for Adults

A fun, low-impact dance class incorporating stretching, technique, combinations and routines. Dance is a great way to improve flexibility. Wear any dance or yoga apparel and ballet slippers or jazz shoes. Class is held at Dance Biz in Gates.

Sept. 26 to Nov. 7 Thu
5:30-6:30 p.m.
Dance Biz \$72
1742 Long Pond Road
Gates, NY 14606

Kids Get the Beat

An introductory dance experience for 5-7 years old. Kids will gain rhythm, coordination and confidence while learning hip-hop, ballet, jazz and tap. Tap shoes and ballet slippers are required. Class is held at Dance Biz in Gates.

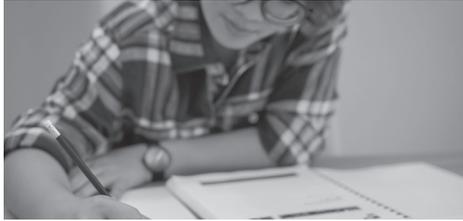
Sept. 21 to Oct. 26 Sat
12-1 p.m.
Dance Biz \$39
1742 Long Pond Road
Gates, NY 14606

Personal and Professional Development

SAT/ACT Boot Camp

Get a solid foundation for SAT and ACT success in just 6 hours. We'll review essential reading, writing, math and test-taking skills and strategies for the most current versions of both exams, including the digital SAT. Don't forget your calculator.

Nov. 12-14 Tue, Wed, Thu
3:30-5:30 p.m.
GCHS room 204 \$199



Babysitting Training

This five-hour class prepares students 11 years and older for the responsibilities of babysitting. Taught through discussion, lecture and interactive video, participants will learn caregiving skills, including accident prevention and first aid. Each student will receive a workbook and certification card upon completion. Pizza provided by Mark's Pizzeria in Gates.

Nov. 1 Fri
3:15-7:30 p.m.
GCMS Library \$59

Home Alone

Knowing when your child is ready to stay home alone can be a difficult decision, but preparation can make the transition much easier. This class for kids focuses on behaving responsibly when home alone. Topics include basic first aid, what to do if a stranger arrives, answering the phone, internet safety and how to react to emergencies like power outages and fires.

Sept. 17 Tue
3:30-5 p.m.
Paul Road ES Library

Sept. 18 Wed
3:30-5 p.m.
Florence Brasser ES Library or Neil Armstrong ES Library

Sept. 19 Thu
3:30-5 p.m.
Walt Disney ES Library

Angels Are All Around Us

Have you ever asked yourself, "Why do I always see the numbers 444 or 1111 or 222 everywhere I go?" These sequences of repeating digits are known as angel numbers, and some believe they are messages from angels and the unseen spiritual universe. Energy and wellness expert Ann Knapp will show you how to use angel numbers to connect with your angels for personal messages and guidance and share inspiring stories about angel experiences.

Oct. 9 Wed
6-8 p.m.

Dec. 7 Sat
10 a.m. to 12 p.m.

GCHS room 204 \$39

Psychic Mediumship Show-and-Tell

An introduction to psychic mediumship. The sixth sense is a natural ability that conveys information from the energy environment around us, aka vibes. Some are born with it, but others can familiarize themselves to interpret and communicate the signals being received. We will discuss some common misconceptions of psychic readings. Participants will also have the opportunity to experience psychic readings. Due to time limits and the number of participants, not everyone will receive a message.

Nov. 21 Thu
6:30-8:30 p.m.
GCHS Library Mezzanine \$34



Drones for Beginners

Find out all you need to know to take off and fly safely. Topics include drone models and equipment, what to consider before buying a drone, safety guidelines, rules and regulations, how to register your drone and become a certified pilot.

Sept. 23 Mon
6:30-7:30 p.m.
GCHS room 205 \$19

Let's Save the Monarchs Together

In the wild, it's estimated that only 5-10% of monarchs survive to adulthood, and many think that number is much less. Instructor Karen Cervini, who has released over 500 monarchs, will teach you everything you need to know for all stages of metamorphosis, including how to find and collect eggs, caring for caterpillars and what happens when they form into a chrysalis, and the tagging process. Join this class as an individual or family.

Sept. 24 Tue
6-8 p.m.
GCHS room 205 \$19 — Individual
\$29 — Family



NYS Citizen Disaster Preparedness

With severe weather becoming more frequent and extreme, it's more important than ever to be prepared. The Citizen Preparedness Corps gives New Yorkers the tools and resources to prepare for, respond to and recover from any type of disaster. The course is free to all NYS residents, but advanced registration is required.

Oct. 10 or Nov. 19 Thu
6-7:30 p.m.

GCHS room 205 FREE



Personal and Professional Development

Mindful Eating

It's not just what we eat that plays a major role in our health and well-being, but also how we eat. Mindful eating involves being fully aware of your food, feelings and hunger and fullness cues while eating and aims to foster a positive relationship with food. Join us and discover the benefits of mindful eating and get action steps to begin practicing it.

Dec. 4 Wed
6:15-7:15 p.m.
GCHS Library Mezzanine \$19

Reiki – Level 1 Certification

Reiki (ray-key) is a healing energy channeled through the hands that works across the physical, emotional, mental spirit body. First degree Reiki will provide the tools to provide treatment to yourself, others and even pets through a hands-on approach. A \$15 materials fee is due to the instructor at the beginning of class.

Sept. 28 Sat
9 a.m. to 4 p.m.
GCHS Library Mezzanine \$149 ◆

Sleep: How to Get More of It

A lack of good sleep impacts your health, well-being, relationships and more. Learn some tips to fall asleep easier and improve your quality of sleep. You'll leave class with specific action steps that you can begin practicing that same night.

Nov. 6 Wed
6:15-7:15 p.m.
GCHS room 201 \$19

Stress Management for All

Stress is inevitable, but it doesn't have to consume you. This class will provide you with stress-management tools that you can begin using right away. We will also discuss the impact of stress on your health and relationships and the difference between acute and chronic stress.

Sept. 25 to Oct. 16 Wed
10-10:45 a.m.
Terry Taylor Elementary School \$39
399 Ogden Parma Town Line Road
Spencerport, NY 14559

The Art of Talking

Learn unique and effective communication strategies to approach any situation with poise. We'll cover job interviews, communicating online, managing conflict, public speaking, relationships, negotiation, persuasion and topics of your choosing.

Sept. 23 to Oct. 7 Mon
6:30-7:30 p.m.
GCHS room 204 \$59

Become a Notary Public – Online

Whether you are looking to become a new notary public or want a refresher on notary law, this course provides all the information you need to pass the notary exam. Topics include protecting yourself from liability as well as appointment, testing and renewal policies and procedures. You must provide a valid email address to register. The instructor will contact students with information to access the course the Friday before the start of the session.

Dec. 2 and 9 Mon
5:30-8:30 p.m.

Dec. 7 Sat
9 a.m. to 3 p.m.
Online \$59

Become a Notary Public

Whether you are looking to become a new notary public or want a refresher on notary law, this course provides all the information you need to pass the notary exam. Topics include protecting yourself from liability as well as appointment, testing and renewal policies and procedures. A \$3 materials fee is due to the instructor at the first class. Please note, this course does not cover electronic notary procedures.

Oct. 21 and 28 Mon
5:30-8:30 p.m.
Merton Williams Middle School Library \$59
200 School Lane
Hilton, NY 14468



Electronic Notary Training – Online

NYS now allows for electronic notarizations, and this class will teach you what you need to know to become an electronic notary. We will go over policies, procedures and software requirements. For traditional notaries or those who have already taken our traditional notary class. You must be at least 18 to participate.

Nov. 4 Mon
5:30-8:45 p.m.
Online \$39

Building Wealth Through Real Estate: Investor's Bootcamp

Dive into the world of real estate investing with our hands-on bootcamp! Learn proven strategies, from identifying lucrative properties to mastering market analysis and financing options. Our real estate experts will provide the tools and insights you need to make smart, profitable investments. Don't miss this chance to unlock your financial potential and create life changing wealth through real estate!

Nov. 21 Thu
6-7:30 p.m.
GCHS room 201 \$9

Listing to Closing: Mastering the Art of Selling Your Home

Join this dynamic workshop to uncover the secrets of a successful sale, from crafting irresistible listings to navigating smooth closings. Learn expert marketing techniques, negotiation skills, and closing strategies that will elevate your selling game and earn top dollar for your home. Perfect for first-time sellers or seasoned pros!

Oct. 23 Wed
6-7:30 p.m.
GCHS room 201 \$9

Renting Blues: 10 Steps to Owning Your Dream Home and Building Equity

Break free from renting and start investing in your future! Learn how to save smartly, secure financing and find your dream home. Gain the confidence and knowledge to stop paying your landlord and start building your own equity today!

Dec. 16 Mon
6-7:30 p.m.
GCHS room 201 \$9

Personal and Professional Development

Unlock Your Dream Home: The Key to Navigating the Home Buying Process with Confidence

Discover insider tips, essential strategies and expert guidance to confidently embark on your home buying journey. From understanding market trends to mastering negotiations, our engaging session will equip you with the knowledge and tools to unlock the door to your perfect home.

Sept. 24 Tue
 6-7:30 p.m.
 GCHS room 201 \$9

Finance for Educators

This course was created with busy teachers in mind. Join GCMS math teacher and personal finance coach Rachel Rahmlow and learn the skills and systems to start investing and building generational wealth. We'll cover strategies for assessing your current financial situation, choosing retirement and investing options and optimizing your accounts.

Oct. 7 to Nov. 4 (No class Oct. 14) Mon
 4-5 p.m.
 GCMS Library \$59

What You Need to Know About Estate Planning and Probate

Get an overview of common estate planning and probate processes. Topics include wills, trusts, health care proxies and powers of attorney, all of which play a unique role during illness, end-of-life care and the transfer of assets after death.

Nov. 5 Tue
 6:30-8 p.m.
 GCHS room 205 \$15 (Individual or couple)

Sports, Swimming and Fitness

Kids Fall Golf Clinic

An introduction to golf for students in grades 1-7. No experience necessary. Beginners will learn basic skills and intermediate players will work on skill development. Golf balls, tees and clubs are provided, but you are encouraged to bring your own clubs if you have them. Clinic is held at Morgan's Crossing in Scottsville.

Sept. 14 to Oct. 5 Sat
 (No class Sept. 14, 21, 28 and Oct. 5)
 12-1:15 p.m.
 Morgan's Crossing \$29
 760 Scottsville-Chili Road
 Scottsville, NY 14546



Confidence for Kids

An opportunity for children to improve self-confidence, self-control, focus and coordination through martial arts. Classes are held at Samurai Martial Arts in Gates. Please arrive 10 minutes early to first class to complete a release form, tour the facility and change into uniform. Course fee includes uniform.

Ages 4-7:
 Sept. 24 to Oct. 10 Tue, Thu
 4:30-5:15 p.m.

Ages 8-12:
 Sept. 23 to Oct. 9 Mon, Wed
 5:15-6 p.m.

Samurai Martial Arts \$79
 1512 Spencerport Road
 Rochester, NY 14606

Self-Defense for Teens and Adults

Improve your confidence, fitness, flexibility and coordination through martial arts. You will learn stand-up striking and Brazilian jujitsu ground self-defense. This class is for ages 13 and older and is held at Samurai Martial Arts in Gates. Please arrive 10 minutes early to first class to complete a release form, tour the facility and change into uniform. Course fee includes uniform.

Sept. 23 to Oct. 9 Mon, Wed
 Samurai Martial Arts \$69
 1512 Spencerport Road
 Rochester, NY 14606

Sports, Swimming and Fitness

Parent and Child Swim Lessons

Before they can learn to swim, children must be comfortable in and around water. Our instructors will get you in the pool with your child and teach you techniques to help acclimate your little one to the water. Open to children 6 months to 3 years. A parent, guardian or another responsible adult must accompany the child in the water.

Sept. 21 to Oct. 26 Sat
11:30 a.m. to 12 p.m. \$29
GCHS Pool

Private Swim Lessons

One-on-one instruction for beginner, intermediate and advanced swimmers 3 years and older. These are private lessons, but we may need to double up based on staffing. Please be sure all dates work for you as we are unable to offer makeup lessons. Due to limited number of lessons, please only sign up for one lesson time per student.

Sept. 21 to Oct. 26 (No class Oct. 12) Sat
12:10-12:40 p.m., 12:50-1:20 p.m.,
1:30-2 p.m., 2:10-2:40 p.m.
or 2:50-3:20 p.m. \$79
GCHS Pool



Aqua Zumba with Maribel

Aqua Zumba brings South American Zumba rhythm and dance steps to the pool, offering a fun but challenging water-based workout. Bring a towel and water bottle.

Oct. 3 to Dec. 5 (No class Oct. 31 or Nov. 28) Thu
7-7:45 p.m. \$79
GCHS Pool

Zumba With Kelly

A Latin-inspired dance workout with easy-to-follow moves. Zumba is perfect for anyone who wants to have fun while they exercise. Bring energy and a water bottle.

Oct. 1 to Dec. 3 (No class Oct. 22) Tue
7-8 p.m. \$89
GCHS lobby

Chair Yoga

Get fit where you sit! Chair yoga makes it possible for anyone to gain the benefits of practicing yoga poses, breathing, meditation and relaxation. While sitting upright and engaged in a chair, you will learn to identify your levels of flexibility and choose the level that works best for you at any given moment.

Sept. 30 to Dec. 2 (No class on 11/11) Mon
5-6 p.m. \$89
GCHS Library Mezzanine

Gentle Yoga

This mellow yoga class involves centering, breathing, meditation, warm-ups, formal poses and shavasana/relaxation. Taught by Gaie Sarley Goodness, a certified Kripalu yoga teacher. Dress in comfortable clothing and bring a yoga mat, cushion, block(s) and a strap or belt.

Sept. 30 to Dec. 2 (No class on Nov. 11) Mon
6:15-7:15 p.m. \$89
GCHS Library Mezzanine

Inclusive Family Yoga

A yoga class for adults and children 4-8 years that incorporates movements, mindfulness, music and stories. Yoga can help kids' emotional, cognitive and motor development, and you will learn tools to support their overall wellbeing and foster more serenity in your day-to-day. Little ones will get to shake their wiggles out, but we'll also practice being still. Each class features a different theme. Bring a yoga mat and water. Younger or older siblings are welcome to join with the understanding that the class is geared towards 4 to 8-year-olds. No yoga experience is necessary.

Oct. 1-22 Tue
4:10-4:45 p.m. \$39
Munn Elementary School Cafeteria
2333 Manitou Road
Spencerport, NY 14559

Mixed Level Yoga

Yoga works! This class will help you achieve your fitness goals with strength, endurance, flexibility and rest. We'll cover foundational level one and two yoga poses, breathing techniques and meditation. Mixed level yoga offers options to vary the level of intensity of each pose. Bring a mat. Yoga blankets, blocks and straps are recommended but not required.

Sept. 24 to Dec. 17 Tue
6:15-7:30 p.m. \$99
GCHS Library Mezzanine

Yoga Lifestyle

Yoga doesn't have to stay on the mat. You can use yoga practices in your daily life to help reduce stress, compliment your faith, grow in compassion for yourself and others, and more. Bring you questions and let's take a deeper dive into yoga.

Oct. 2 Wed
6:15-7:15 p.m. \$19
GCHS Library Mezzanine



GATES CHILI CENTRAL SCHOOL DISTRICT

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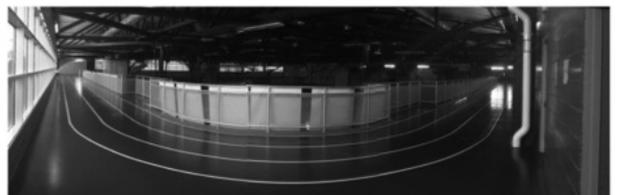
gateschili.org

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Community use of the Spartan Field House

Fitness Center Use and Orientation

The Spartan Field House Fitness Center is open to district residents who complete an in-person orientation. You must live in the district to use the Fitness Center and will be required to present a valid NYS driver's license or ID with your district address. Pre-registration with payment is required for orientation. Please verify residency before registering as we are unable to offer refunds. Call 585-247-5345 with questions.



Community Walk Program

District residents are invited to walk the indoor track at the Spartan Field House. The track is generally open to residents Monday through Thursday evenings and Saturdays and Sundays during the day. Check the schedule on the district website or sign up for weekly emails. The track schedule is subject to change due to athletic contests, rentals or other events.

Community Swim Program

The Spartan Field House Pool is open most evenings and weekends to district residents for open swimming. For more information about our pool hours and usage guidelines, please visit gateschili.org.

Family Swim takes place on Saturdays and Sundays only. Please check the schedule online. Children must be accompanied by their legal guardian.

**All Field House community users
must reside in the Gates Chili
Central School District.**