

NIAGARA FALLS COMMUNITY EDUCATION CENTER

SCHOOL DISTRICT OF THE CITY OF NIAGARA FALLS

6040 LINDBERGH AVENUE

NIAGARA FALLS, NEW YORK 14304

(716)286-0771

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The Niagara Falls City School District is committed to life-long learning and through the Community Education Center offers programs for people of all ages. Our course list contains opportunities for participation in activities that promote physical fitness, the use of technology and other special interests during the Fall Term of 2016.

Please note that we are interested in expanding the number of future course offerings and invite community experts who are willing to share their expertise to contact the Community Education Center.

Registration begins on August 29, 2016. If you have any questions, or would like more information about a specific program, please call us at 716-286-0771.

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So You Want to be a Clown

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DAILY PROGRAMS O/N BOCES

****There are no fees for these programs**

****ADULT BASIC EDUCATION/HIGH SCHOOL EQUIVALENCY**

This course is designed for the adult learner interested in completing their High School Equivalency diploma. It is also recommended for anyone who has been away from school for a long period of time or for those who feel they need prior preparation for the TASC (Test Assessing Secondary Completion) Exam. The course reviews the basics of Writing, Mathematics, Social Studies, Science and Reading. Applications are available at the Community Education Center. The course and TASC exam are free of charge. New York State has selected a new high school equivalency test called the TASC™ to replace the GED® as the primary pathway to a NYS High School Equivalency Diploma.

Monday through Friday 8:30 – 11:30 or 12:00 - 3:00

Tuesday & Thursday 5:00 – 8:00 pm

Stephanie Bevacqua

Call for information: 716-286-0768

****ENGLISH AS A SECOND LANGUAGE FOR THE FOREIGN BORN**

Developed for the adult learner to read and speak the English Language.

Monday through Thursday 9:00 am – 12:00 pm or 12:30 pm – 3:30 pm

Joan Caldwell / Ibrahim Shakoor

Call for information: 716-286-0772

****NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP)**

This is a non-instructional program that incorporates a variety of assessment techniques, which are designed for the adult learner who has acquired academic skills through life experiences. The techniques include home projects, performance assessments, interviewing and documentation review. NEDP provides competent adults with the opportunity to earn a regular, High School diploma. *Qualifications: 21 years and older.*

Erica Kopp

Stephanie Bevacqua

Call for information: 716-278-8154

Call for information: 716-286-0768

CERTIFIED NURSING ASSISTANT PROGRAM

The program consists of ten weeks of instructional classes held at the Niagara Falls City School District Community Education Center. You will receive a New York State certification upon successful completion of the program. Cost to be determined.

*Qualifications: 21 years and older with **no high school diploma***

Terry Josker

Call for information: 716-731-4176 ext. 4445

HHA – Home Health Aide

A one month program (4-5 weeks) of 105 clinical hours (75 hrs theory class and 30 hrs clinical) with a final exam. Students become trained and certified health-care worker who provides assistance to a patient in the home with personal care (as hygiene and exercise) and light household duties (as meal preparation) and who monitors a patient's condition.

Contact Tanya Moore @ 278-8599 or Terry Josker @ 731-4176 ext. 4445

FITNESS ACTIVITIES

TOTAL BODY WORKOUT

Fitness program targeting upper and lower body, abs, legs and buttocks – plus cardiovascular workout (bring hand weights).

Susana Nicholas CEC Gym Mon & Wed 7:00-8:00 pm \$45.00

SWIMNASTICS

Have fun getting fit with stretching, toning, water exercise in the pool. This program is suitable for those with or without swimming background. Experience increased flexibility, stomach, and cardiovascular benefits. (Limit 12) Each class is \$30.00.

Susana Nicholas	CEC Pool	Mon 10:00 am-11:00 am	\$30.00
Susana Nicholas	CEC Pool	Mon 11:00am-12:00 pm	\$30.00
Susana Nicholas	CEC Pool	Mon 6:00 pm – 7:00 pm	\$30.00
Susana Nicholas	CEC Pool	Tues 9:00am-10:00 am	\$30.00
Susana Nicholas	CEC Pool	Tues 10:00am-11:00 am	\$30.00
Susana Nicholas	CEC Pool	Wed 11:00am- 12:00 pm	\$30.00
Susana Nicholas	CEC Pool	Wed 6:00 pm – 7:00 pm	\$30.00
Susana Nicholas	CEC Pool	Thurs 10:00am-11:00 am	\$30.00
Susana Nicholas	CEC Pool	Thurs 11:00am-12:00 pm	\$30.00

WATERWALKING

Exercise your entire body with added benefit of water resistance. One-half hour equals two hours of street walking. (Limit 10)

Susana Nicholas	CEC Pool	Mon Noon-1 pm	\$30.00
Susana Nicholas	CEC Pool	Wed Noon-1 pm	\$30.00

CHAIR EXERCISES FOR SENIORS

A total body workout including strength & toning for abs, legs and arms, all done while sitting. Improves balance and mobility. The program uses elastic bands, balls or you may bring your weights.

Susana Nicholas	CEC Gym	Wed 10:00am–11:00am	\$25.00
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SPECIAL INTERESTS

INTRODUCTION TO COMPUTERS FOR SENIOR CITIZENS - If learning how to use a computer is something you have been putting off, this is the class for you! This class is designed as an introduction to computers for beginning students ...like you! Class starts with "Here's the on button." You will become familiar with the very basics that include parts of the computer, how to use the mouse, games, searching the Internet & email. Class size will be limited to a small group for more one-on-one help and instruction. (Maximum of 7, minimum of 5 students required for each class.)

Carol Hartwig CEC 205

Tues 3:00pm-5:00 pm

\$45.00

CROCHET CLASS - Do you hate cold winters? Do you want to learn a way to pass the time that will help keep you warm throughout those long cold days? If you answered "Yes" to these questions then grab your crochet hook and come learn to crochet. We will make squares of different stitches and put them together to make a lap-ghan to help keep you warm! The supplies needed are: 1 crochet hook Size H & 4 skeins (7 oz) of your favorite colored worsted weight yarn.

Christine Goodwin CEC

Tues 6:00pm-7:30pm

\$45.00

SO YOU WANT TO BE A CLOWN - PART I - Come one, come all. This hands-on, interactive class will have you on your way to becoming a great clown. Get introduced to the art of clowning by exploring the history of clowning and learning about the different types of clowns. Discover your own clown persona and receive helpful hints on putting together a fascinating costume and the art of developing your clown face using grease paint. Other items covered but not limited to, are: balloon animals, basic magic tricks, plate spinning and juggling. (Minimum of 5 students required.)

Carol Shire NFHS

Wed., 5 weeks, 9/28 - 10/26, 6:30 - 8:30 pm

\$35.00

SO YOU WANT TO BE A GREAT CLOWN - PART II - This class is designed as a continuation of Clowning - Part I for students that would like to expand their knowledge and skills. In this class we will continue with balloon animals, magic tricks, juggling, puppetry, storytelling, skits and performing at birthday parties. Students continue to learn skills enabling them to become a great clown. At the end of this five-week session, all clowns will participate in a graduation ceremony, enabling all students to show off their skills in front of family, friends and other clowns. *Supply costs vary depending on the skills the students want to pursue.* (Minimum of 5 students required.)

Carol Shire NFHS

Wed., 5 weeks, 11/02 - 12/7, 6:30 - 8:30 pm

\$35.00

REGISTRATION

The Fall Term begins on September 12, 2016. Classes are held for 10 consecutive weeks unless otherwise noted. Classes will not be held on:

Monday, Oct 10, 2016 – Columbus Day

Registration by mail is preferred and will only be accepted with a postmark **PRIOR** to the start of classes from September 12, 2016 – November 21, 2016. There will be no registration on the first day of class. Please make checks or money orders payable to:
Niagara Falls City School District

NO CASH WILL BE ACCEPTED & there is a \$30.00 charge for returned checks

Please forward registration and payment to:

Niagara Falls Community Education Center
ATTN: Julia Destino
6040 Lindbergh Avenue
Niagara Falls, New York 14304

You may register in person from August 29, 2016 through September 9, 2016 in the Community Education Center Main Office from 11:00 am – 2:00 pm.

FEES: As a self-sustaining division of the Niagara Falls City School District, all costs for instructors and staff are covered by course fees. Fees must be paid at time of registration. Residents of the City of Niagara Falls who are 65 YEARS OF AGE OR OLDER may register in some courses for a fee of \$25.00 (exclusive of textbooks and/or supplies). Please refer to the course listing for the fees required.

CLASS CANCELLATIONS: Classes may be canceled or rescheduled if enrollment is low or if an instructor becomes unavailable. **If classes are canceled due to weather conditions, the community will be notified by local television and radio stations.**

REFUNDS:

Refunds will be issued only in the following circumstances:

- A. If a course is canceled – total refund.
- B. If you withdraw one week prior to the start of class – refund, less \$3.
- C. If you withdraw during the first or second week of class – refund, less \$6.
- D. No refunds will be issued after the second week of class.
- E. To receive a refund you must notify the Community Education Center Office of your intent to withdraw from the class.

Please Remember:

- **Register from August 29, 2016 – September 9, 2016**
- There will be no registration on first day of class
- Make checks and/or money orders payable to: **Niagara Falls City School District**
- If you have questions, please call 286-0771

NIAGARA FALLS CITY SCHOOL DISTRICT - REGISTRATION FORM

Make Check Payable to: Niagara Falls City School District or N.F.C.S.D.

Send to: Niagara Falls Community Education Center

ATTN: Julia Destino

6040 Lindbergh Avenue
Niagara Falls, New York 14304

Last Name	First Name	
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Mailing Address	City	Zip Code
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Home Telephone	Alternative No.	Senior (65 yrs) Y / N
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Course Title	Location	Day/Time	Fee & Check/ M.O. #
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