One Webster

Students First. District Proud.

Community Education and Aquatics

Fall 2023

Register at: https://registration.xenegrade.com/webstercsd/ • website: websterschools.org

Community Education Facebook: Webster Community Education

Webster Aquatics facebook: Webster Aquatic Center

Webster Aquatics twitter: @websteraquatics

WAC and Community Education – 585-670-1087

Find us on Facebook

twitter

SUMMER IS THE PERFECT TIME TO RESET AND RECHARGE IN WEBSTER SCHOOLS!

TABLE OF CONTENTS - FALL 2023

Aquatic - Fitness / Watercize

Watercize Policy and Price Guide 3

Learn to Swim 4

Aquatic Fitness Classes 4-5

Arts and Crafts

Glass Crafters Nite Out 6

Beginning Stained Glass: Make Your Stained Glass Dreams Come True 6

Fusing Holiday Ornaments 6

Oil Painting: Beginning to Advanced 6

Driving

5 Hour Pre Licensing Course 7

Drivers Education 7

Finance

Medicare Made Clear 8

Savvy Social Security Planning 8

Savvy Tax Planning 8

Seniors Against Scams – FREE CLASS 8

Health and Wellnes

Reiki Level 1 Certification 9

Yoga Slow Flow 9

Tune into Yoga 9

Special Interests

Becoming a Notary Public 10

Festive Holiday Appetizers 10

Youth Programs

Babysitting Training 11

Home Alone Safety 11

Little Chef "How to Catch" Cooking Series 12

Junior Chef Cooking Challenges 12

Spanish for the Elementary Years 13

Remote SAT English Prep 13

SAT Math Prep 13

Webster Central School District
Community Programs and Services
875 Ridge Road Webster, NY 14580
Phone (585) 670-1087

Webster Website: websterschools.org

Browse and register for programs at
https://registration.xenegrade.com/webstercsd/

To reserve WCSD facilities including fields and gyms, auditoriums, classrooms, etc, please contact Jane Laskey at 670-8066 or jane_laskey@webstercsd.org

REGISTRATION INFORMATION

Location

The Webster Aquatic Center (WAC) is located adjacent to Webster Schroeder High School, 875 Ridge Road. There is ample parking across the street and handicapped parking near the building. The service desk staff supports the WAC and Webster Community Education departments.

WAC/Community Education Service Desk –670-1087

Fall 2023 Hours

Monday-Thursday	5:30 AM – 8:30 PM
Friday	5:30 AM – 8:00 PM
Saturday	8:00 AM – 12:00 PM
Closed Sunday	

Schedule subject to change. Visit the Webster Aquatic Center under departments at websterschools.org for monthly swim schedules or call (585) 670-1087.

Aquatic Class Locations

Learn to Swim - Thomas High School Pool, 800 Five Mile Line Road
Watercize - Webster Aquatic Center, 875 Ridge Rd

Website and Social Media

Website: Websterschools.org

Community Education Facebook:
https://www.facebook.com/WCSD.Community.Programs/

Aquatics Facebook: https://www.facebook.com/websteraquaticcenter1

Twitter: @websteraquatics

REGISTRATION NOTE

If you have forgotten your log in or password, please call 670-1087.

Registration Dates For Fall

Watercize registration will begin Tuesday, Aug 29 at 8:00 am Registration is online.

Learn to Swim registration will begin on Tuesday, Sept 12 at 8:00 am. Registration is only online.

Community Education registration will begin on Thursday, September 7 at 8:00 am.

Register Online

The quickest and preferred method of registration is using our registration database, xenegrade. The link to set up an account, browse and register for programs is https://registration.xenegrade.com/websterscsd/

Please note, when registering online for the first time you will be prompted to set up an account and choose a log-in name and password. The WCSD does not store credit card information. All payment information goes through a third-party, secure paym ent gateway.

Receipts must be saved/printed at time of online registration or requested by calling 585-670-1087.

Register Early!

Minimum enrollment numbers must be met in order for classes to run. Please register early.

WCSD residents without internet access may call 670-1087 for registration assistance or stop by the Webster Aquatic Center to obtain a hard copy registration form. We are happy to help you register!

Important Deadlines and Policies

Registration is Ongoing – Registration for all programs is ongoing until classes are filled or three days prior to the start of each class.

Late Enrollment and Make Ups in Watercize – Registration stays open for the first half of the session. Rates are not prorated and students are encouraged to make up missed classes at other watercize classes. Make up classes must be completed within the same session.

Receipts – Receipts are provided electronically to all registrants who provide an email address. Please note that if you are **Roadrunner** customer, you may not receive any emails from our registration system, Xenegrade.

Refunds – Full refunds are available up to one week prior to the first date of the class. After that, there are NO REFUNDS except for qualifying medical reasons and a note from a doctor.

Class Cancellations Due to Weather – Classes are held at school facilities. **When the school district closes due to inclement weather, all learn to swim, watercize, and community education classes are cancelled.** We attempt to make up all classes that have been cancelled due to weather closings.

Let's Get WACky!

FALL 2023

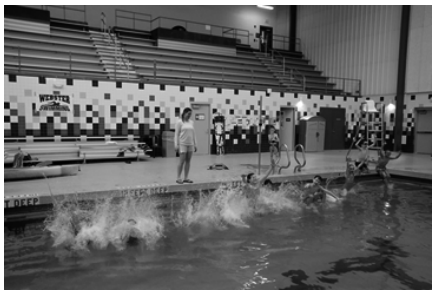
875 Ridge Road, Webster, NY 14580 585-670-1087
Twitter @websteraquatics
Facebook @websteraquaticcenter

WAC DROP IN

Both resident and nonresident visitors are always welcome!

	res.	Non res.
Adults	$5	$7
Seniors (55+)	$3	$4
Student	$4	$5
WCSD Student / Staff (with ID)	$2	$2

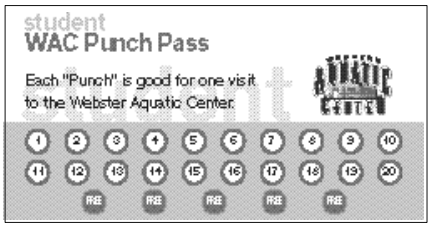
Children 5 & under Free



WAC SPLASH PASS

Each punch is good for an individual visit to the Webster Aquatic Center. Punch pass holders receive a $1.40 discount per swim.

	res.	non-res
25 Visit Adult Pass	$90	$130
25 Visit Senior Pass	$50	$70
25 Visit Student Pass	$70	$90
25 Visit WCSD Student/Staff	$30	$30



Let us help! Call for schedule, rate, and class details.

585-670-1087

Sunday:	CLOSED
Monday	5:30 AM - 8:30PM
Tuesday	5:30 AM - 8:30PM
Wednesday	5:30 AM - 8:30PM
Thursday	5:30 AM - 8:30PM
Friday	5:30 AM - 8:00PM
Saturday	8:00 AM - 12:00 PM

The facilities/pool close 15 minutes after the buildings close.

Visit websteraquaticcenter.org the first day of each month for updated pool schedules.

MEMBERSHIP RATES (Effective as of September 1, 2024)

		Annual	6 months	3 months
Individual	resident non-resident	$348 ($29/month) $492 ($41/month)	$186 ($31/month) $258 ($43/month)	$99 ($33/month) $135 ($45/month)
Family (same household)	resident non-resident	$420 ($35/month) $588 ($49/month)	$222 ($37/month) $306 ($51/month)	$117 ($39/month) $159 ($53/month)
One Parent Family	resident non-resident	$384 ($32/month) $540 ($45/month)	$204 ($34/month) $282 ($47/month)	$108 ($36/month) $147 ($49/month)
Senior (55 or older)	resident non-resident	$204 ($17/month) $288 ($24/month)	$108 ($18/month) $150 ($25/month)	$57 ($19/month) $78 ($26/month)
Senior Couple	resident non-resident	$276 ($23/month) $384 ($32/month)	$150 ($25/month) $204 ($34/month)	$81 ($27/month) $108 ($36/month)
Student	resident non-resident	$264 ($22/month) $360 ($30/month)	$144 ($24/month) $192 ($32/month)	$78 ($26/month) $102 ($34/month)
WCSD Student	resident non-resident	$120 ($10/month) $120 ($10/month)	$66 ($11/month) $66 ($11/month)	$36 ($12/month) $36 ($12/month)
WCSD Staff	resident non-resident	$120 ($10/month) $120 ($10/month)	$66 ($11/month) $66 ($11/month)	$36 ($12/month) $36 ($12/month)
WCSD Staff Family	resident non-resident	$144 ($12/month) $144 ($12/month)	$78 ($13/month) $78 ($13/month)	$42 ($14/month) $42 ($14/month)

- *Membership includes unlimited access to open swim and half price on all watercize classes.*
- *You may choose the duration of your membership with terms of 3 months, 6 months and 12 months.*
- *To qualify for membership class discounts, you must be a current member at the time of registration.*
- *Members with planned time away of more than one month may request a **membership freeze** for the duration of their absence once peryear.*

Policies and Price Guide

Thank you for choosing WCSD Watercize!
Please review the Watercize policies below and enjoy your class!

- **Refunds** are available up to one week prior to the first date of class. After that there are NO REFUNDS without a qualifying medical reason and a note from a health care professional.
- **Registration Dates:** Registration for Watercize classes stays open for the first half of the session. Rates cannot be prorated for those who register for a partial session of Watercize. Students are encouraged to make up missed classes. Makeups must be completed within the same session.
- **Attendance**: PATRONS are required to **sign the class log** at the front desk ***before*** entering the pool area.
- **Make-ups:** There will be class number restrictions for each class. Therefore, drop in class make ups will not be allowed. Please call ahead to make a reservation for a specific class and day and we will do our best to accommodate your request.
- **Cancellations**: All classes are held at school facilities. When the school district closes due to inclement weather, the pools are also closed, and classes are canceled. We will make every effort to make up canceled classes as schedules permit.
- **Medical Absence:** Patrons with an unexpected medical leave of absence greater than one week may make up classes later in the session. Refunds for missed classes are issued only with a health care professionals note.

The Webster Aquatic Center is a proud member of the following health insurance networks. Please be sure to review your policy to see you you qualify for the benefits listed below.

The Webster Aquatic Center is a member of the American Specialty Health Network which coordinates the Silver&Fit Membership Program. Ask your insurance carrier if they offer this benefit. Silver&Fit memberships are offered free by some carriers or for as little as $25 per year. Silver&Fit members enjoy all the same benefits as the WAC as regular members. The Silver&Fit program is designed for older adults. By exercising regularly and meeting new people, you can be Silver, Fit and Fabulous, too!

SilverSneakers is a fitness program for seniors that's included with many Medicare Advantage plans. SilverSneakers helps millions of people on Medicare defy the odds, shatter stereotypes and answer every challenge with, "I can do this!" Members receive a no cost basic membership. Contact your health insurance carrier and the front desk staff at the WAC for more details and start to improve your life!

Regular exercise is essential to healthy living, but common barriers such as cost and lack of time, accountability and motivation keep millions of people from starting and sticking with a fitness plan. Prime helps remove those barriers by offering a budget-friendly, flexible fitness membership free of gym contracts and designed to help members overcome excuses and get *moving toward better health*.

Members receive a no cost basic membership. Contact your health insurance carrier and the front desk staff at the WAC for more details and start to improve your life!

LEARN TO Swim

Registration begins on September 12 at 8 am. Lesson dates and times can be viewed on September 1.

WATERCIZE

Aqua FIT

Looking for a perfect blend of strength training and cardio training? Aqua FIT is a total body conditioning program to enhance cardio and strength performance, muscular endurance, mobility, balance and coordination. This quintessential Aqua experience will lead you down the road to your best all-around fitness. Class will end with a dynamic stretch and flexibility component. **Aqua shoes are recommended.**

Course #: AF-WCAF.1-F23
$140.00
9/12/2023 - 12/12/2023 Tuesdays
10:00 AM - 11:00 AM 14 classes
Webster Aquatic Center

Aqua HIIT Deep

High Intensity Interval Training or HIIT is a great way to condition your cardiovascular system with less joint impact than traditional land HIIT routines. Combining equipment with the timed intervals adds additional strength and toning. We will begin the class with a short warm up and progress into various timed intervals for 40-45 minutes ending with a cool down and stretch. This workout is sure to challenge you in a fun and unique way.

Course #: AHD-WCAHD.1-F23
$130.00
Mondays
9/11/2023 - 12/11/2023, 13 classes
No class on 10/9
8:00 AM - 9:00 AM
Webster Aquatic Center

Aqua Mix and Mash

Instructor will be virtual

Variety is the spice of life! Take it to the pool as we mix things up to challenge our bodies and keep things fresh. Each class will provide a different focus to help build strength, stamina, endurance and cardiovascular health.

Course #: AMM-WCAMM.1-F23
$120.00
9/14/2023 - 12/14/2023 Thursdays
No class on 11/16 and 11/23
10:00 AM - 11:00 AM 12 classes
Webster Aquatic Center

Aqua Stretch

You may find that your flexibility and range of motion is greater in water than on land. Stretching in the water removes the push of gravity on your joints. Lets take advantage of this and give your muscles the stretch they deserve! As we age balance is important to maintain in order to prevent falls. Light cardio will be incorporated intermittently to maintain warmth. This mind body flow will leave you feeling restful yet invigorated.

***Consider wearing a rash-guard for warmth.**

Course #: AS-WCAS.1-F23
$65.00
9/11/2023 - 12/11/2023 Mondays
No class on 10/9
10:45 AM - 11:15 AM 13 classes
Webster Aquatic Center

Functionally Fit

Instructor will be virtual for the Thursday class.

Train your mind and your muscles to work together in preparation for daily tasks in the aquatic environment. We will be using muscles in the upper and lower body, emphasizing core stability, posture and balance simulating common movements you might do at home or at work.

Course #: FF-WCFF.2-F23
$120.00
9/14/2023 - 12/14/2023 Thursdays
No class on 11/16 and 11/23
12:00 PM - 1:00 PM 12 classes
Webster Aquatic Center

Course#: FF-WCFF.1-F23
$140.00
9/12/2023 - 12/12/2023 Tuesdays
1:00 PM - 2:00 PM 14 classes
Webster Aquatic Center

REMINDER

Please register early to ensure your spot in class. Decisions to run classes or not based on attendance happens one week prior to the class start date.

Simply Deep

This deep water class is designed to provide a challenging and dynamic workout that is easy on the joints and suitable for all fitness levels. While wearing a flotation belt, participants will perform a variety of of exercises such as jogging, jumping jacks, and kicks, without putting undue stress on the joints. The resistance provided by the water also makes the exercises more challenging, helping to increase strength, cardiovascular fitness and endurance. Come on and jump into the coolest workout in town!

Course #: SD-WCSD.1-F23
$140.00
9/13/2023 - 12/13/2023 Wednesdays
11:00 AM - 12:00 PM 14 classes
Webster Aquatic Center

Aqua Barre Blend

Barre workouts are a wonderful way to tone, sculpt and stretch the body. Each workout will begin with a energetic dance style warm up followed by the barre inspired movement. The support of the water aids in stabilization as balance, posture and strength are challenged. Finally, a blend of cardio and strength training using equipment and high intensity intervals. Come on and enjoy this fast paced and fun workout!

Course #: ABB-WCABB.1-F23
$130
9/11/2023 - 12/11/2023 Mondays
No class on 10/9
9:30 AM - 10:30 AM 13 classes
Webster Aquatic Center

Trim and Spin

Break free from your ordinary routine with the Hydrorider Bike. The Webster Aquatic Center is one of the very few pools in our area that offer this unique opportunity for an amazing stress-free joint workout on the Hydrorider Bikes.Pedal your way to increase your cardio fitness and muscle strengthening and core as well. The resistance of the water and your individual effort makes this a class that can accommodate all levels of fitness. A portion of this class may include other equipment to enhance this workout. **Water shoes required for this class.**

Course #: TS-WCTS.1-F23
$140.00
9/12/2023 - 12/12/2023 Tuesdays
11:30 AM - 12:30 PM 14 classes
Webster Aquatic Center

Course #: TS-WCTS.2-F23
$140.00
9/13/2023 - 12/13/2023 Wednesdays
9:30 AM - 10:30 AM 14 classes
Webster Aquatic Center

Liquid Gym

Instructor will be virtual.
Cardio, resistance, strengthening, balance and stretch. The pool becomes your gym as you train in the aquatic environment.
Aqua shoes are recommended.

Course #: LG-WCLG.1-F23
$120.00
9/14/2023 - 12/14/2023 Thursdays
No class on 11/16 and 11/23
8:30 AM - 9:30 AM 12 classes
Webster Aquatic Center

Holiday HIITS

High Intensity Interval Training or HIIT is a great way to condition your cardiovascular system with less joint impact than traditional land HIIT routines. Combining equipment with the timed intervals adds additional strength and toning. We will begin the class with a short warm up and progress into various timed intervals for 40-45 minutes ending with a cool down and stretch. This workout is sure to challenge you in a fun and unique way. **Water shoes recommended.**

Course #: HH-WCHH.1-F23
$140.00
9/13/2023 - 12/13/2023 Wednesdays
8:00 AM - 9:00 AM 14 classes
Webster Aquatic Center

Glass Crafters Nite Out

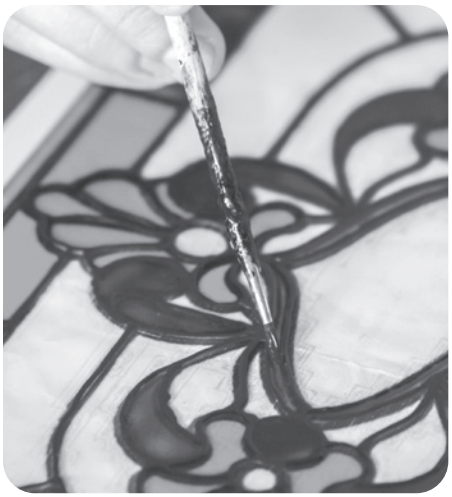
Tired of working alone; need some motivation. Join fellow glass- artists while you work on your projects. Share ideas, patterns, and conversation. You bring your ideas, glass and supplies. I will bring tools and a helping hand. Join us!!

Course #: GCNO-CEGCNO.1-F23
$55.00
10/5/2023 - 11/2/2023 Thursdays
6:30 PM - 8:30 PM 5 classes
Dan Hohl
Schroeder High School, Room E6

Beginning Stained Glass: Make Your Stained Glass Dreams Come True

This is a 5-week beginning stained-glass class copper foil technique Tiffany technique Students will learn the art of stained-glass while making a 8x10 panel. Cutting, breaking of glass, soldering and finishing touches will be taught. Tools and supplies are available for your use. There is a $50 fee payable for the first session for glass, solder, and foil. Expect to have a good time while making a traditional piece of artwork.

Course #: BSG-CEBSG.1-F23
$85.00
9/18/2023 - 10/23/2023 Mondays
No class on 10/9
6:30 PM - 8:30 PM 5 classes
Dan Hohl
Schroeder High School, Room E6



Fusing Holiday Ornaments

In this two-session class, students will make /design five holiday ornaments. Some examples to choose from include Christmas Tree, Snowman, Dove, ornaments and Star. We will be using the glass fusing technique. Glass fusing is when you take different pieces of glass and fire them in a kiln to create a new piece. This is a fun class where you can create cherished ornaments for years to come. All materials are included.

Course #: FHO-CEFHO.1-F23
$80.00
10/30/2023 and 11/6/2023 Mondays
6:30 PM - 8:30 PM 2 classes
Dan Hohl
Schroeder High School, Room E6

Course #: FHO-CEFHO.2-F23
$80.00
12/4/2023 and 12/11/2023 Mondays
6:30 PM - 8:30 PM 2 classes
Dan Hohl
Schroeder High School, Room E6

Oil Painting: Beginning to Advanced

If you ever wanted to learn to create a painting, or just pick up where you left off, this is your class. You choose a photo to work from, one you really like. Then you will be given one-one-one attention and instruction on what to mix, what brushes to use, and how to use them, step-by-step. Come and paint your masterpiece. Materials required to bring to class: 4 flat brushes(#2, #4, #8,) 4 round brushes(#2, #4, # 8) 2 thin liners (# 0, # 20/0) palette paper, metal palette knife, canvas (11x14 or larger), small jar for turpentine, old rag or clothe for cleaning, a photo to paint from(no copying other artists work.) A large background brush(1/2 in. or 3/4) sea sponge. **A material fee for paint of $3.50 is payable to the instructor on the first night of class.**

Ages: 18 years and older

Course #: OPBA-CECEOPBA.1-F23
$85.00
9/21/2023 - 11/9/2023 Thursdays
6:30 PM - 8:30 PM 8 classes
Darlene Zoricak
Schroeder High School, E8

Looking For More Classes This Fall?

Head To Our Website For More Opportunities That Are Not Listed In Our Guide

5 Hour Pre Licensing Course

To obtain a NYS Operators License you must complete the mandatory 5-hour course. Topics include: drug and alcohol abuse, defensive driving techniques, and appropriate driving protocol. Persons who qualify for this class are first-time applicants, and those who have allowed their license to lapse and need to reapply. This course does not fulfill the requirements to reduce insurance rates. Attendance for five hours is required to obtain a certificate of completion or MV278.This 5-hour class is being offered online via Zoom by Suburban Driving. Please provide a valid email address that your student has access to. The Zoom ID # and password will be sent by a Webster Community Education staff member a couple of days prior to the start of class. Certificates will be mailed within two weeks to all students who complete the certification course.

Course #: 5-Hour-CE5-Hour.37-F23
$45.00
Suburban Driving
Sunday
9/17/2023, 1 class
10:00 AM - 3:00 PM
Remote Class

DRIVERS EDUCATION

Fall 2023 registration for Driver Education will take place the last week in August.

Monroe #1 BOCES offers Driver and Traffic Safety Education (DTSE) programs in the Webster Central School District. Currently enrolled high school students that have or will have their driving permit upon registering for a program are eligible. The Drivers Education program provides classroom theory and in-car driving experience, with an emphasis on safety and defensive driving. Students successfully completing the program receive the following:

- Prelicensing Certificate (MV-278)
- Student Certificate of Completion and Insurance Eligibility for Insurance Reduction Certificate (MV-285

Please visit https://www.websterschools.org/districtpage.cfm?pageid=912 for registration dates, forms and additional contact information. Webster offers driver education four times per year with registration taking place February, May, August and December. The cost is approximately $620. Updates are also posted on WCSD social media, in the high school principal's newsletters as well as facebook @Webster Community Education.

Please contact the community education office at 670-5039 or the Webster Aquatic Center at 670-1087 for additional information.

Please Go To Our Registration Database Xenegrade To Find More Dates And Times For Additional 5 Hour Classes October – December.

Medicare Made Clear

Medicare can be, and often is, confusing. If you are approaching age 65, or already there your mailbox may already be stuffed full of letters and advertisements from Medicare and everyone else who wants you to buy their plan. So what do you do? Should you purchase a HMO or a PPO plan maybe an HMO/POS? What about a Medicare Supplement/Medigap plan? Maybe you are wondering what the donut hole is and why you should try to stay out of it. Or maybe you want to work past age 65, and wonder how will that affect you and the insurance at your job? Maybe your questions are more basic, like When do I sign up? or Where do I sign up? Don t worry! This is a real-world, interactive class with real-life illustrations. In this two-hour class you will learn about the various types of plans, processes and penalties associated with Medicare for this yearIf you are 64 or older, this class will help you make better decisions for your healthcare when it is time for you to choose a Medicare plan for yourself.

Course #: MMC-CEMMC.1-F23
$10.00
9/21/2023 Thursday
6:00 PM - 8:00 PM 1 class
Doug Warner
Schroeder High School, W3

Savvy Social Security Planning

After being told for years that Social Security is going broke baby boomers are realizing that it will soon be their turn to collect. But the decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. This informative seminar covers the basics of Social Security and reveals strategies for maximizing your benefits. What will be covered in this class:

- Five factors to consider when deciding when to apply for benefits
- When it makes sense to delay benefits and when it does not
- Why you should always check your earnings record for accuracy
- How to estimate your benefits
- How to coordinate benefits with your spouse
- How to minimize taxes on Social Security benefits
- How to coordinate Social Security with your other sources of retirement income.

Course #: SSP-CESSP.1-F23
$10.00
11/13/2023 Monday
6:00 PM - 8:00 PM 1 class
Phil Franco
Schroeder High School, E5

Course #: SSP-CESSP.2-F23
$10.00
10/19/2023 Thursday
6:00 PM - 8:00 PM 1 class
Phil Franco
Schroeder High School, E5

Savvy Tax Planning

In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of income to pay for your living expenses. Learn how to apply the tax code in an organized and efficient way!

Course #: STP-CESTP.1-F23
$10.00
10/5/2023 Thursday
5:00 PM - 6:30 PM 1 class
Tomas Aponte
Schroeder High School, W13

Course #: STP-CESTP.2-F23
$10.00
12/7/2023 Thursday
5:00 PM - 6:30 PM 1 class
Tomas Aponte
Schroeder High School, W13

Seniors Against Scams – FREE CLASS

This class will educate and empower seniors to recognize when they are being targeted and assist them to protect themselves against financial fraud. Discover the 10 most popular scams targeting seniors today. Learn tips to best protect yourself and what you should do next if you have been scammed.

Course #: SAS-CESAS.1-F23
FREE
10/2/2023 Monday
6:00 PM - 7:00 PM 1 class
Deanna Gutta
Schroeder High School, Room E5

Course #: SAS-CESAS.2-F23
FREE
12/4/2023 Monday
6:00 PM - 7:00 PM 1 class
Deanna Gutta
Schroeder High School, Room E5

Reiki Level 1 Certification

Reiki - Level 1 Certification Reiki (Ray-key) healing energy works across the physical, emotional, mental spirit body. First degree Reiki will provide the tools to provide treatment to oneself, treatment of others and pets through a hands-on approach. You will learn the history of Reiki, practice Reiki for self-treatment and treatment on others while Reiki energy is channeled through your hands. You will also be able to scan the body for energy. Price of class includes $15 materials fee.

Course #: RL1C-CERL1C.1-F23
$160.00
11/18/2023 Saturday
9:00 AM - 3:00 PM 1 class
Donalee Hills-Farrell
Schroeder High School, Room W-16

Course#: RL1C-CERL1C.2-F23
$160.00
12/9/2023 Saturday
9:00 AM - 3:00 PM 1 class
Donalee Hills-Farrell
Schroeder High School, Room W16

Yoga Slow Flow

This offering is open to both the beginner and the experienced practitioner. It is designed as an introduction to Vinyasa (flow) yoga, but it is also an excellent opportunity to slow down and deepen an existing practice. These classes are mildly vigorous and intended to help strengthen, stretch, and shape the body while simultaneously connecting breath to movement in an effort to increase awareness, reduce stress, and restore balance. Students are taught various poses and modifications to help ease into each pose. Before closing the practice, we will take Savasana, a restorative pose which will allow the mind and body to rest and rejuvenate. Students are required to bring a yoga mat and one yoga block. Additional block, strap, hand towel, and/or a bolster are optional.

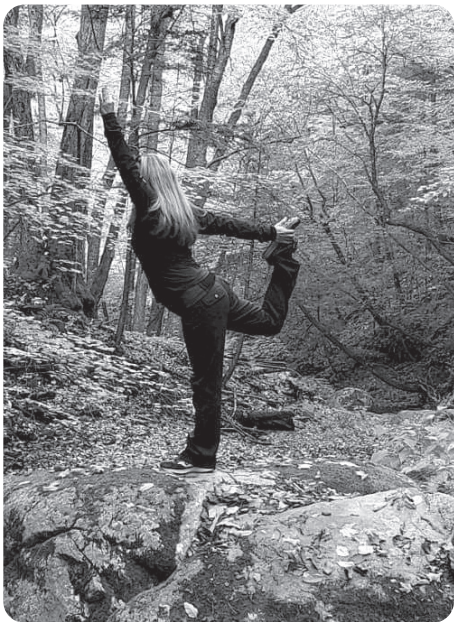
Course #: YSF-CEYSF.1-F23
$50.00
9/21/2023 - 10/19/2023 Thursdays
6:15 PM - 7:15 PM 5 classes
Sunni Ingalls
Dewitt Elementary School, Room 106

Course #: YSF-CEYSF.2-F23
$60.00
11/2/2023 - 12/14/2023 Thursdays
No class on 11/23
6:15 PM - 7:15 PM 6 classes
Sunni Ingalls
Dewitt Elementary School, Room 106

Tune into Yoga

This gentle flow yoga class will feature a different genre of music for each class! We will move, stretch, and improve balance using breath to link yoga postures together. Take the time to unwind and reconnect. This gentle flow is for all levels and modifications will be offered. We will close each practice with Savasana, a complete resting pose that allows you to “melt” into your mat and leave feeling rejuvenated ! Please wear comfortable clothes that you can bend and stretch in A Yoga mat and one yoga block is required. Additional props of your choice are optional.

Course #: TIY-CETIY.1-F23
$70.00
10/2/2023 - 11/13/2023 Mondays
No class on 10/9
6:15 PM - 7:20 PM 6 classes
Janice Petrie
Dewitt Elementary School, 106



Looking For More Classes This Fall?

Head To Our Website For More Opportunities That Are Not Listed In Our Guide

Becoming a Notary Public

Whether you are looking to become a new Notary Public or need a refresher on Notary Law and the duties/responsibilities afforded to you, this is a comprehensive class on the Notary Public License Law. This class will provide all the information necessary to pass the Notary Exam, ways to shield yourself from liability in the execution of your duties, as well as appointment, testing and renewal policies and procedures.This class is being taught virtual via Zoom. The instructor will send you the Zoom link a few days prior to the start of class. Make sure you provide a valid email address. Electronic Notary procedures are not covered in this class.

Course #: BNP-CEBNP.1-F23
$48.00
12/4/2023 and 12/11/2023 — Mondays
5:30 PM - 8:30 PM — 2 classes
Kristen Cavallaro
Remote Class

Course #: BNP-CEBNP.2-F23
$48.00
10/21/2023 — Saturday
9:00 AM - 3:00 PM — 1 class
Remote Class
Kristen Cavallaro

Festive Holiday Appetizers

One of my favorite and easiest ways to entertain, is by making a table full of delectable hors dourves both savory and sweet. Tonight, let's do just that. Armed with recipes of some of the most delicious options, together we will create and enjoy.
Ages: 18 years and idea

Course #: FHA-CEFHA.1-F23
$30.00
12/7/2023 — Thursday
6:30 PM - 8:00 PM — 1 class
Liz Bauld
Schroeder High School, E10

Interested in learning more about youth sports in Webster?

Webster Youth Sports Council meets the forth Tuesday of every month (except June-August and December) at the Webster Recreation Center at 7 pm. The website is a one stop information resource for all youth sports organizations. See the last page of this program guide for contact and registration information.

COMING SOON

Webster Youth Sports Council presents Healthy Athletes Forum

Featuring, *Craig Cypher, PhD, Sports Psychologist*

Katherine Rizzone, *MD, MPH, orthopedic surgeon*

Register at

https://registration.xenegrade.com/webstercsd/

Babysitting Training

This class is taught through classroom discussion, instructor lead lecture, and supplemented by an interactive video presentation. This 5- hour class teaches participants the roles and responsibilities of being a babysitter including skills in accident prevention, first aid, and abdominal thrusts for choking victims.Each student will receive a certification card upon completion of this class. **Students are asked to bring a self-addressed stamped envelope to class along with a peanut-free bagged lunch and drink. Class is intended for both boys and girls ages 11 - 15.**

Course #: BSTF-CEBSTF.1-F23
$55.00
10/28/2023 Saturday
10:30 AM - 3:30 PM 1 class
Epic Training Staff
Schroeder High School, Room E3

Home Alone Safety

This 90-minute class is designed to teach children ages 8-12,who are home alone the importance of behaving responsibly. Topics include, but are not limited to the following: basic first aid, what to do when a stranger comes to the door,answering the telephone and internet safety. Participants will also learn how to react during a variety of miscellaneous emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make this transition much easier for you and your child. Ages 8 - 12

Course #: HAS-CEHAS.1-F23
$35.00
10/28/2023 Saturday
9:00 AM - 10:30 AM 1 class
Epic Training Staff
Schroeder High School, Room E3

Register at

https://registration.xenegrade.com/webstercsd/

Little Chef "How to Catch" Cooking Series

For kids ages 4-7, join Miss Liz on these Saturday mornings as we read and make treats from a few of these fun books, written by Adam Wallace. September will be How to Catch a Mermaid. October, How to Catch a Monster November, How to Catch a Dinosaur! Come join these fun and tasty classes. **Please indicate any food allergies or diet restrictions when registering.** Ages 4 - 7

Course# : LCCS-CELCCS.1-F23
$20.00
9/23/2023 — Saturday
9:30 AM - 10:30 AM — 1 class
Liz Bauld
Schroeder High School

Course#: LCCS-CELCCS.2-F23
$20.00
9:30 AM - 10:30 AM — Saturday
10/14/2023 — 1 class
Liz Bauld,
Schroeder High School, Room E3

Course #: LCCS-CELCCS.3-F23
$20.00
11/11/2023 — Saturday
9:30 AM - 10:30 AM — 1 class
Liz Bauld
Schroeder High School, Schroeder High School

Junior Chef Cooking Challenges

Join Miss Liz as we cook some yummy treats with a different theme each month. Come hungry and ready to be creative. Bring a container to bring home leftovers. September will be Cupcake Wars. October will be Creepy Creations. And December will be the School of Chocolate. Class intended for Children ages 8-13. **Please indicate any food allergies or diet restrictions when registering.** Ages 8 - 13

Course #: JCCC-CEJCCC.1-F23
$23.00
9/23/2023 — Saturday
11:00 AM - 12:30 PM — 1 class
Liz Bauld
Schroeder High School

Course #: JCCC-CEJCCC.2-F23
$23.00
10/14/2023 — Saturdays
11:00 AM - 12:30 PM — 1 class
Liz Bauld
Schroeder High School

Course #:JCCC-CEJCCC.3-F23
$23.00
11/11/2023 — Saturday
11:00 AM - 12:30 PM — 1 class
Liz Bauld
Schroeder High School

Looking For More Classes This Fall?

Head To Our Website For More Opportunities That Are Not Listed In Our Guide

Spanish for the Elementary Years

(In person class)
Get a head start on the language by joining us for an educationally oriented curriculum that is specifically designed for the K-5 student to learn the Spanish language. This unique and exciting program features foundation vocabulary Introduced through games, singing and fun activities. Students are able to compound words and begin forming simple sentences. Early introduction increases the student's ability to absorb rather than translate the language. If you have taken a Spanish Club class previously, new vocabulary is introduced with each session. Class is open to new and returning students! When registering, use the number 0 for Kindergarten.

Course #: SFTE-CESFTE.2-F23
$85.00
10/16/2023 - 11/27/2023 Mondays
No class on 11/20
4:00 PM - 4:40 PM 6 classes
Schroeder High School, E25 UPK Room

Remote SAT English Prep

This class teaches you how to identify and correctly answer the different types of questions on the English portion of the SAT such as main idea, purpose, inference, punctuation, and transitions. Your confidence and score will improve! This class fee includes a workbook and handouts. The workbook with be available for pickup at the Schroeder main office a few days prior to the start of this virtual class. An email reminder will go out with information when the workbook is available for pickup. The workbook is included in the fee for this class. Please have pencil, pen and highlighter ready for use for this class.

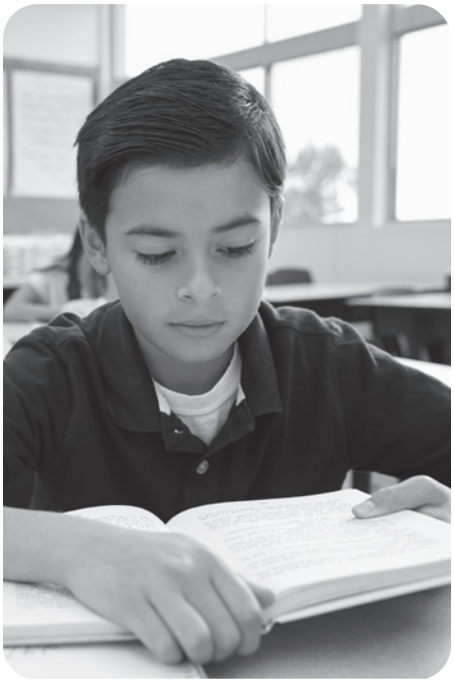
The Zoom ID # and Password will be sent to all registered students a couple days prior to the start of class by Mrs. Jensen.

Course #: SATEP-CESATEP.1-F23
$138.00
9/28/2023 - 11/2/2023 Thursdays
No class on 10/19
6:00 PM - 7:30 PM 5 classes
Lyn Jensen
Remote Class

SAT Math Prep

This course includes practice in the SAT test, as well as for successful test taking strategies for the different types of questions asked on the Math portion of the exam. It's designed to highlight the various mathematical concepts of which students are responsible to maximize their potential scores on these tests.Materials will be provided. Please bring writing utensils.

Course #: SATMPS-CESATMPS.1-F23
$148.00
9/25/2023 - 10/23/2023 Mondays
No class on 10/9
3:45 PM - 5:15 PM 4 classes
Monica Giacoman
Schroeder High School, Room E7



REMINDER

Please register early to ensure your spot in class. Decisions to run classes or not based on attendance happens one week prior to the class start date.

Looking For More Classes This Fall?

Head To Our Website For More Opportunities That Are Not Listed In Our Guide

Need a Ride?

Getting Webster retirees or disabled residents to their medical Appointments is our specialty!

BECOME A VOLUNTEER DRIVER!

As a non-profit organization we are staffed entirely by volunteers, and we are always looking for volunteers to join our team. Rides generally occur between 9:00 a.m. and 2:30 p.m., Monday through Friday and take on average 1 – 2.5 hours per appointment. You can drive the WSPS car or use your own vehicle.

The schedule for you to drive is flexible. Call us today, **585-216-7829**, or visit our website at **websterwasps.com** to join our team of amazing volunteers.

The Webster Association of Senior Program Supporters (WSPS) has been giving rides to Webster seniors since 2010.

Retirees and disabled residents living in the Webster School District in need of a ride can call us. We drive seniors to various medical appointments including medical, dental, dialysis, chemotherapy, physical therapy, pharmacy visits, and health related shopping.

NEW! We now offer rides for banking, hairdresser, and tax prep appointments within Webster.

A round trip ride to an appointment is available for $5.00 within the Webster School District and $10.00 for a round trip outside the Webster School District but within Monroe County. Wheelchair service is available for $30.00 round trip.

Call 585-216-7829

For more information, check out our website at www.websterwasps.com or email us at websterwasp@gmail.com

Come support our two fundraising events in Webster:
Indoor Arts/Crafts Sale on 11/12/22 from 1-3pm at 1350 Chiyoda Dr. and
Spaghetti Dinner on 1/6/23 from 5-7pm at 30 Orchard St.

Do you have an idea for a youth or adult enrichment class?

Webster Community Education would like to hear from you!

Please email Stephanie at stephanie_alaimo@webstercsd.org or Jane at jane_laskey@webstercsd.org

WEBSTER YOUTH SPORTS CONTACT AND REGISTRATION INFORMATION

https://websteryouthsports.com/

ORGANIZATION SPORT	WEBSITE	CONTACT	REGISTRATION INFORMATION
Lakefront Soccer Club Premier, Travel & Recreational School Break & Summer Camps	www.lakefrontsc.com	Office@lakefrontsc.com **585-671-7730**	**Recreational - Year round** **Premier & Travel - Tryouts in July** **Training Programs Offered**
FC Dynamo ROC Soccer Premier, Travel & Recreational School Break & Summer Camps	www.fcdynamoroc.com	admin@fcdynamoroc.com	**Year Round**
WAA Baseball House & Travel	www.WAABaseball.org	**Jeremy Andrzejewski** president@waabaseball.org	**Begins November 1** **Spring, Summer, Fall leagues available**
Webster Rattlers Softball	www.rochesterrattlerssoftball.com	**Paul Hicks** rochesterrattlerssoftball@gmail.com	**Tryouts - July - August** **Practice - January - Oct** **Games - January - Oct**
Webster Travel Baseball	www.webstertravelbaseball.org	**Aaron Dicicco** aaron.dicicco@carestream.com **Tom Tehan** ttehan@deloitte.com	**Tryouts - July - August** **Practice - January - April** **Games - April - July**
Webster Thomas Lacrosse Boys K-6th	www.thomaslacrosse.org	**Jared Muisus** jrTitanLAX@gmail.com	**Grades K-6; Multiple seasons** **Winter (Oct Registration)** **Spring (March Registration)** **Fall (Aug Registration)**
Webster Schroeder Lacrosse Boys K-6th	wwwwebsterlacrosseclub.org	**Autumn Henning** autumnhenning4@gmail.com	
Webster Women's Lacrosse Club Girls K-6th	www.wwlc.org	**Erika Fox** websterlacrosseclub@gmail.com	**Grades K-6; Multiple seasons** **Winter (Oct Registration)** **Spring (March Registration)** **Fall (Aug Registration)**
Webster Junior Warriors **Junior Titans Football & Cheerleading**	www.wjw-wjt.org	web@wjw-wjt.org	**Registration begins in Feb** **Practice begins August 1** **Season runs thru late Oct**
Webster Youth Hockey Assoc.	www.wyha.com	**Dr. Joe Manza** drjoedc75@gmail.com	**Registration early February** **Season runs August - March** **Travel/House evaluations in March/April**
Webster Basketball Association **Recreational House** **Grades 1st - 8th**	www.websterny.gov/104/Parks-Recreation	**Julie Schillaci** jschillaci@websterny.gov	**Registration Sept - Nov** **Program Nov - March** **Sunday afternoons**
Webster Northcoast Basketball **Travel Boys 3rd-8th Grade** **Webster Northcoast Basketball** **Travel Girls 3rd-8th Grade**	www.websterny.gov/104/Parks-Recreation	**Traci Ruffell** truffell@websterny.gov	**Registration begins August** **Tryouts - September**

Dangers of Vaping

Nicotine is a highly addictive stimulant, particularly in teens, and teen users are at increased risk of smoking cigarettes and using other addictive substances. When a person stops vaping, they can experience **withdrawal** including strong cravings, irritability, fatigue, headache, sleeplessness, and difficulty concentrating.

The toxicity levels of the endless chemical combinations in vapes is unknown, especially once these chemicals are combined, heated, and inhaled. Even nicotine-free vapes have proven toxic.

Many popular vaping devices can accept (or be modified to accept) **vape juice containing THC at much higher concentrations** than marijuana products of the past.

when
A Drug Free Community Coalition

The CDC has identified EVALI as a serious, **acute lung disease** associated with vaping which has killed young people.

Multiple studies show a correlation between vaping and increased likelihood of contracting COVID-19 and its most serious complications.

Vaping 101

Typical vape ingredients include nicotine, flavorings, and other chemicals, many of which are toxic. Some vapes contain (or are modified to contain) marijuana or THC, the psychoactive drug in marijuana. A Google image search on "vapes" will illustrate many types of devices. **Small, flavored, disposable vapes like Hyde and Puff Bar** are popular with young users. These can be obtained from online retailers or dealers on apps like Snapchat. Payment services like Venmo are often used to facilitate transactions.

PREVENTION STARTS NOW

Prevention is much easier than cessation, so start talking to kids about the dangers of vaping long before they are exposed. Tell kids why you expect them to refuse vaping, **stick to facts**, avoid scare tactics, and help them prepare an escape plan and **practice refusal skills**.

SUPPORT

Acknowledge the **social implications** and help kids navigate them, supporting friendships with kids who don't use drugs. Your child needs you to **be their parent**, not their friend. Encourage them to talk, and listen attentively without alarm.

MONITOR

Limit physical access to acquiring vape products by overseeing money/bank accounts and limiting access to apps you can't monitor, like Snapchat. Keep track of all purchases made online. Be on the lookout for devices, parts, scents, and symptoms.

SEEK ADVICE

Ask your pediatrician for help. **Don't let embarassment get in the way** of help for you or your kids.

1 in 5 High School Students Vape

In 2020, approximately 1 in 5 high school students and 1 in 20 middle school students reported using e-cigarettes.

Underage Vapers More Likely to Start Smoking

Studies show that adolescent e-cigarette users are nearly **4 times more likely** to subsequently use tobacco products.

Vaping is new and constantly evolving. Make it your business to stay informed. WHEN's monthly newsletter makes it easy. **Use the QR code to subscribe**. More info at: **WHENdfcc.org/vaping-for-parents**

SUBSCRIBE

Adapted from *Vaping Guide for Families* by Partnership to End Addiction, see original at: bit.ly/PTEAvaping

WCSD Community Programs & Webster Aquatic Center

875 Ridge Road,
Webster, NY 14580

Register online at
https://registration.xenegrade.com/webstercsd/

Staff Directory:

Aquatic Center
670-1087

Community Education
670-5039

Stephanie Alaimo, Continuing Education Asst.
670-5039
Stephanie_Alaimo@webstercsd.org

Cindy Burke, Finance Secretary
670-1085
Cindy_Burke@webstercsd.org

Jane Laskey, *Director of Community Programs and Facility Scheduler*
670-8066
Jane_Laskey@webstercsd.org

Ben Whipple, *Aquatics Director*
670-1087
Benjamin_Whipple@webstercsd.org

Brian Wilcox, *Aquatics Director*
670-1087
Brian_Wilcox@webstercsd.org

Head Lifeguards
Jodi Byerts
Atanas Chamov
Scott Fake
Mike Kennedy
Scott Josephson

Joe Dickson, Dave Gucker
Custodians
670-1084

Keriann Esley
Secretary
670-1087

Edward "Woody" Connell
Front Desk Staff

One Webster
Students First. District Proud.

SAVE THE DATE!

April 8, 2024!

Schroeder is partnering with RMSC and Webster Public Libray to host Eclipse events.

https://www.websterlibrary.org/
or
https://rochestereclipse2024.org/
for more details

ROC 2024

To reserve WCSD facilities including fields, turfs, gyms, auditoriums, classrooms, etc., please visit our new scheduling system as of 11/1/22 https://ny166.mlschedules.com/Login.aspx to set up an account and request space. Please note that you must have an up to date certificate of insurance to set up an account for your group. Please contact Jane Laskey at Jane_Laskey@webstercsd.org or 585-670-8066.

To request use of the Thomas pool or the Webster Aquatic Center, please also use this link https://ny166.mlschedules.com/Login.aspx For questions regarding pool rentals, contact Ben Whipple or Brian Wilcox at 670-1087.