SPRING 2023

WEST IRONDEQUOIT COMMUNITY EDUCATION

Classes offered April-August

REGISTRATION BEGINS MARCH 27

Katie Tytler
Community Education Director

585-336-3014
www.westirondequoit.org

Excellence in Education for ALL Ages

Community Education

SUMMER 2023

A NOTE FROM: COMMUNITY EDUCATION DIRECTOR KATIE TYTLER

Welcome Spring and Summer!

As we embrace the season change we begin our hibernation wakeup. We anticipate longer days, lighter evenings and the warmth of the sun. These new seasons encourage us to step outside and explore!

As you browse through our Spring/Summer 2023 brochure, we hope that you or a member of your family takes advantage of participating in a class. We have something for everyone. Challenge yourself to try something new and join us in a program!

Should you have any questions or concerns, please do not hesitate to call our office @ 585-336-3014. We welcome new program ideas; please contact our office with your ideas.

Stay healthy, be active, & create your own happiness this Spring and Summer.

PHOTOGRAPHY CONTEST

We need your help! Do you have a photographer in the making residing in your home? Submit entries for the back page of the Community Education Fall Brochure. Using your talents show us what Fall in West Irondequoit means to you. If chosen your photograph and name will be featured on the back cover of the Fall 2023 Community Education Brochure.

Ages: 6 & Up
Dates: Due by June 1
Fee: FREE

Scan/Email entries to:
katie_tytler@westiron.monroe.edu
Subject Line: Fall Brochure Photography Contest

Questions, please call our office @ 585-336-3014

SPRING/SUMMER 2023 INFORMATION

Eligibility

All persons 18 years of age or older may register unless listed otherwise. Non-residents are welcome.

Registrations Due

Prior to the start of your class. Decisions whether a class or program will be held are made approximately three days prior to the start date.

Register Online

westirondequoit.org/parents_community/community_education

If you have participated in any Community Education activity or class and would like to register on-line, log in using your user name and password (if you have forgotten your user name call Community Education)
If you are a **NEW** Community Education participant, you can click the "Create Account" link on the registration page.

Register by Mail

West Irondequoit CSD
Community Education
260 Cooper Road
Rochester, NY 14617

Register by Phone

(585) 336 - 3014

Register by Fax

(585) 336 - 3154

Register in Person

Drop off your completed registration & payment
Monday - Friday, 8 am - 4 pm
District Office
321 List Ave.
Rochester, NY 14617

WEST IRONDEQUOIT CSD COMMUNITY EDUCATION DISCLAIMER

The West Irondequoit CSD Community Education program contracts with instructors to present information in various areas of expertise. Instructors are not permitted to use their courses to solicit business for personal or corporate benefit. Any contact with an instructor outside the classroom is not the responsibility of the West Irondequoit CSD. Community Education students are hereby advised that the West Irondequoit CSD does not assume responsibility for loss or damages incurred from the information and/or advice provided by an instructor, whether in or out of class.

The West Irondequoit CSD does not discriminate on the basis of race, color, national origin, sex, disability, or age in its program or activities. The following person handles inquiries regarding the non-discrimination policies:

Michelle Cramer
Assistant Superintendent for Human Resources

(585) 336 - 2995
321 List Ave.
Rochester, NY 14617

COMMUNITY EDUCATION

westirondequoit.org/parents_community/community_education

REGISTER ONLINE

registration.xenegrade.com/wisd

Registration Information Pages 34-35

COMMUNITY EDUCATION
SPRING/SUMMER 2023 CLASSES

Aquatics 5-9
- Adult Lap Swim/Water Walking
- Lifeguard Certification
- Adult Group Swim Lessons
- Swim Lessons
- Pre-School Swim Lessons
- Parent/Child Swim Lessons
- Private Swim Lessons

Arts & Crafts 10-11
- Bird Carving - Drake Wood Duck
- Creating Collages, An Artistic Puzzle
- Jewelry Making I
- Jewelry Making II
- Pastel Painting
- Water Color Beginner To Advanced

Automobile / Driving 12
- Permit Testing
- 5-Hr. Course

Business & Financial Matters 13-15
- Child Gifting
- Investment Solutions For Your Retirement
- Medicare Made Clear
- Pretection For The Unexpected
- QuickBooks Desktop
- QuickBooks On-line
- Savy Social Security
- Tax Diversify Retirement Income

College Education 15
- College Ready - Parents Edition

Pre-School 16
- Outdoor Preschool Play & Learn
- Hikes For Tykes

Family & Youth 17-18
- Babysitter's Training
- Home Alone
- First Aid For Kids
- Digital Photography For Kids
- Rock Climbing

Sport Camps 19-23
- Baseball
- Softball
- Basketball
- Field Hockey
- Lacrosse
- Soccer
- Volleyball

Fitness Health & Wellness 24-28
- Active VinYasa Yoga
- Belly Dance
- Cardio & Strength Morning/Afterwork
- Learn To Run
- Pilates
- Tone, Firm, Stretch
- Water Fitness Workout
- Pickleball

K-6 Extension 29

Music 30
- Instant Piano For Hopelessly Busy People
- Instant Guitar For Hopelessly Busy People
- Singing Lessons For Everyone - Online

Personal Interest 31
- Become a Notary with Notary Public License Law
- Wine Making Made Simple
- Plan Your Own European Adventure
- Planning Your Disney World Vacation

Safety Education 32
- Blended Adult/Pediatric CPR/AED & First Aid
- Blended Adult/Pediatric CPR/AED & First Aid Coach

Gold Card Information 33

Registration Information 34-35

Community Education

AQUATICS PROGRAMS

ADULT LAP SWIM/WATER WALKING

Enjoy lap swimming or water for individual conditioning in our eight lane pool. You may pay per visit or purchase a discounted pass. The pool pass does NOT expire.

Fee:	**$4 per visit**
	$105 / 30 visit pass
Gold Card Fee:	**$100 / 30 visit pass**
Location:	**IHS Pool**

Please visit our website:
www.westirondequoit.org/athletics/aquatics

Here you can find a complete listing of pool times by month

This includes times for lap swim and family swim

Questions call Community Education at 585-336-3014

SEE PAGE 27 FOR WATER FITNESS CLASS

LIFEGUARD CERTIFICATION

American Red Cross training prepares lifeguards with skills and knowledge necessary to keep patrons of aquatic facilities safe in and around the water. This class includes CPR/AED and First Aid for the Professional Rescuer.This blended course format is comprised of both online and in person hours. Participants must attend all dates and times as scheduled within the session to complete the training. **Participants must be at least 15 years old** to take this course. Cost of the class includes a Lifeguard manual, CPR masks, and Red Cross Certification. No goggles or masks will be allowed to be worn. A swim suit and towel will be needed everyday. There will be a physical pre-test on the first day of class that includes: 300 yard swim using front crawl and breaststroke, treading water for 2 minutes with no hands, 20 yard swim to retrieve a 10 lb brick from at minimum 9 ft deep water, swim another 20 yards back to wall and climb out in a time of 1:40 or under. Exit pool from the water to the deck without ladder or assistance. If it is determined that a student does not have the necessary water skills to successfully complete the Lifeguard Training Course, a refund will be given.

Course Code:	**SAF7651S**
Ages:	**15 years & Up**
Days:	**Monday-Saturday**
Dates:	**April 3-8**
Time:	**10:00 am - 3:00 pm**
Fee:	**$200 (6 classes)**
Location:	**IHS Pool**
Instructor:	**Aqua, Staff**

ADULT GROUP SWIM LESSONS

Designed for adults who want to be comfortable in the water. Learn the basic skills, stroke improvement and safety. **Registration begins April 11.**

Course Code:	**FIT6251S**
Ages:	**18 years & Up**
Days:	**Saturday**
Dates:	**April 22-June 10**
Time:	**1:00-1:30 pm**
Fee:	**$85 (8 classes)**
Location:	**IHS, Pool**
Instructor:	**Aqua, Staff**

COMMUNITY EDUCATION

westirondequoit.org/parents_community/community_education

REGISTER ONLINE

registration.xenegrade.com/wisd

Community Education

Registration Information Pages 34-35

SPRING SWIM LESSONS

The levels are listed below. Each level is described as accurately as possible but some adjustments may be necessary in order to place your child in the proper level. Any physical limitations should be noted on the child's registration form. When choosing the level of instruction for your child underestimate your child's abilities. Instructors will verify the ability of each child during the first class. Pre-registration is required. You are encouraged to stay in the pool area the first and the last class to observe. For the remainder of the lessons, parents/guardians and siblings will not be permitted in the pool area.

Ages: **6 & Up**
Days: **Saturday**
Dates: **April 22-June 10**
Fee: **$85 (8 classes)**
Location: **IHS Pool**
Instructor: **Aqua Staff**

SWIM LESSONS - LEVEL 1

In Level 1 Introduction to Water Skills, your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including, entering the water independently using ladder, steps or side, traveling at least 5 yards, bobbing 3 times then safely exiting the water,gliding on front supported at least 2 body lengths, rolling to a back float for 3 seconds with support, recovering to a vertical position with support.

Course Code: **FIT6101S**
Time: **10:10-10:45 am**

Course Cose: **FIT6101S2**
Time: **11:30 am-12:05 pm**

SWIM LESSONS - LEVEL 2

Level 2 Fundamental Aquatic Skills builds on skills learned in Level 1. Some of the milestones that are necessary for successful completion of Level 2 include: stepping from the side into chest deep water, moving into a front float for 5 seconds,rolling to back, floating for 5 seconds then recovering to a vertical position, moving into a back float for 5 seconds, rolling to front then recovering to a vertical position, pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

Course Code: **FIT6102S**
Time: **10:10-10:45 am**

Course Code: **FIT6102S2**
Time: **10:50-11:25 am**

SPRING SWIM LESSON REGISTRATION BEGINS TUESDAY APRIL 11

SWIM LESSONS - LEVEL 3

In Learn to Swim Level 3, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Some of the milestones in Level 3 Stroke Development include: jumping into deep water from the side, swimming the front crawl for 15 yards, maintaining position by treading or floating for 30 seconds, swimming the elementary backstroke for 15 yards.

Course Code: **FIT6103S**
Time: **9:30-10:05 am**

Course Code: **FIT6103S2**
Time: **11:30 am-12:05 pm**

SWIM LESSONS - LEVEL 4

In Learn to Swim Level 4, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Some of the milestones in Level 4 stroke improvements include: swimming the front crawl for 25 yards, swimming the elementary backstroke for 25 yards, swimming the breaststroke for 15 yards, swimming the back crawl for 15 yards, open turns on the front and back.

Course Code: **FIT6104S**
Time: **12:10-12:45 pm**

SWIM LESSONS - LEVEL 5

In Learn to Swim Level 5, our instructors follow a plan to introduce new swimming and water safety skills and to build on ones previously learned. The expectations are higher for participants now in regards to distance and quality. Some of the milestones in Level 5 Stroke Refinement include: performing a shallow angle dive into deep water, swimming the front crawl for 50 yards, swimming the elementary backstroke for 50 yards, swimming the breaststroke for 25 yards, swimming the back crawl for 25 yards.

Course Code: **FIT6105S**
Time: **12:10-12:45 pm**

SPRING SWIM LESSONS

PRESCHOOL SWIM LESSONS

Class is designed to orient preschool-age children to the aquatic environment and to help them acquire basic aquatic skills.

Ages: 4-5 years
Days: Saturday
Dates: April 22-June 10
Fee: $85 (8 classes)
Location: IHS Pool
Instructor: Aqua, Staff

Course Code: FIT6100S
Time: 9:30-10:05 am

Course Code: FIT6100S2
Time: 10:10-10:45 am

Course Code: FIT6100S3
Time: 10:50-11:25 am

PARENT & CHILD SWIM LESSONS

Class is designed to familiarize young children to the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own. It is a great way to spend time with your child. An adult must be in the water with the child. Children in diapers must wear appropriate swim pants.

Course Code: FIT6099S
Ages: 6 months to 4 years
Days: Saturday
Dates: April 22-June 10
Time: 12:10-12:40 pm
Fee: $85 (8 classes)
Location: IHS Pool
Instructor: Aqua, Staff

SPRING SWIM LESSON REGISTRATION BEGINS TUESDAY APRIL 11

PRIVATE SWIM LESSONS

Feel comfortable working one on one with a member of our aquatic staff to learn to swim.

Ages: 3 years & Up
Days: Saturdays
Dates: April 29-May 27
Fee: $105 (5 classes)
Location: IHS, Pool
Instructor: Aqua Staff

Course Code: FIT6107S
Time: 1:00-1:30 pm

Course Code: FIT6107S2
Time: 1:30-2:00 pm

COMMUNITY EDUCATION
westirondequoit.org/parents_community/community_education

REGISTER ONLINE
registration.xenegrade.com/wisd

Registration Information Pages 34-35

SUMMER SWIM LESSONS

Swim lesson descriptions are listed on previous pages 6,7, under Spring Swim Lessons.

Ages: 6 & Up
Days: Monday-Thursday
Fee: $85 (8 classes)
Location: IHS Pool
Instructor: Aqua Staff

SWIM LESSONS - LEVEL 1

Course Code: FIT6101SA
Dates: July 10-July 20
Time: 9:40-10:15 am

Course Code: FIT6101SA2
Dates: July 10-July 20
Time: 10:20-10:55 am

Course Code: FIT6101SB
Dates: July 31-August 10
Time: 9:40-10:15am

Course Code: FIT6101SB2
Dates: July 31-August 10
Time: 10:20-10:55 am

SWIM LESSONS - LEVEL 2

Course Code: FIT6102SA
Dates: July 10-July 20
Time: 9:00-9:35 am

Course Code: FIT6102SA2
Dates: July 10-July 20
Time: 9:40-10:15 am

Course Code: FIT6102SB
Dates: July 31-August 10
Time: 9:00-9:35 am

Course Code: FIT6102SB2
Dates: July 31-August 10
Time: 9:40-10:15 am

Community Education

SUMMER SWIM LESSON REGISTRATION BEGINS TUESDAY MAY 9

SWIM LESSONS - LEVEL 3

Course Code: FIT6103SA
Dates: July 10-July 20
Time: 9:00-9:35 am

Course Code: FIT6103SA2
Dates: July 10-July 20
Time: 10:20-10:55 am

Course Code: FIT6103SB
Dates: July 31-August 10
Time: 9:00-9:35 am

Course Code: FIT6103SB2
Dates: July 31-August 10
Time: 10:20-10:55 am

SWIM LESSONS - LEVEL 4

Course Code: FIT6104SA
Dates: July 10-July 20
Time: 11:00-11:35 am

Course Code: FIT6104SB
Dates: July 31-August 10
Time: 11:00-11:35 am

SWIM LESSONS - LEVEL 5

Course Code: FIT6104SA
Dates: July 10-July 20
Time: 11:00-11:35 am

Course Code: FIT6104SB
Dates: July 31-August 10
Time: 11:00-11:35 am

SUMMER SWIM LESSONS

SUMMER SWIM LESSON REGISTRATION BEGINS TUESDAY MAY 9

PRESCHOOL SWIM LESSONS

Class is designed to orient preschool-age children to the aquatic environment and to help them acquire basic aquatic skills.

Ages: 4-5 years
Fee: $85 (8 classes)
Location: IHS Pool
Instructor: Aqua Staff

Course Code: FIT6100SA
Dates: July 10-July 20
Time: 9:00-9:35 am

Course Code: FIT6100SA2
Dates: July 10-July 20
Time: 9:40-10:15 am

Course Code: FIT6100SB
Dates: July 31-August 10
Time: 9:00-9:35 am

Course Code: FIT6100SB2
Dates: July 31-August 10
Time: 9:40-10:15 am

PARENT & CHILD SWIM LESSONS

Class is designed to familiarize young children to the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own. It is a great way to spend time with your child. An adult must be in the water with the child. Children in diapers must wear appropriate swim pants.

Course Code: FIT6099S2
Ages: 6 months to 4 years
Days: Monday-Friday
Dates: July 24-July 28
Time: 10:00-10:30 am
Fee: $60 (5 classes)
Location: IHS Pool
Instructor: Aqua, Staff

PRIVATE SWIM LESSONS

Feel comfortable working one on one with a member of our aquatic staff to learn to swim.

Ages: 6 & Up
Days: Monday - Friday
Dates: July 24-July 28
Fee: $105 (5 classes)
Location: IHS, Pool
Instructor: Aqua Staff

Course Code: FIT6107S3
Time: 9:00-9:30 am

Course Code: FIT6107S4
Time: 9:30-10:00 am

Registration Information Pages 34-35

ARTS & CRAFTS

BIRD CARVING - DRAKE WOOD DUCK

We will be carving and painting a Drake WoodDuck approximately 3/4 size. This Duck is found in wet sheltered areas like marshes and woods in the Summer months throughout the Northern United States and winters in the South. They are cavity nesters and quite colorful. This class is geared toward the beginner and intermediate carver and we welcome experienced carvers as well. A materials fee of $25, for basswood blanks, glass and paint supplies is included in your registration fee. **Students should supply their own knives and paint brushes.** Some knives, brushes and other supplies are available for purchase from the instructor.

Course Code:	**ART1200S**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**April 11-May 30**
Time:	**7:00-9:00 pm**
Fee:	**$115 (8 classes)**
GC Fee:	**$110 (8 classes)**
Location:	**IHS , Room 1150**
Instructor:	**Robin Salsbury**

CREATING COLLAGES, AN ARTISTIC PUZZLE

This program will inspire you to create your own collage. You'll be working with photographs you have taken on your phone or from your favorite magazine images. Printed out and arranged into an artistic collage.
1st Class: Select the images for your collage
2nd Class: Arrange your puzzle pieces
3rd Class: Completing your collage
Please bring to class: photo prints from phone, magazine/ news-paper clippings, or fabric remnants; or any combination from above, glue stick, scissors, pencil, eraser.

Course Code:	**ART5248S**
Ages:	**Adults**
Days:	**Thursday**
Dates:	**April 13-April 27**
Time:	**6:30-8:30 pm**
Fee:	**$45 (3 classes)**
Location:	**IHS, Room 1214**
Instructor:	**Danica Glamack**

JEWELRY MAKING CLASS I

Have you ever wanted to make your own jewelry? In this class students will learn how to make earrings, necklaces and/or bracelets with glass beads. You will learn two different beading techniques. You will be amazed how easy it is to create and finish your own original pieces of jewelry. All materials included in the fee.

Course Code:	**ART1701S**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**April 12-April 19**
Time:	**7:00-9:00 pm**
Fee:	**$55 (2 classes)**
Location:	**IHS, Room 1150**
Instructor:	**Ellie Shulman**

JEWELRY MAKING CLASS II

Students will learn to work with glass beads and silver chain, wire and cording to design beautiful necklaces, bracelets and/or earrings. Come learn how to progress to the next level of unique jewelry making. All materials included in the fee.
Prerequisite: Jewelry Making Course I.

Course Code:	**ART1711S**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**April 26-May 3**
Time:	**7:00-9:00 pm**
Fee:	**$60 (2 classes)**
Location:	**IHS, Room 1150**
Instructor:	**Ellie Shulman**

ARTS & CRAFTS

PASTEL PAINTING: INTRODUCTION

If you have ever admired the beautiful pastel paintings of Impressionist artists like Edgar Degas or Mary Cassatt, this class is for you! Pastel paintings can look as loose as a drawing or as finished as an oil painting. Through informational discussions, demonstrations and plenty of opportunity for the student to experiment, we will learn about the incredible versatility of pastel. Areas to be covered include brands of pastels, papers, pastel painting techniques, design concepts, tricks of the trade, safety, storage and framing. No prior experience is necessary and all skill levels are welcome. Come and play! All materials will be supplied.

Course Code:	**ART1090S**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**May 3-May 24**
Time:	**6:00-8:30 pm**
Fee:	**$142 (4 classes)**
GC Fee:	**$137 (4 classes)**
Location:	**IHS, Faculty Cafe**
Instructor:	**Colette Savage**

WATERCOLOR BEGINNER TO ADVANCED

This class will consist of 8 weeks of hands-on, step by step instruction in the medium of watercolor. The novice or beginners to this medium will involve 3 classes of learning techniques and color mixing. A specific subject matter will be worked on. Once mastered the student will be given the opportunity to work from a photo of their choosing. Advanced students will bring in a project that they would like to work on with one on one assistance to complete it. Supply list located on our website.

Ages:	**Adults**
Days:	**Monday**
Location:	**IHS , Room 1150**
Instructor:	**Darlene Zoricak**
Course Code:	**ART1102S**
Dates:	**April 10-June 5**
No Program:	**May 29**
Time:	**6:30-8:30 pm**
Fee:	**$90 (8 classes)**
GC Fee:	**$85 (8 clasases)**
Course Code:	**ART1102S2**
Dates:	**June 26-July 31**
Time:	**6:30-8:30 pm**
Fee:	**$70 (6 classes)**
GC Fee:	**$65 (6 clasases)**

COMMUNITY EDUCATION
westirondequoit.org/parents_community/community_education

REGISTER ONLINE
registration.xenegrade.com/wisd

AUTOMOBILE/DRIVING

ONLINE LEARNERS PERMIT TESTING

Is it time to get your learner's permit? The NYS Department of Motor Vehicles (DMV) allows students to take the driver's license knowledge test in their own school via the internet. Participation in this program will drastically reduce time spent at the DMV office by students and their parents. After passimg the exam you will be given all the paperwork needed to take to the DMV office to apply for your permit. To be eligible, you must be at least 15 years of age and a current IHS student. You may register in the counseling office with your school ID. DMV manuals are available at the counseling office.

Dates for testing:

April 13, 14, 27
May 11, 12, 25
June 8, 9

PRELICENSING - NYS 5-HR.

In order to obtain a New York State Operator's License, you must complete this mandatory five-hour course. Topics include: information on drug and alcohol abuse, defensive driving techniques, and appropriate driving behavior. Attendance for five hours is required in order to obtain the Certificate of Completion necessary for your road test.
YOU MUST POSSESS A VALID LEARNING PERMIT AT THE TIME OF REGISTRATION. YOU MUST FORWARD A COPY OF YOUR PERMIT TO COMMUNITY EDUCATION:
tiffany_robinson@westiron.monroe.edu

Ages:	**16 & Up**
Time:	**8:00 am-1:00 pm**
Fee:	**$45 (1 class)**
Location:	**Offsite, Online**
Instructor:	**Peter Haugh**
Course Code:	**AUT6100S**
Days:	**Sunday**
Dates:	**May 7**
Course Code:	**AUT6100S2**
Days:	**Sunday**
Dates:	**June 4**
Course Code:	**AUT6100S3**
Days:	**Sunday**
Dates:	**July 2**
Course Code:	**AUT6100S4**
Days:	**Sunday**
Dates:	**August 6**

BUSINESS/FINANCIAL

CHILD GIFTING

Give a child you love a unique gift. Give a child you love a gift for which you will always be remembered—the gift of a strong financial foundation.

Course Code:	**FIN2247S**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**June 14**
Time:	**7:00-9:00 pm**
Fee:	**FREE (1 class)**
Location:	**Offsite, Online**
Instructor:	**Kappan Financial**

INVESTMENT SOLUTIONS FOR YOUR RETIREMENT

You are cordially invited to attend a complimentary informational seminar and insurance sales presentation where you will learn about the dynamics of market volatility. During this session, you will discover ways to: •Keep volatility in perspective •Turn volatility into an opportunity •Maintain a long-term approach to investing,including a retirement product like a New York Life variable annuity. Disclosure:There are fees, guidelines, limitations, restrictions and risks when considering a variable annuity purchase. Variable annuities are subject to market risk including possible loss of principal. Withdrawals or surrenders may be subject to ordinary income tax and, if made prior to age 59 ½, may be subject to a 10% IRS penalty. Your financial professional can provide costs and complete details. Please consider the investment objectives, risks, charges and expenses carefully before investing in a variable annuity. The prospectus contains this and other important information and can be obtained from your financial professional. Be sure to read it carefully before investing.

Course Code:	**FIN2118S**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**July 19**
Time:	**6:30-8:30 pm**
Fee:	**FREE (1 class)**
Location:	**Offsite, Online**
Instructor:	**Kappan Financial**

MEDICARE MADE CLEAR

Medicare can be, and often is, confusing. There are so many plans and so many changes year to year. 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? What about a Medicare Supplement 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...how will that affect you? Or maybe your questions are more basic...like "When do I sign up?" or "Where do I sign up?" Do not worry! This is a real world, interactive class with real life illustrations. In this two hour seminar you will learn about the various types of plans, processes, penalties and premiums associated with Medicare for this year. You will leave with a basic understanding of Medicare and what the plans cover. There will be plenty of time for questions and answers at the end of class. If 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 Code:	**FIN2208S**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**April 11**
Time:	**6:00-8:00 pm**
Fee:	**$15 (1 class)**
Location:	**IHS , Room 1214**
Instructor:	**Douglas Warner**

PROTECTION FOR THE UNEXPECTED

The right long-term care strategy can help safeguard your family, your savings, your retirement, and your peace of mind. During this free presentation, we'll provide all of the information you need to prepare for a more secure future for you and your loved ones.

Here's what we'll discuss:

*Why it's important to have a long-term care strategy
* Key questions to consider before creating a strategy
* What's covered and not covered by government programs
* How much long-term care services currently cost in your area
* Solutions that can help give you peace of mind about the future

Course Code:	**FIN3996W**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**April 12**
Time:	**7:00-8:00 pm**
Fee:	**FREE**
Location:	**Offsite, Online**
Instructor:	**Kappan Financial**

BUSINESS/FINANCIAL

QUICKBOOKS DESKTOP

This course will add skills for adults looking for work or help entrepreneurs with small businesses understand and learn an Accounting and Bookkeeping software program. In this small group session for 2 hours, you will learn how to set up a working file, navigate around the program, recording data, reconciling to bank statements, finding data, run various reports, memorized transactions, custom designing invoices & more. It is recommended that students taking this course have some computer and math skills, and an understanding on how to balance a check book. As a Certified QuickBooks ProAdvisor Specialist, I have specialized in the QUICKBOOKS product since the 1990's and take pride as one of the best instructors in Rochester and the surrounding counties. NOTE; This course will be offered virtually through Zoom.

Ages: Adults
Days: Wednesdays
Time: 2:00-4:00 pm
Fee: $110 (1 class)
Location: Offsite,Online
Instructor: Stephanie Glamack

Course Code: FIN2112S
Dates: April 12

Course Code: FIN2112S2
Dates: May 10

Course Code: FIN2112S3
Dates: June 7

Course Code: FIN2112S4
Dates: July 5

Course Code: FIN2112S5
Dates: August 9

QUICKBOOKS ONLINE

QuickBooks Online can be a challenge in navigating around the program if you have been using the desktop version in the past. You will learn how to navigate around the program, recording data, finding data, various reports, a view of the bank statement download and how it works and more. This class is recommended for adults of any age, who have some computer and math skills and know how to balance a check book. This course is for businesses that need training and individuals looking for work to add this training to their resume. As a Certified QuickBooks ProAdvisor Specialist, I have specialized in the QUICKBOOKS products since the 1990's and take pride as one of the best instructors in Rochester and the surrounding counties. Note: This course will be offered virtually through Zoom

Ages: Adults
Days: Wednesdays
Time: 2:00-4:00 pm
Fee: $110 (1 class)
Location: Offsite,Online
Instructor: Stephanie Glamack

Course Code: FIN2111S
Dates: April 19

Course Code: FIN2111S2
Dates: May 24

Course Code: FIN2111S3
Dates: June 21

Course Code: FIN2111S4
Dates: July 19

Course Code: FIN2111S5
Dates: August 23

COMMUNITY EDUCATION
westirondequoit.org/parents_community/community_education

REGISTER ONLINE
registration.xenegrade.com/wisd

BUSINESS/FINANCIAL

SAVY SOCIAL SECURITY

Baby boomers want to know: Will Social Security be there for you? You've been told for years that the system is "going broke." But now that it's almost your turn to collect, is that really true? You also want to know how much you can expect to receive, when you should apply for Social Security, how could you try to maximize what you get over your lifetime and finally, you're wondering if Social Security will be enough to live on in retirement. Our goal with this workshop is to help get you some answers to these questions and more.

Course Code:	**FIN2125W**
Ages:	**Adults**
Days:	**Tuesday**
Dates:	**April 18**
Time:	**6:00-7:00 pm**
Fee:	**$15 (1 class)**
Location:	**IHS, Room 1214**
Instructor:	**Jason Mincer**

TAX DIVERSIFY RETIREMENT INCOME

How do taxes fit into your retirement planning? Learn how to help reduce the effect taxes may have on your retirement income. Retirement isn't what it used to be—especially with people generally living longer and spending more of their lives as retirees. With fewer companies offering pensions, and Social Security facing an uncertain future, the way we fund our retirement is changing, too. And tax rates? While they may be at historic lows now, there's no telling where they'll be in the future and how they'll impact your retirement income. So, how can you keep more of the savings you've worked a lifetime to enjoy? Join us for our free Tax Diversification Seminar, where you'll learn:

• What impact taxes can have on your retirement lifestyle.
• Why you should consider tax diversifying your retirement portfolio.
• How life insurance can provide valuable protection during your working years and assuming the policy is structured properly, can also provide the opportunity for access to tax-free supplemental retirement income in the future.
* *This involves accessing cash value which will reduce the available cash surrender value and life insurance benefit.

Course Code:	**FIN2144S**
Ages:	**Adults**
Days:	**Wednesday**
Dates:	**May 17**
Time:	**7:00-9:00 pm**
Fee:	**FREE (1 class)**
Location:	**Offsite, Online**
Instructor:	**Kappan Financial**

COLLEGE PREPARATION

COLLEGE READY - PARENTS EDITION

If you have a child heading to college soon, or already there, you may be feeling overwhelmed by the prospect of applications, financial aid, and dealing with university offices. You may also wonder how to best prepare your child for this new adventure. If your child is the first in your family to go to college, there may be a lot of uncertainty and even anxiety surrounding this decision. In this class we will discuss all of this and more. By the end of the class parents will leave armed with information and feeling more prepared for their child's transition to college.

Course Code:	**COL2714W**
Ages:	**Parents / Guardians**
Days:	**Thursday**
Dates:	**April 13**
Time:	**6:30-8:00 pm**
Fee:	**$30 (1 class)**
Location:	**IHS, Room 1214**
Instructor:	**Kate Torrey**

COMMUNITY EDUCATION
westirondequoit.org/parents_community/community_education

REGISTER ONLINE
registration.xenegrade.com/wisd

Registration Information Pages 34-35

PRE-SCHOOL

OUTDOOR PRESCHOOL PLAY & LEARN

An opportunity for preschoolers to participate in a play to learn mini camp experience. The great outdoors is a classroom with all that we need for a young preschooler to explore! We will utilize whatever materials nature provides for us to practice sorting, counting, and creating. We will be inspired by the season and the world around us. We will share stories, play games, practice yoga, and mindfulness in caring for each other and our community. There will also be opportunity to explore other natural environments in our neighborhood. Miss Jennie has 19 years experience teaching preschool.

Ages: 3-5 yrs
Days: Wednesday
Time: 9:00-11:00 am
Location: Park, TBD
Instructor: Jennie Governale-Fox

Course Code: KID7047S
Dates: April 12-June 14
Fee: $215 (10 classes)

Course Code: KID7047S2
Dates: July 12-August 16
Fee: $135 (6 classes)

HIKES FOR TYKES

Parent and Child explore local parks to discover and investigate signs of the seasons. Children of all ages accompianed by an adult. We will mindfully explore local parks, learn about being good stewards of the earth and share in the wonder of the nature all around us.
Class will meet on: 4/22, 5/20, 6/24

Course Code: KID2022S
Ages: Families
Days: Saturday
Dates: April 22, May 20, June 24
Time: 9:00-10:30 am
Fee: $35 (3 classes)
Location: Park, TBD
Instructor: Jennie Governale-Fox

COMMUNITY EDUCATION

westirondequoit.org/parents_community/community_education

REGISTER ONLINE

registration.xenegrade.com/wisd

FAMILY / YOUTH

BABYSITTER'S TRAINING

This instructor led three hour class is supplemented by a video presentation, lecture, and group activities; participants will learn the roles and responsibilities of a babysitter including skills in: the business of babysitting, accident prevention, first aid and care for choking victims. Certification card will be issued upon completion.

Ages: 11-16 yrs
Fee: $60 (1 class)
Location: IHS, Room 1214
Instructor: Epic Trainings

Course Code: KID7201S
Days: Saturday
Dates: May 13
Time: 10:00 am - 3:00 pm

Course Code: KID7201S2
Days: Wednesday
Dates: June 28
Time: 12:00-5:00 pm

Course Code: KID7201S3
Days: Wednesday
Dates: August 16
Time: 10:00 am - 3:00 pm

HOME ALONE SAFETY: WHEN I'M IN CHARGE

This instructor led two hour class is for boys and girls ages 7-14. Supplemented by a video presentation and group activities; participants will learn the importance of behaving responsibly when home alone.Topics include but are not limited to: basic first aid, what to do when a stranger comes to the door, answering the phone, internet safety and how to react during various home emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you and your child.

Ages: 7-14 yrs
Days: Wednesday
Time: 10:30 am -12:00 pm
Fee: $35 (1 class)
Location: IHS Room, 1214
Instructor: Epic Trainings

Course Code: KID7212S
Dates: June 28

Course Code: KID7212S2
Dates: August 30

FIRST AID FOR KIDS

Join us as our team of current or retired medical staff instruct boys and girls ages 8-13 in the skills of Basic First Aid. Supplemented by a video presentation and group activities; participants will learn: skills and techniques necessary to respond to a variety of first aid related emergencies including: bleeding control, choking, burns, care for sprains, strains and breaks and treatment for heat & cold emergencies. Also addressed are several common medical emergencies found in schools today such as: food allergies, diabetes, seizures, and asthma.This course meets requirements for several boy/girl scout badges.

Course Code: SAF7406S
Ages: 8-13 yrs
Days: Wednesday
Dates: June 28
Time: 9:00-10:30 am
Fee: $38 (1class)
Location: IHS Room, 1214
Instructor: Epic Trainings

COMMUNITY EDUCATION

westirondequoit.org/parents_community/community_education

REGISTER ONLINE

registration.xenegrade.com/wisd

Registration Information Pages 34-35

FAMILY / YOUTH

DIGITAL PHOTOGRAPHY FOR KIDS

Day #1 Explore the basics of digital photography while on a photo excursion. Learn photo tips and ideas while snapping pictures in a local park. Cell phone and point and shoot cameras are acceptable. We will provide a camera if you need one. **Day #2** The class will discover how to manipulate, crop, rotate images and insert them into a photo montage among other interesting photo activities. Students must bring their own laptop with access to Adobe Students must bring their own school laptop. Students must know their user name and password.

Course Code:	**KID7143S**
Ages:	**9-14yrs**
Days:	**Tuesday & Wednesday**
Dates:	**June 27-June 28**
Time:	**9:00 am - 12:00 pm**
Fee:	**$48 (2 classes)**
Location:	**IHS Room, 1072**
Instructor:	**Dan Reardon**

Community Education

COMMUNITY EDUCATION

westirondequoit.org/parents_community/community_education

REGISTER ONLINE

registration.xenegrade.com/wisd

YOUTH 101 - ROCK CLIMBING

Youth 101 is a monthly introduction program for youth climbers with little or no climbing experience. Kids will learn basic climbing techniques and safety skills through our knowledgeable coaches. At this level, our coaches are focused on having fun while building strong, fit, and motivated climbers. Drop off your young climber and we'll provide the belayers and all necessary equipment. Meets every scheduled Saturday of each month.

Ages:	**6-14 yrs**
Days:	**Saturday**
Time:	**10:30 am - 12:00 pm**
Fee:	**$141 (3 classes)**
Location:	**RocVentures**
	1044 University Ave.
Instructor:	**RocVentures Staff**
Course Code:	**KID7110S**
Dates:	**May 5-May 20**
Course Code:	**KID7110S2**
Dates:	**June 3-June 17**
Course Code:	**KID7110S3**
Dates:	**July 8-July 22**
Course Code:	**KID7110S4**
Dates:	**August 5-August 19**

SPORTS CAMPS

BASEBALL CAMP-ADVANCED

Designed for boys and girls who have had significant baseball experience. We will focus on all the basics needed to compete at the high school level.

Course Code:	**KID7021S**
Grades:	**Entering 8-12**
Days:	**Monday-Thursday**
Dates:	**July 24-August 3**
Time:	**9:00-11:00 am**
Fee:	**$130 (8 classes)**
	$150 (After July 9)
Location:	**IHS, Baseball Field**
Instructor:	**Joe Kuhn**
	Irondequoit Baseball

BASEBALL CAMP-INTERMEDIATE

Develop the fundamental baseball skills that all players must have to be successful in the game. Hitting, fielding, bunting, throwing, catching, sliding, and base running will be covered. Players will also learn to play all positions.

Course Code:	**KID7020S**
Grades:	**Entering 4-7**
Days:	**Monday-Thursday**
Dates:	**July 24 - July 27**
Time:	**11:00 am-12:30 pm**
Fee:	**$95 (4 classes)**
	$115 (After July 9)
Location:	**IHS, Baseball Field**
Instructor:	**Joe Kuhn**
	Irondequoit Baseball

BASEBALL CAMP-YOUTH

The youth baseball camp is designed to introduce baseball skills in a fun and engaging way. Kids will work on basic skill development.

Course Code:	**KID7022S**
Grades:	**Entering 1-3**
Days:	**Monday-Thursday**
Dates:	**July 24 - July 27**
Time:	**12:00-1:00pm**
Fee:	**$75 (4 classes)**
	$95 (After July 9)
Location:	**IHS, Softball Field**
Instructor:	**Joe Kuhn**
	Irondequoit Baseball

PITCHERS' & CATCHERS CAMP

Coach Kuhn will run the catching aspect of this camp taking catchers through position specific drills and skill work. Catchers will work on all aspects of catching throughout this camp. Coach Swisher, the Varsity Pitching Coach, will work on skill development with pitchers. Pitchers will practice developing proper mechanics, executing various pitches, holding base runners, and throwing bullpen sessions to catchers.

Course Code:	**KID7023S**
Grades:	**Entering 5-12**
Days:	**Monday-Thursday**
Dates:	**July 31 - August 3**
Time:	**11:00 am-12:00 pm**
Fee:	**$95 (4 classes)**
	$115 (After July 16)
Location:	**IHS, Baseball Field**
Instructor:	**Joe Kuhn**
	Irondequoit Baseball

SOFTBALL CAMP

This is an opportunity to familiarize participants with the basics of softball. We will introduce the fundamentals of softball and enhance skills participants may already possess.

Course Code:	**KID7001S**
Grades:	**Entering 6-8**
Days:	**Monday-Thursday**
Dates:	**July 31- August 3**
Time:	**10:00-11:30 am**
Fee:	**$95 (4 classes)**
	$115 (After July 16)
Location:	**IHS, Softball Field**
Instructor:	**Scott Smith**
	Irondequoit Softball

Registration Information Pages 34-35

SPORTS CAMPS

BOYS BASKETBALL CAMP

This camp develops the basic fundamentals necessary to become a winner in basketball. Develop individual offensive and defensive skills. Individual and team awards will be presented at the end of the session. Basketball and t-shirt for each participant. Players with exceptional skills may move to a higher level.

Days:	**Mon-Fri; Wed-Fri**
Dates:	**June 26-July 7**
No Program:	**July 3 & July 4**
Fee:	**$115 (8 classes)**
	$135 (After June 11)
Location:	**IHS, Main Gym**
Instructor:	**Kyle Trevas**
	Irondequoit Basketball
Course Code:	**KID7033S**
Grades:	**Entering 3-7**
Time:	**8:00-10:30 am**
Course Code:	**KID7033S2**
Grades:	**Entering 8-12**
Time:	**11:30 am-2:00 pm**

BOYS BASKETBALL BIG MAN CAMP

Learn, develop and improve the fundamentals of big man(post) and defensive play. Footwork, positioning, and post moves will be emphasized. T-shirt included.

Course Code:	**KID7035S**
Grades:	**Entering 7-12**
Days:	**Monday-Thursday**
Dates:	**July 31-August 3**
Time:	**10:00-11:15 am**
Fee:	**$65 (4 classes)**
	$85 (After July 16)
Location:	**IHS, Main Gym**
Instructor:	**Kyle Trevas**
	Irondequoit Basketball

BOYS BASKETBALL SHOOTING CAMP

Learn and improve the fundamentals of shooting. Footwork and shooting form will be emphasized. Instruction on shooting off the pass, off the dribble, off a shot fake and off a screen will also be included. Participants will receive a t-shirt. Awards given at the conclusion of camp.

Course Code:	**KID7034S**
Grades:	**Entering 7-12**
Days:	**Monday-Thursday**
Dates:	**July 31-August 3**
Time:	**8:00-10:00 am**
Fee:	**$85 (4 classes)**
	$105 (After July 16)
Location:	**IHS, Main Gym**
Instructor:	**Kyle Trevas**
	Irondequoit Basketball

YOUTH GIRLS BASKETBALL CAMP

This basketball camp is designed to teach basketball fundamentals and skill building. **Please bring:** sneakers, comfortable athletic apparel and a water bottle.

Course Code:	**KID7036S**
Grades:	**Entering 2-4**
Days:	**Monday-Thursday**
Dates:	**July 10-July 13**
Time:	**12:00-1:30 pm**
Fee:	**$67 (4 classes)**
	$87 (After June 25)
Location:	**IHS, Main Gym**
Instructor:	**Steve Crocetti**
	Irondequoit Basketball

GIRLS BASKETBALL CAMP

This basketball camp is designed to give girls of all skill levels a fun and exciting environment to learn and play the game while teaching basketball fundamentals and providing skill development. Each session consists of age appropriate drills and activities that will cover all aspects of the game. Coaches will bring structure, organization, and supervision to each session. **Please bring:** sneakers, comfortable athletic apparel and a water bottle.

Course Code:	**KID7029S**
Grades:	**Entering 5-12**
Days:	**Monday-Thursday**
Dates:	**July 10-July 13**
Time:	**9:00-11:15 am**
Fee:	**$115 (4 classes)**
	$135 (After June 25)
Location:	**IHS, Main Gym**
Instructor:	**Scott Smith**
	Irondequoit Basketball

SPORTS CAMPS

FIELD HOCKEY CAMP

This camp gives girls an opportunity to learn & practice field hockey skills in a controlled environment. While experience is preferred, beginners are welcome. **Mandatory equipment needed:** Stick, shin guards, mouth guard, water and water bottle.

Course Code:	**KID7016S**
Grades:	**Entering 7-12**
Days:	**Monday-Friday**
Dates:	**July 24-July 28**
Time:	**5:30-8:00 pm**
Fee:	**$90 (5 classes)** **$110 (After July 9)**
Location:	**IHS, Stadium Field**
Instructor:	**Emily Payne** **Irondequoit** **Field Hockey**

GET HOOKED ON FIELD HOCKEY

This camp gives girls an opportunity to be introduced to field hockey in a controlled environment. Beginners are welcome. **Mandatory equipment needed:** stick, shin guards, mouth guards, water and water bottle. Sticks may be available if needed.

Course Code:	**KID7015S**
Grades:	**Entering 3-6**
Days:	**Monday-Friday**
Dates:	**July 24-July 28**
Time:	**4:00-5:00 pm**
Fee:	**$50 (5 classes)** **$70 (After July 16)**
Location:	**IHS, Stadium Field**
Instructor:	**Emily Payne** **Irondequoit** **Field Hockey**

BOYS YOUTH LACROSSE CAMP

Each day is designed to develop our young athlete's skills and lacrosse knowledge in an atmosphere that promotes learning ,competition, and most importantly fun. Skills, concepts and game situations will be instructed through drills, small games, team competition, and other team building activities. The end goal will be to educate our young athletes on the fundamentals and life skills in order to help them become the best player and person they can be. **Participants will need** a stick, mouth guard, helmet, shoulder pads, elbow pads, gloves and a water bottle.

Course Code:	**KID7010S**
Grades:	**Entering 3-6**
Days:	**Monday-Thursday**
Dates:	**July 31-August 3**
Time:	**8:00-10:00 am**
Fee:	**$113 (4 classes)** **$133 (After July 16)**
Location:	**IHS, Stadium Field**
Instructor:	**Aaron Bottazzo** **Irondequoit Lacrosse**

BOYS LACROSSE CAMP

This camp is carefully designed to develop the participants skills and knowledge of the game of lacrosse. There will be specific training on individual skill development, as well as instruction on how to play "team" lacrosse. The goal of the camp is to educate student athletes on proper fundamentals which will help them become the best lacrosse player they can be. **Participants will need** a stick, helmet, mouth piece, shoulder pads, elbow pads, gloves, cleats and a water bottle.

Course Code:	**KID7013S**
Grades:	**Entering 7-12**
Days:	**Monday-Thursday**
Dates:	**July 24-July 27**
Time:	**8:00-10:00 am**
Fee:	**$113 (4 classes)** **$133 (After July 3)**
Location:	**IHS, Stadium Field**
Instructor:	**Aaron Bottazzo** **Irondequoit Lacrosse**

Registration Information Pages 34-35

SPORTS CAMPS

GIRLS' YOUTH LACROSSE CAMP

This camp is designed to develop a strong foundation in regards to the game skills of lacrosse. The campers will be put through a series of skill-based drills, while applying those skills to game situations. The coaches will help beginners learn the fundamentals of the game and help the more experienced players continue to develop and refine their skills. **Campers will need to provide their own lunch. Equipment needed:** stick, googles, water bottle.

Course Code:	**KID7007S**
Grades:	**Entering 2-6**
Days:	**Monday-Thursday**
Dates:	**June 26-June 29**
Time:	**9:00 am-3:00 pm**
Fee:	**$223 (4 classes)**
	$243 (After June 11)
Location:	**IHS, Stadium Field**
Instructor:	**Mike Butler**
	Irondequoit Lacrosse

GIRLS LACROSSE CAMP

Each day is designed to develop participants' skills and lacrosse knowledge in an atmosphere that promotes learning,competition and fun. Skills, concepts and game situations will be instructed through drills, small games and team competition. The end goal is to educate players on fundamentals in order to help them become the best player they can be. **Participants will need** a stick, mouth guard, cleats or sneakers, goggles, and water bottle.

Course Code:	**KID7011S**
Grades:	**Entering 7-12**
Days:	**Monday-Thursday**
Dates:	**July 31-August 3**
Time:	**9:00-11:30 am**
Fee:	**$123 (4 classes)**
	$143 (After July 16)
Location:	**IHS, Stadium Field**
Instructor:	**Mike Butler**
	Irondequoit Lacrosse

BOYS SOCCER CAMP

This camp allows boys to develop technical skills as well as tactical awareness. Please bring a soccer ball, water bottle, cleats/sneakers and shin guards.

Days:	**Monday-Friday**
Dates:	**July 17-July 21**
Location:	**Pinegrove, Field**
Instructor:	**Tom Gillett**
	Irondequoit Soccer

Course Code:	**KID7025S**
Grades:	**Entering 1-6**
Time:	**8:00-9:30 am**
Fee:	**$70 (5 classes)**
	$90 (After July 2)

Course Code:	**KID7025S2**
Grades:	**Entering 7-12**
Time:	**10:00 am-12:00 pm**
Fee:	**$80 (5 classes)**
	$100 (After July 2)

COMMUNITY EDUCATION

westirondequoit.org/parents_community/community_education

REGISTER ONLINE

registration.xenegrade.com/wisd

SPORTS CAMPS

VOLLEYBALL CAMP - BOYS & GIRLS

For students entering grades 3-6 their camp will provide an introduction into many of the fundamental skills involved in the sport of volleyball. Skills to be covered include serving, passing, setting and hitting through both drills and game play.

For students entering grades 7-8 their camp will provide players with an opportunity to practice individual volleyball skills as well as team play. Offensive & defensive systems will be introduced which will allow the players to improve their all-around game.

For students entering grades 9-12 their camp is designed to provide players with an opportunity to learn, refine and develop their individual skills and team concepts. Offensive and defensive systems will be a focal point of the camp in order to allow players the opportunity to take their games to the next level.

Days:	**Monday-Thursday**
Dates:	**July 24-July 27**
Location:	**IHS, Main Gym**
Instructor:	**Marc Callari** **Irondequoit Volleyball**
Course Code:	**KID7027S**
Grades:	**Entering 3-6**
Time:	**8:30-10:00 am**
Fee:	**$70 (4 classes)** **$90 (After July 16)**
Course Code:	**KID7027S2**
Grades:	**Entering 7-8**
Time:	**10:15 am-12:15 pm**
Fee:	**$80 (4 classes)** **$100 (After July 16)**
Course Code:	**KID7027S3**
Grades:	**Entering 9-12**
Time:	**1:00-3:00 pm**
Fee:	**$80 (4 classes)** **$100 (After July 16)**

West Irondequoit Central School Distrcit assumes no responsibility with respect to an individual's pyhsical and/or mental suitability to engage in any physical activities.

It is advisable to check with your personal physican if you have a health problem.

Check with your insurance company for possible reimbursement for fitness classes.

COMMUNITY EDUCATION

westirondequoit.org/parents_community/community_education

REGISTER ONLINE

registration.xenegrade.com/wisd

Registration Information Pages 34-35

FITNESS / HEALTH WELLNESS

ACTIVE VINYASA YOGA

Improve flexibility, balance and strength in this flowing hatha yoga practice. This class focuses on body awareness and breathing while providing functional fitness for everyday life. Participants should be able to move between standing and kneeling without assistance. **Yoga mat required**, block and yoga strap optional.

Ages:	**Adults**
Days:	**Wednesday**
Time:	**6:30-7:30 pm**
Location:	**Briarwood, APR**
Instructor:	**Sheri Dumire-Hamilton**
Course Code:	**HEA3152S**
Dates:	**May 3-June 21**
Fee:	**$95 (8 classes)**
GC Fee:	**$90 (8 classes)**
Course Code:	**HEA3152S2**
Dates:	**July 19-August 30**
Fee:	**$75 (7 classes)**
GC Fee:	**$70 (7 classes)**

BELLY DANCE

Belly Dance your way into Spring & Summer. This class will build stamina as you learn muscle isolations of your head, torso and hips. Snake arms will help to tone your arms and hand movements will complete this feminine art form.

Ages:	**Adults**
Days:	**Tuesday**
Time:	**6:00-7:00 pm**
Location:	**Colebrook, APR**
Instructor:	**Elizabeth Ladd**
Course Code:	**REC3561S**
Dates:	**April 11-May 30**
Fee:	**$95 (8 classes)**
GC Fee:	**$90 (8 classes)**
Course Code:	**REC3561S2**
Dates:	**July 11-August 15**
Fee:	**$75 (6 classes)**
GC Fee:	**$70 (6 classes)**

West Irondequoit Central School Distrcit assumes no responsibility with respect to an individual's pyhsical and/or mental suitability to engage in any physical activities.

It is advisable to check with your personal physican if you have a health problem.

Check with your insurance company for possible reimbursement for fitness classes.

FITNESS / HEALTH WELLNESS

CARDIO & STRENGTH-MORNING

This class is an invigorating aerobic workout designed to increase cardiovascular endurance, muscular strength and flexibility all while having fun. Exercise variations will be demonstrated to fit all levels of desired intensity and ability. Each class includes: warm up, low impact aerobics, muscle strengthening, floor work, cool down and stretch all done to a wide variety of music.

Ages:	**Adults**
Days:	**Tuesday**
Location:	**Offsite, Online**
Instructor:	**Terry Slocum**
Course Code:	**FIT6022S**
Dates:	**April 11-June 27**
Time:	**9:00-10:00 am**
Fee:	**$72 (12 classes)**
GC Fee:	**$67 (12 classes)**
Course Code:	**FIT6022S2**
Dates:	**July 11-August 29**
Times:	**8:30-9:30 am**
Fee:	**$48 (8 classes)**
GC Fee:	**$43 (8 classes)**

CARDIO & STRENGTH AFTERWORK

End your workday with the an invigorating aerobic workout designed to increase cardiovascular endurance, muscular strength and flexibility all while having fun. Exercise variations will be demonstrated to fit all levels of desired intensity and ability. Go at your own pace as you burn calories and feel good. Each class includes: warm up, low impact aerobics, muscle strengthening, floor work and cool down, all done to a wide variety of music.

Ages:	**Adults**
Time:	**5:30-6:30 pm**
Location:	**Briarwood, APR**
Instructor:	**Terry Slocum**
Course Code:	**FIT6021S**
Days:	**Monday**
Dates:	**April 10-June 5**
No Program:	**May 29**
Fee:	**$48 (8 classes)**
GC Fee:	**$43 (8 classes)**
Course Code:	**FIT6021S2**
Days:	**Thursday**
Dates:	**April 13-June 1**
Fee:	**$48 (8 classes)**
GC Fee:	**$43 (8 classes)**

COMMUNITY EDUCATION

westirondequoit.org/parents_community/community_education

REGISTER ONLINE

registration.xenegrade.com/wisd

Registration Information Pages 34-35

FITNESS / HEALTH WELLNESS

HERO TRAINING: LEARN TO RUN PROGRAM

Heritage Christian Services, in partnership with Running with Kelly, is pleased to provide a 5K Hero Training program to prepare you to run a 5K! Stretch your running legs in a safe, encouraging and motivating atmosphere, experience camaraderie with others working toward a goal of increased health and wellbeing, and enjoy access to a certified (and incredibly passionate) running coach. You'll receive tips, tricks and motivational support, and have a whole lot of fun! Also included are 4 virtual workshops, hosted on Zoom, on topics like nutrition and stretching. All participants will get a $10 savings on registration for the Heritage Hero 5K on September 9th at Seabrezze Amusement Park! **Wednesday practice will be @ 6 pm Saturday practice will be @ 8 am**

Course Code:	**FIT6034S**
Ages:	**Adults**
Days:	**Wednesday & Saturday**
Dates:	**June 21-September 6**
Time:	**6 pm Wednesday** **8 am Saturday**
Fee:	**$99 (24 classes)**
Location:	**TBD, Park**
Instructor:	**Kelly Nash**

PILATES

In this class you will explore the exciting world of IM=X Pilates which can help you lose weight while strengthening core muscles. We will work on strenthening and stabilizing your entire body while increasing your overall flexibility. Learn the secrets of IM=X routines and enjoy all the benefits such as back strenghtening and increased hip range of motion which can help alleviate lower back pain, hip discomfort and improve posture. This class is appropriate for all fitness levels. **Participants will need** to bring a yoga or pilates mat to class.

Ages:	**Adults**
Days:	**Monday**
Time:	**6:45-7:45 pm**
Fee:	**$103 (8 classes)**
GC Fee:	**$98 (8 classes)**
Location:	**Briarwood, APR**
Instructor:	**Bethany Reniff**
Course Code:	**FIT6015S**
Dates:	**April 17-June 12**
No Program:	**May 29**
Course Code:	**FIT6015S2**
Dates:	**July 10-August 28**

COMMUNITY EDUCATION
westirondequoit.org/parents_community/community_education

REGISTER ONLINE
registration.xenegrade.com/wisd

FITNESS / HEALTH WELLNESS

TONE, FIRM, STRETCH

This class is low impact and low intensity. It will tone your muscles, increase your range of motion and flexibility, and will help relieve stress. Through a series of stretching and toning exercises, participants will develop breathing techniques to compliment this workout. We will work on balance and toning in standing exercises. Do resistance exercises with hand weights or body weight. Ab exercise on the mat help your posture & improve core strength. This class is perfect for all levels. **You will need a mat.** Weights are recommended.

Course Code:	**FIT6074S**
Ages:	**Adults**
Days:	**Thursday**
Dates:	**April 20-June 8**
Time:	**4:45-5:30 pm**
Fee:	**$70 (8 classes)**
GC Fee:	**$65 (8 classes)**
Location:	**Briarwood, APR**
Instrucotr:	**Bethany Reniff**

West Irondequoit Central School Distrcit assumes no responsibility with respect to an individual's pyhsical and/or mental suitability to engage in any physical activities.

It is advisable to check with your personal physican if you have a health problem.

Check with your insurance company for possible reimbursement for fitness classes.

WATER FITNESS WORKOUT

For a solid hour of invigorating water aerobics for a total body workout in shallow or deep water. Strengthen muscles, circulation and respiration; increase your range of motion through warm-ups and stretching, cardiovascular workout with aerobic exercise, and upper body conditioning workout ending with a cool down, stretch and tone. This class is designed for everyone to have fun and feel good. ***Must have prior swim experience and be comfortable in shallow and deep water.***

Ages:	**Adults**
Time:	**6:00-7:00 pm**
Location:	**IHS Pool**
Instructor:	**Charleen Calabro**
Course Code:	**FIT6041S**
Days:	**Monday/Thursday**
Dates:	**April 10-June 15**
No Program:	**May 29**
Fee:	**$100 (19 classes)**
Course Code:	**FIT6041SMonday**
Days:	**Monday**
Dates:	**April 10-June 12**
No Program:	**May 29**
Fee:	**$54 (9 classes)**
Course Code:	**FIT6041SThursday**
Days:	**Thursday**
Dates:	**April 13-June 15**
Fee:	**$60 (10 classes)**

Registration Information Pages 34-35

PICKLEBALL
REGISTRATION BEGINS MAY 2ND
ONLINE: 12:00 AM
PHONE: 9AM @ 336-3014

PICKLEBALL-BEGINNER

Become a part of the fast growing racquet sport of pickleball. Join us and shake off the stress of the day with a game of pickleball. No experience necessary. Paddles will be provided.

Ages:	**Adults**
Days:	**Wednesday**
Fee:	**$50 (8 classes)**
Location:	**Iroquois, Gym**
Course Code:	**REC3006S**
Dates:	**May 10-June 28**
Time:	**6:00-7:15 pm**
Course Code:	**REC3006S2**
Dates:	**May 10-June 28**
Time:	**7:15-8:30 pm**

West Irondequoit Central School Distrcit assumes no reponsibility with respect to an individual's pyhsical and/or mental suitability to engage in any physical activities.

It is advisable to check with your personal physican if you have a health problem.

Check with your insurance company for possible reimbursement for fitness classes.

PICKLEBALL-OPEN

Become a part of the fast growing racquet sport of pickleball. Join us and shake off the stress of the day with a game of pickleball. **Must have previous experience and understanding of the game and scoring.**

Ages:	**Adults**
Fee:	**$40 (7 classes)**
Location:	**Iroquois, Gym**
Course Code:	**REC3007S**
Days:	**Monday**
Dates	**May 8-June 26**
No Program:	**May 29**
Time:	**6:00-7:15 pm**
Course Code:	**REC3007S2**
Days:	**Monday**
Dates	**May 8-June 26**
No Program:	**May 29**
Time:	**7:15-8:30 pm**
Course Code:	**REC3007S3**
Days:	**Tuesday**
Dates	**May 9-June 27**
Time:	**6:00-7:15 pm**
Course Code:	**REC3007S4**
Days:	**Tuesday**
Dates	**May 9-June 27**
Time:	**7:15-8:30 pm**

COMMUNITY EDUCATION

westirondequoit.org/parents_community/community_education

REGISTER ONLINE

registration.xenegrade.com/wisd

K-6 Extension Program

This program provides before and after school care for West Irondequoit students in grades K-6. The program is designed to provide students with professional & nurturing care in an educational setting that provides age appropriate activities, academic enrichment, and recreation.

Registration Begins June 1:
Registration packets are available in all District Office, Community Education Office, and on the District Website.

Cost:
Call (585) 336 - 3014

Location:
Rogers Middle School, 219 Northfield Rd.
Iroquois Middle School, 150 Colebrook Dr.

Hours:
AM - 7:00 am until the start of school
PM - Dismissal time until 6:00 pm

Transportation:
Arrangements for any busing needs must be made with the WICSD transportation department.

Registration Information Pages 34-35

MUSIC

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. A recording of the class is included as well. Class limited to 15 students.

Topics include:

How chords work in a song
How to form the three main types of chords
How to tune your guitar
Basic strumming patterns
How to buy a good guitar (things to avoid)
How to play along with simple tunes

Course Code:	**MUS2084S2**
Ages:	**13 years - Adult**
Days:	**Wednesday**
Dates:	**June 21**
Time:	**6:30-9:00 pm**
Fee:	**$59 (1 class)**
Location:	**Off site, On-line Course**
Instructor:	**Craig Coffman**

Community Education

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. A recording of the class is included as well. The course is partly lecture/ demonstration and partly hands on instruction.

Topics include:

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

Course Code:	**MUS2018S**
Ages:	**13 years - Adult**
Days:	**Tuesday**
Dates:	**June 20**
Time:	**6:30-9:30 pm**
Fee:	**$59 (1 class)**
Location:	**Off site, On-line Course**
Instructor:	**Craig Coffman**

SINGING LESSONS FOR EVERYONE - ONLINE

Learning to sing over the internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! Lessons are 30 minutes of private instruction for a five week session. It is flexible scheduling. **Instructor will contact you to schedule lessons after you register.**

Course Code:	**MUS2020S**
Ages:	**Adults**
Days:	**Flexible Scheduling**
Dates:	**Flexible Scheduling**
Time:	**Flexible Scheduling**
Fee:	**$125 (5 classes)**
Location:	**Off site, On-line Course**
Instructor:	**Jesse Wicher**

PERSONAL INTEREST

BECOME A NOTARY WITH NEW NOTARY PUBLIC LICENSE LAW

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. You must enter a valid e-mail to register.

Course Code: PER8121S
Ages: Adults
Days: Saturday
Dates: July 22
Time: 9:00am-3:00 pm
Fee: $53 (1 class)
Location: Offsite, Online
Instructor: Kristin Cavallaro

WINE MAKING MADE SIMPLE

Looking for a unique way to spend time with family or an evening out with your friends? Then Wines By Design is the perfect place for you! It's easy and fun! You will learn the process of making wine and get a hands-on experience to create your very own wine in four one-hour classes throughout a six week span. The cost includes instruction and materials to make ten bottles of wine per person or couple. You will work together to make the wine base, but wine can be individualized on the final day of class. Create your own labels to further personalize your ten bottles of wine. In addition to the wine making instruction, various discussions (and some samples) of wine parings will be held (ex: cheeses, chocolates, wine sauces). Minimum age of participants: 21 years.

Ages: 21 years and over
Time: 6:00-7:00 pm
Fee: $99 (single)
$109 (couple)
Location: Wines By Design
3392 Buffalo Road
Instructor: Wines By Design Staff

Course Code: PER8253S
Days: Tuesday
Dates: April 18, May 9, 23, & 30

Course Code: PER8253S2
Days: Wednesday
Dates: April 26, May 17, 31 & June 7

PLAN YOUR OWN EUROPEAN ADVENTURE

In this class you will learn how to plan your own trip to Europe, without a need for a tour guide or group. Travel at your own pace and save money while doing it. In this class we will cover everything from how to find affordable airfare and lodging to what to pack and how to get around.

Course Code: PER8163S
Ages: Adults
Days: Thursday
Dates: June 1
Time: 6:30-8:00 pm
Fee: $30 (1 class)
Location: IHS, Room 1214
Instructor: Kate Torrey

PLANNING YOUR DISNEY WORLD VACATION

Planning a Disney World vacation can be overwhelming. In this class we'll cover Disney's new Genie + and Lightning Lane ride reservation features, the new park pass system, and how to plan your days in the parks. You'll find out which restaurants need to be reserved 60 days in advance, where to stay, and how to get around the 47 square miles of Walt Disney World.

Course Code: PER8145S
Ages: Adults
Days: Thursday
Dates: May 11
Time: 6:30-8:30 pm
Fee: $30 (1 class)
Location: IHS, Room 1214
Instructor: Kate Torrey

Registration Information Pages 34-35

SAFETY EDUCATION

BLENDED ADULT/PEDIATRIC CPR/ AED & FIRST AID

Designed for childcare providers, early childhood educators/students, youth organizations and parents. This course covers breathing and cardiac emergencies in infants and children, identifying and caring for common age-related injuries and preventing childhood illnesses. NOTE: PPE will be worn by instructor & required of students during the 1:1 skills session.

Ages:	**Adults**
Days:	**Wednesday**
Time:	**5:00-6:00 pm**
Fee:	**$72 (1 class)**
Location:	**IHS, Room 1214**
Instructor:	**Epic Trainings**
Course Code:	**SAF7409S**
Dates:	**April 19**
Course Code:	**SAF7409S2**
Dates:	**May 31**
Course Code:	**SAF7409S3**
Dates:	**August 2**

BLENDED NYS APPROVED ADULT/ PEDIATRIC CPR/AED & FIRST AID FOR COACHES

This course fulfills New York State Department of Education requirements for coaching and the New York State Department of Health requirements for Camp Health Officers and includes CPR for the Professional Rescuer certification. This course is particularly designed for coaches and trainers. Students are taught action plans that apply to all emergencies. Please note: this course includes and surpasses all curriculum taught at the lay responders level for Adult, Infant, and Child CPR, First Aid as well as AED. All supply fees are included.

Ages:	**Adults**
Days:	**Wednesday**
Time:	**5:00-6:00 pm**
Fee:	**$85 (1 class)**
Location:	**IHS, Room 1214**
Instructor:	**Epic Trainings**
Course Code:	**SAF7501S**
Dates:	**April 19**
Course Code:	**SAF7501S2**
Dates:	**May 31**
Course Code:	**SAF7501S3**
Dates:	**August 2**

COMMUNITY EDUCATION
westirondequoit.org/parents_community/community_education

REGISTER ONLINE
registration.xenegrade.com/wisd

GOLD CARD INFORMATION

Senior Citizen - Gold Card

West Irondequoit CSD residents 62 and older are invited to take select Community Education courses at a discount fee using their Gold Card status. To receive a Gold Card, complete the application on this page and mail it in with proof of age and residence to the address on the application. You will receive a West Irondequoit CSD Gold Card with an identification number in the mail. Use this card for future registrations in order to receive your discounted fee. Gold Card **(GC)** fees are listed after regular fees in the brochure where applicable. Additional materials costs and book fees will be the responsibility of the senior citizen. The Gold Card is not transferable. If you have moved , please call us. Moving from the district invalidates your Gold Card.

Senior Citizen
Gold Card

Discounted Fees For:

Select Community Education Courses

Special Invitation & Free Admission to Select Student Theater Performances.

Free Admission to Regular Season Home Sports Events

LOST YOUR GOLD CARD?

CALL US

585-336-3014

Gold Card Application

Eligibility:
62 years of age and a current resident of the West Irondequoit district

Benefits:
Discounted fees for select West Irondequoit Community Education courses (designated **GC** in brochure)

Application:

- Fill out form below
- Photocopy proof of age and residency such as a drivers license, birth certificate, tax bill etc.
- Mail in

Mail To:

West Irondequoit Central School District
Community Education
260 Cooper Rd.
Rochester, NY 14617

Name: _____

Address: _____

Zip: _____

Phone: _____

E-mail: _____

Date of Birth: _____

Office Use Only

Gold Card Number _____

Registration Information Pages 34-35

REGISTRATION INFORMATION

ALL REGISTRATIONS ARE DUE BEFORE THE START OF THE CLASS

On-line:
If you have ever participated in any Community Education activity or class and would like to register online and you don't know your user name, call Community Education at (585) 336 - 3014 and we will give you your account information to get you started. If you are a NEW Community Education participant you can click the "Create Account" link on the registration page.
Go to: westirondequoit.org/parents_community/community_education

By Phone:
Call Community Education at (585) 336 - 3014 with your VISA or MASTERCARD.

By Mail:
Mail your completed registration form with check, money order, or credit card information to West Irondequoit CSD, 260 Cooper Rd., Rochester, NY 14617. Make checks payable to West Irondequoit CSD.

By Fax:
Fax your completed registration form with your Visa or MasterCard information to (585) 336 - 3154.

In Person:
Drop off your completed registration form and payment at the District Office, 321 List Ave. 8 am - 4 pm, M - F.

Confirmations:
Notification is made only in case of cancellation. No news is good news. Links to on-line classes will be emailed one day prior to the start of the class.

Refunds:
If a class is canceled you will receive a full refund. If you wish to withdraw, notification must be received by the Community Education office three business days prior to the start of a class. No refunds will be given once a class has begun. Registration in a class represents a commitment and instructors are hired on the basis of the number of people registered.

Eligibility:
All programs are for persons 18 years of age or older unless listed otherwise. Non - residents are welcome.

Photographs:
West Irondequoit CSD Community Education takes photographs and videos of students for use in communications concerning the activities provided by or sponsored by the West Irondequoit CSD (e.g.printed publications such as this catalogue, electronic media such as web sites, and other medium known or hereafter discovered). Your registration in a course shall constitute a signed authorization permitting West Irondequoit CSD and its sponsored parties to use any picture or video of you in such a limited fashion. Please notify our office in writing if you prefer **NOT** to have any photograph and/or video including you used for this limited purpose. This consent applies to any adult registration as well as any child who is registered by the child's parent and/or legal guardian.

REGISTRATION FORM

Community Education

Registrations Due:
Prior to the start of your class. Decisions whether a class or program will be held are made approximately three days prior to the start day

Register by Mail:
Mail in completed registration form and payment to
WICSD Community Education
260 Cooper Rd.
Rochester, NY 14617

Register by Phone:
(585) 336-3014
Visa or MasterCard

Register By Fax:
(585) 336 - 3154

Register in Person:
Drop off completed registration form and payment
Monday - Friday, 8 am - 4 pm
District Office, 321 List Ave

Register Online:
If you have participated in any Community Education activity or class and would like to register online, log in using your user name and password (if you have forgotten your user name call Community Education).
If your are a NEW Community Education participant, you can click "Create Account" link on the registration page.

Questions:
Call Community Education at (585) 336-3014

Community Education Registration Form

Course Code: _____ Title: _____ Fee: _____

Name: _____

Address: _____

Home # _____ Cell # _____ Work# _____

Email: _____

Circle: S M T W Th F Sa Gold Card # _____ Date Begins _____

Credit Card Payment

Visa / MasterCard Exp. Date _____ CVC # _____

Credit Card # _____

Card Holder Name: _____

Signature _____

For Office Use Only

Cash/Check: _____

Date: _____

Receipt # _____

Make Checks Payable to West Irondequoit Central School District

There is a $20 bank fee for any returned check

Community Education Registration Form

Course Code: _____ Title: _____ Fee: _____

Name: _____

Address: _____

Home # _____ Cell # _____ Work# _____

Email: _____

Circle: S M T W Th F Sa Gold Card # _____ Date Begins _____

Credit Card Payment

Visa / MasterCard Exp. Date _____ CVC # _____

Credit Card # _____

Card Holder Name: _____

Signature _____

For Office Use Only

Cash/Check: _____

Date: _____

Receipt # _____

Make Checks Payable to West Irondequoit Central School District

There is a $20 bank fee for any returned check

West Irondequoit Central School District
Community Education
260 Cooper Road
Rochester, NY 14617

www.westirondequoit.org

Non-Profit Org
U.S. Postage
PAID
Rochester, NY
Permit No. 1021

PEAK PERFORMANCE
WEST IRONDEQUOIT
SCHOOL DISTRICT

CONGRATULATIONS MIGDALIA SANTOS PATTERSON

SPRING/SUMMER 2023 PHOTOGRAPHY WINNER!