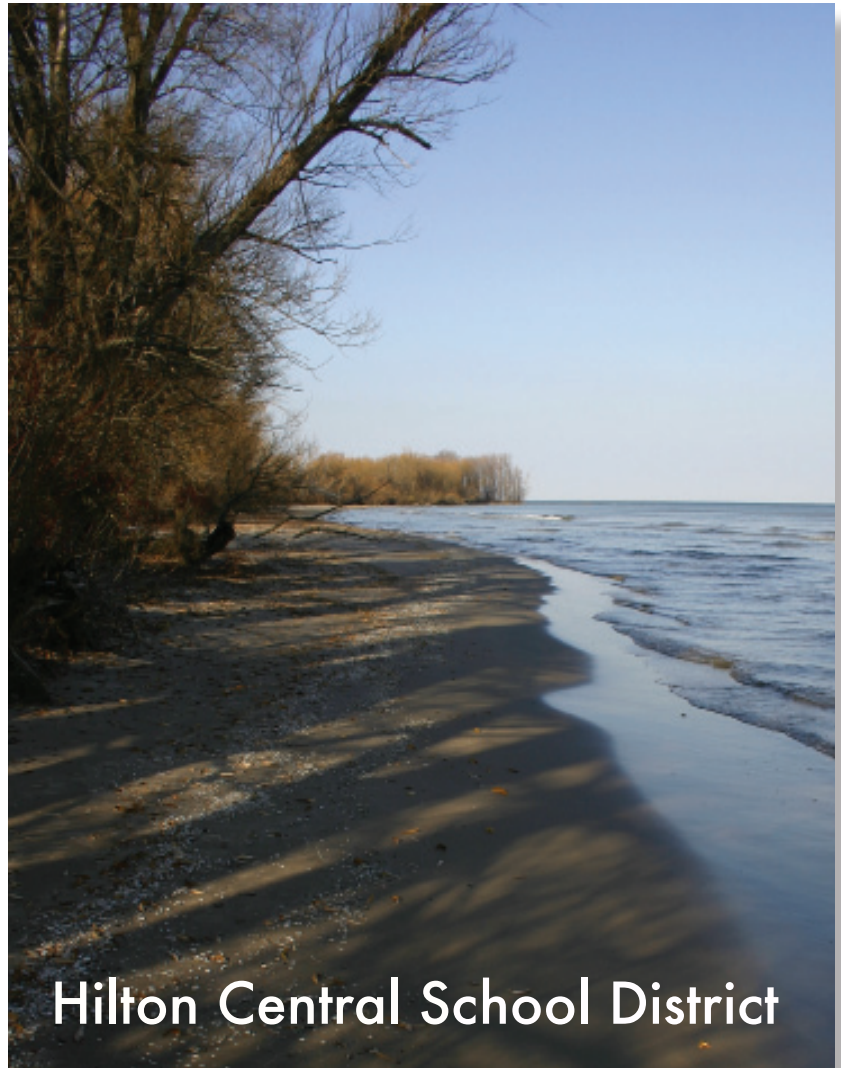


## It's time to Learn More!

Hilton CSD Community Education invites you to join the conversation, seek out your favorite fitness regime, meet new friends, explore new options, suggest a new class, set personal goals. Learn more about GAP, a free/discounted rate – see p.11.

- Adult Education
- Driver Education
- Entrepreneurship
- Ecologic
- Family & Pet Wellness
- Finances & Retirement
- Fitness & Recreation
- Sage Studies
- Tech & Online Skills
- The Arts



# Community Education Fall 2011 Catalogue

Hilton Central School District  
Community Education  
225 West Ave., Hilton, NY 14468  
585-392-1000 ext. 7044  
[www.hilton.k12.ny.us/community-education.htm](http://www.hilton.k12.ny.us/community-education.htm)  
Catalogue & Online Course Reservation  
GAP rate – see p. 11 for more



## Active Yoga

**\$45 \$35/GAP**

**\*Sign up for any two sessions: \$80 \$60/GAP**

**\*Sign up for any four sessions: \$150 \$100/GAP**

For those with some yoga experience - extend your yoga practice into more advanced poses using proper body alignment. Bring sticky mat and wear loose clothing. People with health issues should obtain medical clearance. INSTRUCTOR: Patricia Pirnie is a certified YogaFit instructor.

**Session I Mondays \$45 \$35/GAP**

**Sept 12-Oct. 24 [No class Oct. 10]**

**7:05 pm-8:05 pm**

Village Elementary School JU/GYM, 100 School La., Hilton

**Session I Wednesdays \$45 \$35/GAP**

**Sept. 14-Oct. 19 - 7:05 pm-8:05 pm**

Village Elementary School JU/GYM, 100 School La., Hilton

**Session II Mondays \$45 \$35/GAP**

**Oct. 31-Dec. 5 - 7:05 pm-8:05 pm**

Village Elementary School JU/GYM, 100 School La., Hilton

**Session II Wednesdays \$45 \$35/GAP**

**Nov. 2-Dec. 7 - 7:05 pm-8:05 pm**

Village Elementary School JU/GYM, 100 School La., Hilton

*\*Sign up for any two sessions: \$80 or \$60/GAP*

*\*Sign up for any four sessions: \$150 or \$100/GAP*

## Aquafit Water Aerobics

**\$50 \$30/GAP**

**\*Sign up for both sessions: \$90 \$50/GAP**

Invigorating water aerobics is total body workout. Strengthen muscles, circulation and respiration, increase your range of motion through warmups and a cardiovascular



workout finishing with a cool-down, stretch and tone. Deep water walking available. People with health issues should check with their physician. INSTRUCTOR: Linda Hoffman is Aquafit instructor.

**Session I Mondays & Thursdays**

**Sept 12 - Oct. 24 [No class Oct. 10]**

**7:30 pm-8:30 pm**

Hilton Aquatic Center - rear entrance at Merton Williams Middle School, 200 School La. Hilton

**Session II Mondays & Thursdays**

**Oct. 31 - Dec. 15 [no class Nov. 24]**

**7:30 pm-8:30 pm**

Hilton Aquatic Center Pool, 200 School La., Hilton

*\*Sign up for both sessions: \$90 or \$50/GAP*

## Gentle Yoga

**\$45 \$35/GAP**

**\*Sign up for any two sessions: \$80 \$60/GAP**

**\*Sign up for any four sessions: \$150 \$100/GAP**



Gentle Yoga is a low-impact, slow-paced practice which builds strength, flexibility and stamina while incorporating relaxation. Bring sticky mat and wear comfortable clothing. People with health issues should obtain medical clearance.

INSTRUCTOR: Patricia Pirnie is a

certified YogaFit instructor.

**SESSION I Mondays \$45 \$35/GAP**

**Sept 12-Oct. 24 [No class Oct. 10] - 6 pm-7 pm**

Village Elementary School JU/GYM, 100 School La., Hilton

**SESSION I Wednesdays \$45 \$35/GAP**

**Sept. 14-Oct. 19 - 6 pm-7 pm**

Village Elementary School JU/GYM, 100 School La., Hilton

**SESSION II Mondays \$45 \$35/GAP**

**Oct. 31-Dec. 5 - 6 pm-7 pm**

Village Elementary School JU/GYM, 100 School La., Hilton

**SESSION II Wednesdays \$45 \$35/GAP**

**Nov. 2-Dec. 7 - 6 pm-7 pm**

Village Elementary School JU/GYM, 100 School La., Hilton

*\*Sign up for any two sessions: \$80 or \$60/GAP*

*\*Sign up for any four sessions: \$150 or \$100/GAP*

## Fitness Swim on Saturdays

**\$20 FREE/GAP**

**\*Sign up for both sessions: \$30 FREE/GAP**

Extend your fitness regime in the Hilton Aquatic Center's outstanding new pool on Saturdays for this extra time to unwind and tone muscles. Expanded this semester, you may swim anytime from 1 pm-3 pm! Lap lanes in the shallow end and deep water exercise in the diving well. No instruction provided. Some lane adjustment may take place at the discretion of the lifeguards. Adults only. ON DECK: Hilton Aquatic Center Lifeguards

**Session I Saturdays 1 pm-3 pm \$20 FREE/GAP**

**Sept. 17-Oct. 22 - 1 pm-3 pm**

Hilton Aquatic Center, 200 School La., Hilton - rear entrance Merton Williams Middle School

**SESSION II Saturdays 1 pm-3 pm \$20 FREE/GAP**

**Nov. 5-Dec. 17 [no class Nov. 26] - 1 pm-3 pm**

Hilton Aquatic Center, 200 School La. Hilton - rear entrance Merton Williams Middle School

*\*Sign up for both sessions: \$30 or FREE/GAP*

## Personal Training [Group]

\$45 \$35/GAP

**\*Sign up for both sessions: \$80 \$60/GAP**

Learn how to exercise correctly and get started building strength and fitness through weight-bearing and cardio routines in a group setting at the Hilton High School Fitness Center. Set mini-goals, receive a fitness assessment. People with health issues should see their physician before enrolling. Wear comfortable clothing and bring a water bottle. Class size is limited. INSTRUCTOR: Cheryl McLean, NCSF, CI-CPT, Certified Personal Trainer

### SESSION I Saturdays

**Sept. 17-Oct. 22 - 10 am-11 am**

High School Fitness Center, 400 East Ave., Hilton

### SESSION II Saturdays

**Nov. 5-Dec. 17 [no class Nov. 26] - 10 am-11 am**

High School Fitness Center, 400 East Ave., Hilton

*\*Sign up for both sessions: \$80 or \$60/GAP*

## T'ai Chi Ch'uan & Qigong

\$45 \$25/GAP

**\*Sign up for both sessions: \$75 \$40/GAP**

T'ai Chi Ch'uan, a Chinese martial art which is modified to also be a health exercise, is performed slowly with relaxed flowing movements strengthening legs, improving balance,



increasing flexibility and relieving stress. Learn large movement, 24-form Yang style and participate in active stretching Qigong exercises to gain a greater range of motion. Beginners to intermediates welcome. INSTRUCTOR: Brian Bruning has been studying and practicing T'ai Chi and Qigong exercises since 1978 and is also an instructor at the Rochester T'ai Chi Ch'uan Center.

### Session I Saturdays

**Sept. 17-Oct. 22**

**12:30 pm-1:30 pm**

Hilton Karate, 54 Canning St., Hilton

### SESSION II Saturdays

**Nov. 5-Dec. 10**

**12:30 pm-1:30 pm**

Hilton Karate, 54 Canning St., Hilton

*\*Sign up for both sessions: \$75 or \$40/GAP*

**GAP rate: HCSD residents age 55+ and all HCSD employees**

## Strength & Cardio Conditioning

\$45 \$25/GAP

**\*Sign up for both sessions \$75 \$40/GAP**

Build strength and fitness through weight-bearing and cardio routines on a variety of machines.



This is not an instructional class, you are welcome to use all of the fitness machines at

your discretion. People with health issues should see their physician before enrolling in an exercise program and obtain medical clearance. Wear comfortable clothing, athletic shoes and bring a water bottle. FITNESS CENTER MONITOR is First Aid/CPR/AED certified.

### Session I Mondays

\$45 \$25/GAP

**Sept 12-Oct. 24 [No class Oct. 10]**

**6:30 pm-7:30 pm**

High School Fitness Center, 400 East Ave., Hilton

### SESSION II Mondays

\$45 \$25/GAP

**Oct. 31-Dec. 5 - 6:30 pm-7:30 pm**

High School Fitness Center, 400 East Ave., Hilton

*\*Sign up for both sessions: \$75 or \$40/GAP*

## ZUMBA

\$50 \$30/GAP

**\*Sign up for both sessions: \$80 \$45/GAP**

Fun, energetic, engaging, ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting effective fitness system. Routines feature aerobic/fitness interval training with a combination of fast/slow rhythms that tone and sculpt the body. For men, too! INSTRUCTOR: Arie Simmons is a certified Zumba teacher.



### SESSION I Tuesdays & Thursdays

**Sept. 13 - Oct. 20**

**6 pm-7 pm**

Merton Williams GYM, 200

School La., Hilton; enter at Aquatic Center entrance

### SESSION II Tuesdays & Thursdays

**Nov. 1-Dec. 13 [no class Nov. 24]**

**6 pm-7 pm**

Merton Williams Middle School GYM, 200 School

La., Hilton; enter via rear Aquatic Center entrance

*\*Sign up for both sessions: \$80 or \$45/GAP*

## Ballroom Dancing

**\$40/person  
\$30/person/GAP**

Dancing is a wonderful light aerobic activity. Enjoy a fun, cardio exercise regime. Beginners and intermediates welcome. Try the latest dances. Instruction is customized with more intricate steps, style and poise for intermediates. INSTRUCTORS: Frank Fortuna and Elvira Cantisano are seasoned ballroom dancers.



### SESSION I Wednesdays

**Sept. 14-Oct. 19 - 7 pm-8 pm**

Village Elementary School, HJ/MPR, 100 School La., Hilton

## Bicycling Early Evening **NEW**

**\$25 \$10/GAP**

Enjoy the fun of bicycling and how to ride safely on bicycle paths. First evening is safety workshop - bring bike and helmet - followed by a ride on the Village of Hilton Bike Trail. Three cycling events: Erie Canal Path, Lake Ontario Parkway Trail, Hamlin Beach State Park. Must be able to transport your own bicycle to locations. INSTRUCTOR: Michael Fahey is an intrepid bicycle enthusiast who has cycled all over the world as well as western NY.

### SESSION I Four Fridays

**Sept. 16-Oct. 7 - 6 pm-7:30 pm**

Meet at District Offices/Quest, 225 West Ave., Hilton  
First Night: Dist. Offices/Quest, Rm. 22

## The Art of Fly Casting

**\$45 \$35/GAP**

Learn how to hook and land the fish of your dreams! Be ready for trout season. Instruction includes knots, rod, leader and fly line designs. Bring your own equipment: a 5wt.-6wt. fly rod is recommended. Bring pen and paper. INSTRUCTOR: Kevin Kram is a graduate of the Wulff School of Fly Fishing.

### SESSION I Three Fridays, One Saturday

**Sept. 23 - Oct. 7- 6pm-7:30 pm**

FIRST NIGHT meet at Merton Williams Pool Classroom then MW GYM - 6 pm-7:30 pm

Merton Williams Middle School, 200 School La.

Outdoor Class: SALMON CREEK Saturday

**Oct. 8 - 10 am-12 noon** behind 225 West Ave., Hilton at Salmon Creek



## Outdoor Fitness Walking

**\$25 \$10/GAP**

Love the outdoors and not the gym? Let's explore the trails in our new, area parks. Participants will be brisk walking on uneven ground. Bring your sense of adventure. Resistance bands [two, varied-strength available from instructor for \$15] INSTRUCTOR: Joan Chappelle is a YMCA-certified group exercise instructor with CPR certification and an avid sports enthusiast.

### SESSION I Mondays

**Sept. 12-Oct. 17 - 6 pm-7 pm**

[Weather date Saturday at 2 pm] First Night meet at Quest Elementary School Rm. 22, 225 West Ave., Hilton

## Pilates Light: Abs and More

**\$45 \$25/GAP**

*\*Sign up for both sessions  
\$75 \$40/GAP*

Pilates is a system of abdominal core strengthening. Try this 'light' version of Pilates with a yoga aspect to expand your fitness experience, shape and tone. Bring resistance bands or teacher will supply for \$25. INSTRUCTOR: Barbara Salamaca, LMT, is a Licensed Massage Therapist who has taught yoga, Pilates and other active adult fitness movement courses.

### SESSION I Thursdays

**Sept. 15-Oct. 20 - 6 pm - 7 pm**

Village Elementary School JU GYM, 100 School La., Hilton

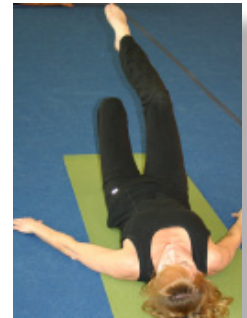
### SESSION II Thursdays

**Nov. 3-Dec. 15 [no class Nov. 24]**

**6 pm - 7 pm**

Village Elementary School JU GYM, 100 School La., Hilton

*\*Sign up for both sessions: \$75 or \$40/GAP*



## Exercise Walkers Program

**FREE**

Community members are permitted to do "Exercise Walking" in the corridors of Quest/West Ave. Building Monday-Friday from 4 pm-8 pm when school is in session. You MUST register with Hilton Community Education in order to receive a WALKING PASS. Fill out the form on the last page of this catalogue and mail in/drop off at Hilton CSD Community Education Registrar, 225 West Ave., Hilton, NY 14468. Information: 585-392-1000 ext. 7044.

## Facts of Divorce in NYS

**FREE**

The stress of a potential or active divorce proceeding can be better managed with an understanding of timelines and usual legal and financial experiences. Find out the facts in NYS: child custody and visitation, parenting issues, grounds for divorce, property, debt distribution, etc. **INSTRUCTOR:** B J Mann is a divorce mediator

### **SESSION I One Tuesday**

**Oct. 25 - 7 pm-9 pm**

District Offices/Quest, Rm. 22., 225 West Ave., Hilton

## Dog Obedience

**\$45/dog No GAP**

Learn basic dog obedience, social and leadership skills using gentle, reward-based methods through building a relationship based on trust and respect. Each dog must have a handler; no children under age 16 without an adult; proof of vaccinations, kennel cough, distemper series and rabies must be brought the first night. **INSTRUCTOR:** Kristyn Bellman is a certified, professional dog trainer

### **SESSION I Tuesdays**

**Sept. 13-Oct. 18**

**SMALL DOGS: 6 pm-7 pm**

**LARGE DOGS: 7 pm-8 pm**

Village Elem. School HJ Multi-Purpose Room [MPR], 100 School La., Hilton



### **SESSION II Tuesdays**

**Nov. 1-Dec. 6**

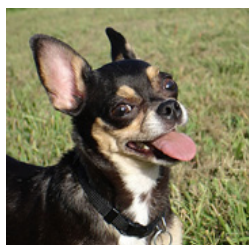
**SMALL DOGS - 6 pm-7 pm** - open to intermediate level

**LARGE DOGS - 7pm - 8pm** - open to intermediate level

Village Elem. HJ MPR, 100 School La., Hilton

## Pet Health and Maintenance **NEW**

**\$25 \$10/GAP**



Raise and care for your pet - cat or dog - with knowledge gained from interaction with a veterinarian. Dr. Shemanski will discuss vaccine schedules, infectious diseases, when to neuter/spay, introducing a new pet to the home, pet insurance pros and cons, how to identify an

emergency, indoor cat psychology and caring for a geriatric pet. **INSTRUCTOR:** Dr. Danielle Shemanski DMV, Hilton Veterinary Hospital; Ohio State University College of Veterinary Medicine graduate.

### **SESSION I Two Thursdays**

**Oct. 6 & Oct. 13**

**7 pm-8:30 pm**

Village Elementary School, HJ/MPR, 100 School La., Hilton

## Facebook: the Good, the Bad, the Ugly

**NEW FREE**

Facebook, one of the many social media online tools for communication, can be used to encourage cooperation and sharing among families, friends and groups. Find out how to create groups, fan pages and monitor privacy settings. For anyone interested; parents welcome. **INSTRUCTOR:** Patricia Sullivan

### **SESSION II Two Wednesdays**

**Sept. 14 & Sept. 21 - 6:30 pm-8 pm**

District Offices/Quest, Rm. 23., 225 West Ave., Hilton

## Keeping Children Safer Online

**NEW FREE**

Find out about one of the Internet's most useful tools to protect children online: NetSmartz. Children may be victims of cyberbullying, sexting, inappropriate sharing of personal information or abuse from an online predator. For anyone interested; parents welcome. **INSTRUCTOR:** Debra Ortiz-Pardi, Community Educator with the National Center for Missing and Exploited Children

### **SESSION I Wednesday Sept. 28**

**6:30 pm-8 pm**

District Offices/Quest, LTT Comp. Lab, 225 West Ave., Hilton

## Foster Parenting

**FREE**

Learn the process of becoming a foster/adoptive parent for Monroe County; applications available and a foster parent will be available to answer your questions. You must be 21 years old to be a foster parent; children are welcome to attend with parents. For more: [www.MonroeFosterCare.org](http://www.MonroeFosterCare.org) **INSTRUCTOR:** Alison Miller, foster care recruiter for Monroe County

### **Session II Tuesday Dec. 6**

**7 pm-8 pm**

District Offices/Quest, Rm. 23, 225 West Ave.

## College Funding Workshop

**FREE**

Develop financial strategies early in a student's life to save for college. Information on the financial aid process: how to maximize aid, choosing the right schools, paying for college. For parents of 10th and 11th graders. **INSTRUCTOR:** Diane B. Hajecki CFP is a financial planner specializing in college funding strategies, college selection and financial aid data gathering.

### **Session II Tuesday Nov. 1**

**7 pm - 8:30 pm**

Quest/District Offices Rm. 23, 225 West Ave., Hilton

## Boomer Retirement Planning

**FREE**

This course will deal with topics relevant to boomers as they approach or have recently retired: strategies for a rising-tax environment, basic estate planning, retirement income planning, Social Security, transitioning from accumulation phase to distribution/preservation phase, healthcare expense planning, interest rate risk and reducing volatility in a portfolio. **INSTRUCTOR:** Michael Chabalik is a financial advisor.

### SESSION I Two Thursdays

**Oct. 6 & Oct. 13**

**6:30 pm-8:15 pm**

District Offices/Quest, Rm. 23, 225 West Ave., Hilton

## Financial Decisions for Kodakers

**FREE**

This course is specifically designed for Kodak employees. Evaluate your retirement/downsizing options: KRIP/cash balance options, STP/TAP, pensions, how to invest in SIP, joint and survivor option on KRIP, how to invest lump sum tax efficiently, withdrawal strategies in retirement, etc. **INSTRUCTOR:** Robert Delisanti is a financial advisor.

### SESSION I One Thursday

**Oct. 27 - 7 pm-8:30 pm**

District Offices/Quest, Rm. 23, 225 West Ave., Hilton

## Investing in the Market Risk/Reward

**FREE**

This seminar is designed for those primarily three to five years away from retirement. Understand the basic principles of investing and how to manage your investments: different types of investments, tax implications, asset allocation, verifying your investment plan, rate of return, designing a portfolio and utilizing bond funds. **INSTRUCTOR:** Robert Delisanti is a financial advisor.

### SESSION I One Thursday

**Oct. 20 - 7 pm-8:30 pm**

Quest/District Offices Rm. 23, 225 West Ave., Hilton

## Financial Wellness Series

**NEW FREE**

Financial wellness can pay long-term dividends to you and your family: establishing healthy spending habits, retirement contributions, planning for educational needs, tax strategies, estate conservation, long-term care options, credit and debt management, goal planning and more. Sign up for this outstanding, five-class series. **INSTRUCTOR:** George Kauffman is a financial advisor.

### Session II Five Tuesdays

**6:30 pm-7:30 pm**

**Nov. 8-Dec. 6**

District Offices, LSS Conference Room, 225 West Ave., Hilton

## Making Retirement Dreams a

**Reality**

**NEW \$5 No GAP**



What are your goals for retirement? Which investments can be considered safe today . . . stocks, bonds, CDs, cash? What about Social Security and pensions? How could debates at the national level affect you? Join this discussion which promises sensible answers. **INSTRUCTORS:** Jacob Schlicht and Steven Coleman, financial advisors.

### SESSION II Three Thursdays

**Nov. 3-Nov. 17 - 7 pm-8 pm**

District Offices/Quest Elementary School, LSS Conference Rm., 225 West Ave., Hilton

## Budgeting 101

**FREE**

Budgeting is the best way to make sure that your money is going where you want it to go! Learn a five-step budgeting process: long and short term goals, where your money is going, money saving, planning and technology. **INSTRUCTOR:** Rethinking Debt [formerly Consumer Credit Counseling Service of Rochester]

### SESSION I One Thursday Sept. 22

**6:30 pm-8:30 pm**

District Offices, Rm. 23, 225 West Ave., Hilton

## Understanding Your Credit Report

**FREE**

Examine credit score myths, how a credit score is calculated and learn strategies for improving score; what financial behaviors to avoid. Learn to pull your free credit report and dispute any errors. **INSTRUCTOR:** Rethinking Debt [formerly Consumer Credit Counseling Service of Rochester]

### SESSION I One Thursday Sept. 29

**6:30 pm-8:30 pm**

District Offices/Quest Rm. 23, 225 West Ave., Hilton

## Micro Business Entrepreneurship Series **NEW** Free

**Does the idea of starting your own business sound appealing?** Have you considered becoming a consultant, selling online, offering a service? There are new ways of doing business today that make micro business more cost-effective than ever. All seven evenings are FREE for all HCSD residents and staff members. *Out-of-district residents: \$10 for each class or \$30 for complete series.*

### ■ Should I take the plunge into small or micro business entrepreneurship?

FREE HCSD residents

Does owning your own business sound like an exciting proposition? Speak to a leader in small business enterprise who can point you in the right direction, help you assess risk, and gain the assistance you may need. **INSTRUCTOR:** Dana Brunett, President, PathStone Enterprise Center, Rochester

**SESSION I Tuesday, Sept. 13 - 6:30 pm–8 pm**  
Rm. 23, District Offices, 225 West Ave. Hilton

### ■ Do I need a business coach?

FREE HCSD residents

How do you maintain momentum and keep your business venture on track? Talk to an expert business coach about this important aspect in a supportive environment. **INSTRUCTOR:** Lynette Loomis, business coach, Your Best Life Coaching, Rochester

**SESSION I Tuesday, Sept 20 - 6:30 pm–8 pm**  
Rm. 23, District Offices, 225 West Ave. Hilton

### ■ What about bookkeeping and taxes?

FREE HCSD residents

Does tax preparation and keeping the books make you nervous? Speak to a friendly bookkeeper about the business and tax assistance that makes bookkeeping and tax planning manageable tasks. **INSTRUCTOR:** Todd Niedopytalski, owner of Principle Bookkeeping of Greece.

**SESSION I Tuesday, Sept. 27 - 6:30 pm–8 pm**  
Rm. 23, District Offices, 225 West Ave. Hilton

### ■ What about insurances?

FREE HCSD residents

Bonding, insurance, disability and other requirements in the insurance field help make a strong foundation and protect you and your employees. Find out more.

**INSTRUCTOR:** Peter Feltner, The Feltner Group, Spencerport

**SESSION I Tuesday, Oct. 4 - 6:30 pm–8 pm**  
Rm. 23, District Offices, 225 West Ave. Hilton

### ■ Do I need a website?

FREE HCSD residents

How important is a professional website? Learn the way websites work and how to quickly and easily launch an online presence free.

**INSTRUCTORS:** Barbara Carder, web design/management and Ann Pearlman, web application instructor, small business owners

**SESSION I Tuesday Oct. 11**  
**6:30 pm–8 pm**

Rm. 23, District Offices, 225 West Ave. Hilton

### ■ What is kitchen-table marketing?

FREE HCSD residents



What does it take to build the relationships needed for effective public relations? Discuss creative ways to connect people and products with the customers who need them. **INSTRUCTOR:**

Robin Taney, Studio 4 PR, Hilton

**SESSION I Tuesday, Oct. 18**  
**6:30 pm–8 pm**

Rm. 23, District Offices, 225 West Ave. Hilton

### ■ Should I join a chamber of commerce?

FREE HCSD residents

Chambers of Commerce are community resources. Learn from the experts the many services and benefits from chamber membership.

**INSTRUCTORS:** Jodie Perry, Greece Chamber and Mike Petitti, Hilton-Parma Chamber

**SESSION I Tuesday, Oct. 25**  
**6:30 pm–8 pm**

Rm. 23, District Offices, 225 West Ave. Hilton

## Introduction to Contemplation **FREE**

Research shows that the practice of developing a contemplative/meditative practice allows for a reduction in stress and an increase in ability to be of service to others due to a calming effect. Find out more about this non-sectarian practice which has origins in many world religions.

INSTRUCTOR: Tom Agness, member of Contemplative Outreach

**SESSION I One Thursday  
Sept. 22 - 6:15 pm-8:15 pm**

Quest/District Offices, LSS Conference Rm., 225 West Ave., Hilton



## Ecumenism **FREE**

What does it mean and is it important and relevant for the 21st century? Examine the meaning of ecumenism with an expert whose experiences in the military have lent themselves to a deeper consideration. INSTRUCTOR: Rev. Walter T. Steenson is pastor of Hilton Baptist Church, a former college instructor in history and government at Quincy College.

**SESSION I Thursday Oct. 13 - 7 pm-8:30 pm**

District Offices/Quest LSS Conference Rm., 225 West Ave., Hilton

## Military Chaplaincy **FREE**

From Iraq to Hilton, the role of a military chaplain is unique. Explore the dynamics of interacting on a spiritual level in culturally diverse environments; and what it means to "Pray and Serve in Jesus Name." INSTRUCTOR: Rev. Walter T. Steenson is pastor of Hilton Baptist Church and an Army Chaplain serving with both the US Army Reserve and the Army National Guard for 21 years.

**Session I One Thursday  
Oct. 20 - 7 pm-8:30 pm**

District Offices/Quest LSS Conference Rm., 225 West Ave., Hilton

## Fanciful Cupcakes **NEW**



**\$25 \$10/GAP**  
Cupcakes, memorable creations, are easily customized for special occasions. **Supply fee \$8** paid to instructor. INSTRUCTOR: Deborah

Gerlach is a creative chef.

**SESSION I Two Thursdays**

**Oct. 6 & Oct. 13 - 6:30 pm-8 pm**

Merton Williams, Rm. 103, 200 School La., Hilton

## Introduction to Publishing

**\$25 \$10/GAP**

Are you working on your dream of writing a book? Learn the process of publishing: self-publishing, conventional publishing, industry standards and minimum expectations will be discussed; includes a peek into the present and future trends in publishing. Class size is limited to eight. INSTRUCTOR: Mary Beth Egeling is a published writer of inspirational books.

**SESSION I One Tuesday**

**Sept. 13 - 6:15 pm-8:15 pm**

Quest/District Offices, LSS Conference Rm., 225 West Ave., Hilton

## Introduction to Kumihimo **NEW**

**\$10 FREE/GAP**

Kumihimo is an ancient Japanese weaving method used to create jewelry, fashion accessories and household decor. Learn the basics while making a bookmark and key chain. **Supply fee \$5** paid to instructor. INSTRUCTOR: Deborah Gerlach is an expert crafter in all media.

**SESSION I Two Wednesdays**

**Sept. 14 & Sept. 21 - 2 pm-3:30 pm**

Hilton Park Apartments Clubhouse, 100 Leith La., Hilton

## Quilting/Piecing by Machine **\$45 \$25/GAP**

Build your confidence and skills learning quick quilting techniques: rotary-cut, machine-piece, quilt with your sewing machine. Beginners welcome. Bring machine. Supply list for Fall Wreath available on [www.hilton.k12.ny.us/community-education.htm](http://www.hilton.k12.ny.us/community-education.htm) INSTRUCTOR: Shelia Bacon is an expert quilter



**SESSION I Tuesdays**

**Sept. 13-Oct. 18 - 7 pm-9 pm**

Merton Williams Middle School Small Cafeteria, 200 School La., Hilton

## Watercolor Skills for the Beginner

**NEW \$45 \$25/GAP**



Always wanted to try your hand at watercolor painting? Learn the basics from a master watercolorist: selecting papers, brushes, paints, washes, sponge and other techniques. You may bring watercolor paper, brushes, paint. INSTRUCTOR: Tracie Doerner is a master watercolorist

**SESSION I Four Mondays**

**Sept. 12-Oct. 3 - 6:30 pm-8:30 pm**

Hilton High School Art Studio Rm. 1204, 400 East Ave., Hilton

## Driver Education

**\$420 - HCSD Resident No GAP**  
**\$430 - Non-HCSD resident**

Hilton CSD Community Education and AAA of Central and Western NY jointly offer Driver Education classes after school at Hilton High School. Students must have valid NYS DMV Learner's Permit. **Registration fee must be received by Friday, Sept. 16, 2011.** Classes are held at Hilton HS Rm. 2100, 400 East Ave., Hilton. Students must attend EVERY instructional and every driving class in order to receive a NYS DMV MV-285 certificate which permits holder to schedule a road test with NYS DMV and obtain a NYS driver's license. All completers get a one-year AAA basic membership. INSTRUCTORS: DMV-certified instructors from AAA.

COMPLETE THE REGISTRATION FORM ON PAGE 10.

**Class meets: Sept. 26-Nov. 21 [No class Oct. 10] Mondays and Wednesdays at Hilton High School Room 2100. Instruction/Theory: 4:10 pm-5:40 pm**

**Vehicle Drives: 2:30 pm-4 pm OR 5:50 pm-7:20 pm** NOTE:AAA assigns drives according to enrollment

Pay by check or online credit card -

[www.hilton.k12.ny.us/](http://www.hilton.k12.ny.us/) **Vehicle drive times posted online at [www.hilton.k12.ny.us/driver-education.htm](http://www.hilton.k12.ny.us/driver-education.htm) after Sept. 22, 2011.** Students must attend EVERY session; \$25 makeup fee [\$50 if both are missed]. If your child is ill and you know in advance that he/she will not be attending class, call AAA: 1-800-836-2582 ext. 73504 or email [driverprograms@nyaaa.com/](mailto:driverprograms@nyaaa.com) Questions about student attendance in class: 1-800-836-2582 ext. 73504 or [driverprograms@nyaaa.com/](mailto:driverprograms@nyaaa.com/)



## DMV Online Learner's Permit Testing \$10

Take your Learner's Permit online at Hilton High School. The Learner's Permit is for students who are few months from their 16th birthday and older. You must be currently enrolled and in good standing at Hilton High School. You must be 16-years-old to drive with a Learner's Permit. Manuals available when you pay your \$10 pre-registration fee. Community Ed Registrar's office is located at District Offices/Quest, 225 West Ave., Hilton.

TEST PROCTOR: NYS DMV proctor Jane Northrup.

**WEDNESDAY at Hilton HS Computer Lab A**

**Wednesday Sept. 28 - 2:15 pm-3:15 pm**

**Wednesday Oct. 19 - 2:15 pm-3:15 pm**

Hilton High School, Library Computer Lab A, 400 East Ave., Hilton

## NYS DMV Five-Hour Pre-Licensing Course

**\$40 No GAP**

If you are not taking a driver education class or have a revoked/expired license, NYS DMV mandates attendance in this course to qualify you for Form MV-278 which is required to register for a driving test. Bring your Learner's Permit, pen/pencil and NYS DMV Driver's Manual to class. You must pre-register for this course. Recommended: bring a snack and beverage.

INSTRUCTOR: **Marybeth Walker** is a certified NYS DMV instructor.

**Hilton High School Saturdays**

**Saturday Oct. 1 - 8 am-1 pm**

**Saturday Oct. 15 - 8 am- 1 pm**

**Saturday Nov. 19 - 8 am-1 pm**

Hilton High School, Rm. 2100, 400 East Ave., Hilton

## AAA Six-Hour Defensive Driving Point/Insurance Reduction

**\$35/AAA**

**Members No GAP**

**\$41 Non-AAA members No GAP**

AAA's "Managing Visibility, Time and Space," is an approved NYS point and insurance reduction program; save 10% on automobile collision and liability premiums for the next three years and reduce up to four violation points from driving record. Bring your driver's license. INSTRUCTOR: AAA Driver Safety instructor

**Saturday Sept. 24 - 8 am-2:30 pm** [half hour lunch]

**Saturday Oct. 8 - 8 am-2:30 pm** [half hour lunch]

**Saturday Nov. 12 - 8 am-2:30 pm** [half hour lunch]

Hilton High School, Rm. 2100, 400 East Ave., Hilton



**GAP rate: HCSD residents age 55+ and all HCSD employees**

## Hilton CSD Driver Education Fall 2011

Hilton Community Education and AAA of Central and Western New York jointly offer Driver Education at Hilton High School. Students must have valid NYS DMV Learner's Permit. You **MUST** attend six-hours per week [total of 48 hrs.]; three-hours required each day classes are held. Classes are held at Hilton High School Rm. 2100, 400 East Ave., Hilton.

### HILTON CSD REGISTRATION FOR DRIVER EDUCATION

*Registration not confirmed until payment & form are received*

Name \_\_\_\_\_

*as it appears on Learner's Permit*

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: [home] \_\_\_\_\_

[cell] \_\_\_\_\_

Email: \_\_\_\_\_

NYS DMV Learner's Permit 9-digit ID#: \_\_\_\_\_

Birthdate: \_\_\_\_\_

REGISTRATION FEE [includes book]

Please check all that apply:

\$420. – HCS District students [reside in the Hilton School District]

\$430. – out-of-district students

HCS District Resident \_\_\_\_\_

Non-HCS District Resident \_\_\_\_\_

#### METHOD OF PAYMENT

Check Payment enclosed \$ \_\_\_\_\_

Payment by Online Credit Card \$ \_\_\_\_\_

MasterCard, VISA, Discover accepted online:

[www.hilton.k12.ny.us/community-education.htm](http://www.hilton.k12.ny.us/community-education.htm)

NAME [Parent or other] ON CREDIT CARD OR CHECK: \_\_\_\_\_

If you are confirmed to attend and do not come to class or unable to attend for any reason, refunds are at the discretion of AAA. A \$20 withdrawal fee may be assessed. Make check out to: Hilton Community Education and mail registration form with parental signature and check to:

Hilton CSD Community Education, 225 West Ave., Hilton, NY 14468.

**CHECK PAYMENT MUST ACCOMPANY REGISTRATION**

#### PARENTAL PERMISSION

I \_\_\_\_\_  
give my son or daughter

permission to attend the Hilton CSD Driver Education program conducted during the Winter/Spring '11 semester.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Please print parent name

\_\_\_\_\_  
Student Signature

Date \_\_\_\_\_

-----office use only-----

Payer \_\_\_\_\_

Received date \_\_\_\_\_

cc \_\_\_\_\_ cash \_\_\_\_\_ # \_\_\_\_\_

Amount \_\_\_\_\_ # \_\_\_\_\_

**Driver Ed Pay Online with Credit Card: [www.hilton.k12.ny.us/community-education.htm](http://www.hilton.k12.ny.us/community-education.htm)**

Driver Education Students mail in registration; discount for Driver Education available

Hilton High School students: mail in your registration forms with payment to the HCSD Community Education Registrar, 225 West Ave., Hilton [in Quest Elementary School]. There is a Driver Education discount fee for families who qualify for the Free/Reduced Meal Program. For further information about Driver Education registration, please call 585-392-1000 ext. 7044.

# Registration Information

Registration begins as soon as you receive this Catalogue of courses. There is no extra charge for out-of-district residents unless noted. Classes are for adults [age 16+] unless stated [ex. Driver Education, Five-Hour Pre-Licensing]. Hilton CSD residents are eligible for a GAP pass. Classes are generally six weeks in length. Registration is activated when payment is received.

**NO CONFIRMATIONS ARE MAILED. YOU ARE NOTIFIED ONLY IF CLASS IS CANCELLED.**

Online Course Reservation:

[www.hilton.k12.ny.us/community-education.htm](http://www.hilton.k12.ny.us/community-education.htm)

Drop off registration: Community Education Office,  
225 West Ave., Hilton, NY 14468

Mail check and registration to:

Hilton Community Education,  
225 West Ave., Hilton, NY 14468

Registration and further questions: Registrar may be reached at 585-392-1000 ext. 7044.

## GAP Pass

Hilton District residents age 55 or older and HCSD employees are eligible to register for a GAP Pass. GAP pass is honored by Hilton Community Education: courses may be taken for free or discounted registration [supplies are extra]; free entrance to all school music concerts and home sporting events at no charge; a \$3 discount at High School Musicals. In addition, those seniors [over age 65] who qualify for the NYS Property Tax Aged Exemption are eligible for a Community Education scholarship [one free class per semester]. Unemployed persons are also eligible for GAP. For GAP pass and/or scholarship information, please call 585-392-1000 ext. 7044/7045.

## Hilton CSD Community Education

225 West Ave., Hilton, NY 14468

Director Barbara Carder  
585-392-1000 ext. 7045  
Registrar Kathleen Mitchell  
585-392-1000 ext. 7044

Superintendent of Schools  
David Dimpleby

Catalogue is Online:

[www.hilton.k12.ny.us/community-education.htm](http://www.hilton.k12.ny.us/community-education.htm)

Mission - Hilton School District's Community Education is committed to building a connected learning community through providing reasonably-priced educational courses for adults, youth and families.



CLASS	PAGE
AAA Defensive Driving/Point Reduction	9
Active Yoga	2
Aquafit Water Aerobics	2
Art of Fly Casting	4
Ballroom Dancing	4
Bicycling Early Evening on Fridays	4
Boomer Retirement Planning	6
Budgeting 101	6
College Funding	5
Defensive Driving/Point Reduction	9
Divorce: the Facts	5
DMV Online Learner's Permit Testing	9
Dog Obedience & Training	5
Driver Education	9
Driver Education Registration Form	10
Drivers Instruction	9
Ecumenism	NEW 8
Entrepreneurship	NEW 7
Facebook: Good, Bad, Ugly	NEW 5
Fanciful Cupcakes	NEW 8
Financial Wellness Series	NEW 6
Financial Decisions for Kodakers	6
Fitness Swim on Saturdays	2
Five-Hour Pre-Licensing	9
Fly-Casting	4
Foster Parenting in Monroe County	5
GAP RATE	11
Gentle Yoga	2
Investing in the Market Risk/Reward	6
Introduction to Contemplation	NEW 8
Introduction to Publishing	8
Keeping Children Safer Online	NEW 5
Kumihimo	NEW 8
Learner's Permit Testing Online	9
Making Retirement Dreams Reality	NEW 6
Micro Business Entrepreneurship	NEW 7
Military Chaplaincy	NEW 8
Online Learner's Permit Testing	9
Outdoor Fitness Walking	4
Personal Training [Group]	3
Pet Health and Maintenance	NEW 5
Pilates Light: Abs and More	4
Quilting & Piecing by Machine	8
Retirement Planning	6
Safer Online	5
Sage Studies	8
Six-Hour Ins./Point Reduction	9
Strength & Cardio Conditioning	3
T'ai Chi/Qigong	3
Understanding Credit Reports	6
Walking - Outdoor Fitness	4
Walking Passes in Quest Elementary	4
Watercolor Skills for Beginners	NEW 8
Yoga	2

NONPROFIT ORG.  
PAID  
Hilton, NY 14468  
Permit NO. 21

Hilton Central Schools  
225 West Ave.  
Hilton, New York 14468  
585-392-1000 ext. 7044  
www.hilton.k12.ny.us

Hilton School District Resident



**HCS D MAIL IN REGISTRATION FORM:**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: (home) \_\_\_\_\_ (work) \_\_\_\_\_  
Email address: \_\_\_\_\_

Course Title [1]: \_\_\_\_\_  
Start Date: \_\_\_\_\_

Course Title [2]: \_\_\_\_\_  
Start Date: \_\_\_\_\_

Course Title [3]: \_\_\_\_\_  
Start Date: \_\_\_\_\_

Please mail payment and form to:  
**Hilton Community Education,  
225 West Ave., Hilton, NY 14468**

REGISTRATION FEE ENCLOSED: \$ \_\_\_\_\_

Check here if you have GAP rate: \_\_\_\_\_

Check Amount: \_\_\_\_\_ checks preferred  
**Checks payable to Hilton CSD Community Education**

**HCS D MAIL IN REGISTRATION FORM:**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: (home) \_\_\_\_\_ (work) \_\_\_\_\_  
Email address: \_\_\_\_\_

Course Title [1]: \_\_\_\_\_  
Start Date: \_\_\_\_\_

Course Title [2]: \_\_\_\_\_  
Start Date: \_\_\_\_\_

Course Title [3]: \_\_\_\_\_  
Start Date: \_\_\_\_\_

Please mail payment and form to:  
**Hilton Community Education,  
225 West Ave., Hilton, NY 14468**

REGISTRATION FEE ENCLOSED: \$ \_\_\_\_\_

Check here if you have GAP rate: \_\_\_\_\_

Check Amount: \_\_\_\_\_ checks preferred  
**Checks payable to Hilton CSD Community Education**

**HCS D MAIL IN REGISTRATION FORM:**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: (home) \_\_\_\_\_ (work) \_\_\_\_\_  
Email address: \_\_\_\_\_

Course Title [1]: \_\_\_\_\_  
Start Date: \_\_\_\_\_

Course Title [2]: \_\_\_\_\_  
Start Date: \_\_\_\_\_

Course Title [3]: \_\_\_\_\_  
Start Date: \_\_\_\_\_

Please mail payment and form to:  
**Hilton Community Education,  
225 West Ave., Hilton, NY 14468**

REGISTRATION FEE ENCLOSED: \$ \_\_\_\_\_

Check here if you have GAP rate: \_\_\_\_\_

Check Amount: \_\_\_\_\_ checks preferred  
**Checks payable to Hilton CSD Community Education**