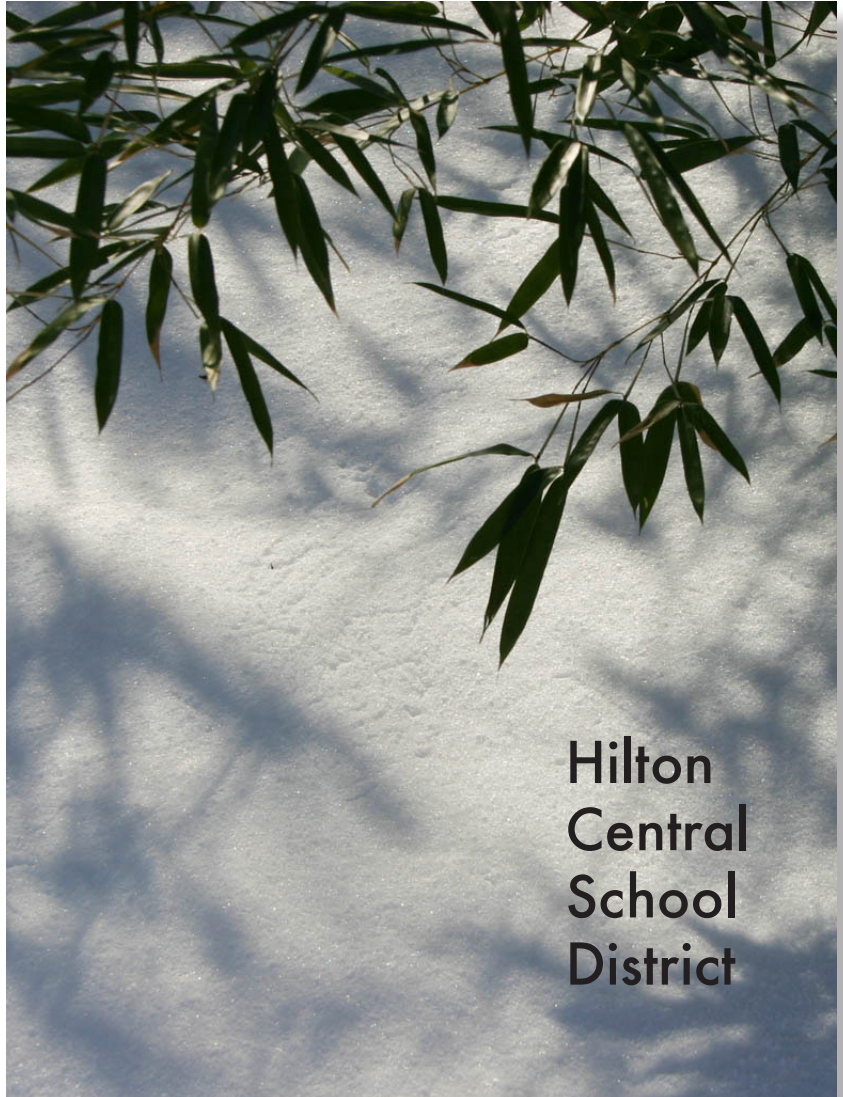


Learn More!

Hilton CSD Community Education is building a connected learning community in the Hilton Central School District. CE instructors are happy to share their expertise. Do you have a course suggestion? Give us a call at 392-1000 ext. 7045.

- Active Adult Fitness
- Adult Education
- Career Skills
- Creative Arts
- Driver Education
- Ecologic & Gardening
- Financial Literacy
- Fitness & Recreation
- Parenting Skills
- Retirement Options
- Senior Living
- Wellness Options



Hilton
Central
School
District

Community Education

Winter & Spring 2012 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
Catalogue & Online Course Reservation
Registration and GAP rate – see p. 11



Active Yoga \$45 \$35/GAP

For those with some yoga experience - extend your yoga practice into more advanced poses using proper body alignment. Bring sticky mat. INSTRUCTOR: Patricia Pirnie is a certified *YogaFit* instructor.



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

Jan. 9-Feb. 13 [No class Jan. 16]
7:05 pm-8:05 pm

Village Elementary School JU/GYM, 100 School La.

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

Feb. 27-April 2 - 7:05 pm-8:05 pm

Village Elementary School JU/GYM, 100 School La.

SESSION III Active Mondays \$45 \$35/GAP

April 23 - June 4 [no class May 28] - 7:05 pm-8:05 pm

Village Elementary School JU/GYM, 100 School La.

**Sign up for all three Active Monday sessions:*

\$120 \$80/GAP

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

Jan. 11-Feb. 15- 7:05 pm-8:05 pm

Village Elementary School JU/GYM, 100 School La.

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

Feb. 29-April 4 - 7:05 pm-8:05 pm

Village Elementary School JU/GYM, 100 School La.

SESSION III Active Wednesdays \$45 \$35/GAP

April 25-May 30 - 7:05 pm-8:05 pm

Village Elementary School JU/GYM, 100 School La.

**Sign up for all three Active Wednesday sessions:*

\$120 \$80/GAP

Aquafit Water Aerobics

\$50 \$30/GAP

**Sign up for sessions II & III: \$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 with a cool-down, stretch and tone. People with health issues should check with their physician. INSTRUCTOR: Linda Hoffman is Aquafit instructor.



SESSION I Cancelled due to pool repair

[this is a change]

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

Gentle Yoga

\$45 \$35/GAP

Gentle Yoga is a low-impact, slow-paced practice which builds strength, flexibility and stamina incorporating relaxation. Bring sticky mat; wear comfortable clothing; people with health issues obtain medical clearance. INSTRUCTOR: Patricia Pirnie is a certified *YogaFit* instructor.

SESSION I Gentle Mondays

\$45 \$35/GAP

Jan. 9-Feb. 13 [No class Jan. 16] - 6 pm-7 pm

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

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

Feb. 27-April 2 - 6 pm-7 pm

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

SESSION III Gentle Mondays \$45 \$35/GAP

April 23 - June 4 [no class May 28] - 6 pm-7 pm

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

**Sign up for all three Gentle Monday sessions: \$120 \$80/GAP*

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

Jan. 11-Feb. 15 - 6 pm-7 pm

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

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

Feb. 29-April 4 - 6 pm-7 pm

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

SESSION III Gentle Wednesdays \$45 \$35/GAP

April 25-May 30 - 6 pm-7 pm

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

**Sign up for all three Gentle Wednesday sessions: \$120 \$80/GAP*

SESSION II Mondays & Thursdays \$50 \$30/GAP

Feb. 27 - April 5

7:30 pm-8:30 pm

Hilton Aquatic Center Pool, 200 School La., Hilton

SESSION III Mondays & Thursdays \$50 \$30/GAP

April 16 - May 24

7:30 pm-8:30 pm

Hilton Aquatic Center Pool, 200 School La., Hilton

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

Aqua Kick-Boxing

CANCELLED

Fitness Swim

NEW

\$30 \$15/GAP

***Sign up for both sessions: \$40 \$20/GAP**

Extend your fitness regime in an outstanding new pool on Tuesdays, Wednesdays & Saturdays for this extra time to unwind and tone. **Swim Saturdays and/or Tuesdays and Wednesdays!** 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. **ON DECK:** Aquatic Center Lifeguards

Session I Cancelled due to pool repair

[this is a change]

SESSION II Tuesdays & Wednesdays 4:15-5:15 pm & Saturdays 1 pm-3 pm

Feb. 28-April 4

Hilton Aquatic Center, 200 School La. Hilton

SESSION III Tuesdays & Wednesdays 4:15-5:15 pm & Saturdays 1 pm-3 pm

April 17-June 2 [no class May 26]

Hilton Aquatic Center, 200 School La. Hilton

**Sign up for both sessions: \$40 or \$20/GAP*

20/20/20 Cardio, Weights & Abs

Stretching

NEW

\$45 \$25/GAP

***Sign up for all three sessions: \$85 \$45/GAP**

20/20/20 is 20 minutes of cardio, 20 minutes weights and 20 minutes abs stretching. People with health issues should see their physician before enrolling in an exercise program and obtain medical clearance. Bring sticky mat or towel, wear comfortable clothing, athletic shoes and bring a water bottle. **INSTRUCTOR:** Barbara Yahn is AAFA Fitness-certified.

Session I Mondays \$45 \$25/GAP

Jan. 9-Feb. 13 [No class Jan. 16]

6:30 pm-7:30 pm

High School Fitness Center, 400 East Ave., Hilton

SESSION II Mondays \$45 \$25/GAP

Feb. 27-April 2 - 6:30 pm-7:30 pm

High School Fitness Center, 400 East Ave.

SESSION III Mondays \$45 \$25/GAP

April 23-June 4 [no class May 28] - 6:30 pm-7:30 pm

High School Fitness Center, 400 East Ave.

**Sign up for all three sessions:*

\$85 or \$45/GAP



Personal Training [Group]

\$45 \$35/GAP

***Sign up for all three sessions:**

\$120 \$80/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 HS 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:** Tami Mungenast, CPT, Certified Personal Trainer

SESSION I Saturdays - 10 am-11 am

Jan. 14-Feb. 18

High School Fitness Center, 400 East Ave., Hilton

SESSION II Saturdays - 10 am-11 am

Mar. 3-Mar. 31

High School Fitness Center, 400 East Ave., Hilton

SESSION III Saturdays 10 am-11 am

April 21-June 2

High School Fitness Center, 400 East Ave., Hilton

**Sign up for all three sessions: \$120 or \$80/GAP*

Nutrition for Fitness

NEW

\$25 \$15/GAP for all three sessions

Take your fitness to the next step. Explore how fitness improves when your nutrition takes a change for the better. Optional body fat analysis available. **INSTRUCTOR:** Tami Mungenast, CNWC, Certified Nutrition/Wellness Consultant

SESSION I, II, III - 9:30 am-10 am

precedes regular Personal Training

Group schedule: 30 minutes before

Saturday classes

Session I -Jan. 14-Feb. 18

Session II - Mar. 3-Mar. 31

Session III - April 21-June 2

Hilton High School Fitness Center, 400 East Ave. at Bennett Rd., Hilton

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

ZUMBA

\$50 \$30/GAP

**Sign up for three sessions: \$115 \$60/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! No children. INSTRUCTOR: Arie Simmons is a certified Zumba instructor.



SESSION I Tuesdays & Thursdays

\$50 \$30/GAP

Jan. 10 - Feb. 16

6 pm-7 pm

Merton Williams GYM, 200 School La., Hilton; enter at rear Aquatic Center entrance

SESSION II Tuesdays & Thursdays

\$50 \$30/GAP

Feb. 28 - April 5

6 pm-7 pm

Merton Williams Middle School GYM,

SESSION III Tuesdays & Thursdays

\$50 \$30/GAP

April 17-May 24

6 pm-7 pm

Merton Williams Middle School GYM

**Sign up for all three sessions: \$115 or \$60/GAP*

ZUMBA Toning

NEW

\$25 \$15/GAP for all three sessions

ZUMBA toning is a way to extend the work of the Zumba class. Each Thursday following class at 7 pm-7:30 pm, remain in gym and work on toning; supplies recommended by instructor. INSTRUCTOR: Arie Simmons is a certified Zumba Toning instructor.

SESSION I, II, III - 7 pm-7:30 pm follows regular Zumba schedule: 30 minutes following Thursday classes MW GYM, 200 School La., Hilton

Pilates Light: Abs and More

\$45 \$25/GAP

**Sign up for all three sessions \$115 \$55/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. INSTRUCTOR: Barbara Salamaca, LMT, is a Licensed Massage Therapist who has taught yoga, Pilates and other active adult fitness movement courses.

SESSION I Thursdays

Jan. 12 - Feb. 16 - 6 pm - 7 pm

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

SESSION II Thursdays

Mar. 1 - April 5

6 pm - 7 pm

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

SESSION III Thursdays

April 19 - May 24

6 pm - 7 pm

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



**Sign up for all three sessions: \$115 or \$55/GAP*

T'ai Chi Ch'uan & Qigong

\$45 \$25/GAP

**Sign up for all three sessions: \$115 \$55/GAP*



T'ai Chi [Taiji Quan], a Chinese martial art modified to be a health exercise, is practiced slowly with relaxed flowing movements strengthening legs, improving balance, increasing flexibility and relieving stress. Twenty-four posture Yang style form with active stretching Qigong exercises. Beginners to intermediates welcome. INSTRUCTOR: Brian Bruning has been

studying and practicing T'ai Chi and Qigong exercises since 1978.

Session I Saturdays Jan. 14 - Feb. 18

12:30 pm-1:30 pm

Hilton Karate, 54 Canning St., Hilton

SESSION II Saturdays Feb. 25 - Mar. 31

12:30 pm-1:30 pm

Hilton Karate, 54 Canning St., Hilton

SESSION III Saturdays April 21 - June 2 [no class April 28 - World Tai Chi Day]

12:30 pm-1:30 pm

Hilton Karate, 54 Canning St., Hilton

**Sign up for all three sessions: \$115 or \$55/GAP*

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 Mondays, One Saturday

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

Merton Williams Middle School, 200 School La., Hilton Outdoor Class: SALMON CREEK Saturday

Mondays Mar. 12-Mar. 26 - 6 pm-7:30 pm MW

Saturday Mar. 31 - 10 am-12 noon behind 225 West Ave., Hilton at Salmon Creek

Planning the Perfect

Kitchen Garden **NEW** \$25 \$15/GAP

All gardeners know how rewarding it is to harvest ripe, sun-warmed tomatoes or pungent herbs fresh from the garden. Learn how to design a garden that is not only productive, but also a beautiful, well-integrated part of the home landscape and how thoughtful plant groupings and crop rotation can multiply the harvest a hundredfold. Each participant will receive a variety of organic vegetable seeds to start his or her own *potager* [French for kitchen garden]. Bring your questions. INSTRUCTOR: Jarmila Haseler, owner, Garden Roots Designs, organic garden.

SESSION III Two Tuesdays

May 1 & May 8 - 6:30 pm-8:30 pm

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

Eco-Friendly Landscaping with Native Plants, Trees, Shrubs

\$25 \$15/GAP



Spicebush? Elderberry? Pagoda dogwood? Learn landscape with native wildflowers, shrubs and trees using principles of habitat and ecological succession. Includes a visit to Mr. Hellmann's property, certified by the National Wildlife Federation's

Backyard Wildlife Habitat. INSTRUCTOR: Robert Hellmann has a Masters of Science in conservation from Cornell University.

SESSION III Five Mondays and Field Trip TBD April 23-May 21 - 7 pm-8 pm

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

Quilting/Piecing by Machine

All three sessions: \$60 \$30/GAP

Build your confidence and skill learning quick quilting techniques: rotary-cut, machine-piece, quilt with your own sewing machine. Beginners welcome. Bring your machine. Instructors will help with fabric and material selection. Bring own projects. INSTRUCTORS: Barb Dabrowski - Session I & II; Shelia Bacon - **Session III starts May 1 - Project is crazy quilt.**

SESSION I, II, III Tuesdays

Jan. 10-June 5 [no class Feb. 21, April 10, April 24] - 7 pm-9 pm

Quest Elementary Cafeteria, 225 West Ave., Hilton

Stained Glass Workshop

\$45 \$25/GAP



Explore a project of your choice in stained glass using the Tiffany [copper foil] method. Skills taught include cutting, foiling and soldering. Students provide materials, tools. Class provides supportive instruction. INSTRUCTOR: Ron Saar is a

stained glass artist and instructor.

SESSION II \$45 \$25/GAP

Wednesdays Feb. 29-April 4 - 6:30 pm-8:30 pm Merton Williams Tech. Lab 115, 200 School La.

SESSION III \$45 \$25/GAP

Wednesdays April 18 - May 23 - 6:30 pm-8:30 pm Merton Williams Tech. Lab 115, 200 School La., Hilton

Watercolor Skills for the Beginner & Intermediate

\$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 and plein [outdoor] painter.

SESSION II Mondays

Feb. 27-April 2 - 6:30 pm-8:30 pm

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

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 III Tuesday May 1
7 pm - 8:30 pm**

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

Dealing with Credit Card Debt

FREE

Credit card debt is manageable. Find out what options are available and how to make an informed decision. Examine how a credit score is calculated and learn strategies for improving score. INSTRUCTOR: Consumer Credit Counseling Service of Rochester specialist Andrea Colline.

**SESSION I One Thursday Jan. 19
6:30 pm-8:30 pm**

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

Have you been affected by Layoff or Downsizing?

\$5 No GAP

This seminar will help you make informed decisions about health care, COBRA, group life insurance, which pension options are best for you, how severance pay is taxed, how to deal with 401[k] - leave it or roll over to IRA, lump-sum pensions, rate of return on investments leading to retirement, designing a portfolio and working toward a guaranteed income in retirement. INSTRUCTOR: Robert Delisanti is a financial advisor.

**SESSION I Thursday Jan. 26
7 pm-8:30 pm**

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

**HCS D Community Education has a
\$5 non-refundable processing fee**

Long-Term Care Seminar

\$5 No GAP

This seminar covers a difficult subject in an understandable and helpful way. Among the important issues discussed are: why long-term care is a concern, levels of care, costs and sources of payment, government long-term care programs, asset preservation and inheritance protection, and using private insurance to pay for long-term care. INSTRUCTOR: George Kauffman is a financial advisor.

**SESSION II Tuesday Mar. 6 - 6:30 pm - 7:30 pm
repeated Tuesday, March 13 - 6:30 pm - 7:30 pm**

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

Money Management Workshop

\$5 No GAP

This foundational workshop provides beginning investors with information that will help start an effective investment program. Identify priorities, set financial goals, budget and build cash reserves, examine risk-management and insurance strategies for reducing taxes, planning for and funding your retirement. INSTRUCTOR: George Kauffman is a financial advisor.

**SESSION II Tuesday Mar. 20 - 6:30 pm - 7:30 pm
repeated Tuesday, March 27 - 6:30 pm - 7:30 pm**

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

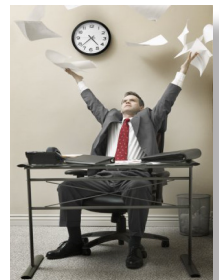
Making Retirement Dreams a Reality

\$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 I Three Thursdays
Feb. 2, Feb. 9 & Feb. 16 - 7 pm-8 pm**

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



Financial Decisions for Kodakers

\$5 No GAP

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 Thursday Feb. 2
7 pm-8:30 pm**

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

Career Opportunity . . . HS students welcome

Food Safety Certifications **NEW** Level 1 and Level 2 [Health Department Approved]



Interested in catering, starting your own line of desserts, working in a restaurant or as a food vendor? Hilton CSD Community Education is fortunate to offer this essential career opportunity with Monroe County's expert instructor.

Are you new to the food service, restaurant, food booth, catering world or need recertification? This course fulfills the required Monroe County Health Department Level 1 [Food Handler in charge] or the Level 2 [Food Service worker] Certification; both courses are taught together with different Level 1 and Level 2 exams at the end. Level 1 students take a national exam with the certification valid for five years. Level 2 students take an instructor's exam with the certification valid for three years. These courses also fulfill recertifications for either level. You will learn about the microbes that cause foodborne illness, proper personal hygiene; protecting food during receiving, storage, preparation and serving based on the FDA model food code as well as cleaning and sanitizing, pest control in commercial kitchens and regulatory preparedness. **Class size limited; register early. HS students welcome.** INSTRUCTOR: Peter Castronovo, a past Health Department Sanitarian with over 27 years of food safety/sanitation experience. He will share his hands-on inspection experience and unique true stories to help you serve safe, wholesome food. Supplies [handouts and certificates] included.

**SESSION II March 27 & March 29
Tuesday and Thursday
6 pm - 9:30 pm
Level 1 - \$145
Level 1 Recertification - \$105 [must have taken
Level 1 within the last 5 years]**

**SESSION II March 27 & March 29
Tuesday and Thursday
6 pm - 9:30 pm Level 2 - \$105
Level 2 Recertification - \$55
[required to attend second night only]
must have taken Level 2 within the last 3 years**
HS FACS Rm. 1202 [lower level]
Hilton High School, 400 East Ave., Hilton, NY 14468
Corner of East Ave. and Bennett Rd.

Know Your PC Computer/ Tablet/Laptop/Mobile **NEW** \$45 \$35/GAP

"Know Your PC Computer/Tablet/Laptop/Mobile" is a very basic computer troubleshooting course for the average person. Two evenings include the basics of what you need-to-know after opening the box: how to determine the operating system/version; how to install security and anti-virus; how to know if you need to update computer and/or software; laptop, tablet, pda, mobile wireless issues; wireless and hot spots; when to know you need to take your computer/phone/laptop/PDA/tablet to a professional for repair. PC only. INSTRUCTOR: Josh Ennis, Network Administrator Hilton CSD and computer troubleshooter.

**SESSION I Two Tuesday Evenings
Jan. 24 and Jan. 31 - 6:30 pm-8 pm**
District Offices/Quest, LTT Computer Lab. 225 West Ave., Hilton

Photography Workshop for the 'Serious Amateur' **NEW** \$45 \$25/GAP

Join a professional photographer for a six-week adventure in digital photography. Know your camera better; understand the elements of photographic composition, lighting and more. INSTRUCTOR: Kris Murante, RIT graduate in Photography, is a *Democrat & Chronicle* photographer with a pro's eye developed for landscape, action, portrait and photojournalism.



**SESSION III Three Mondays
Mondays April 16, April 30, May 14
6 pm-7:30 pm
Two Weekend Field Trips TBD by class
April 28, May 5**
District Offices/Quest, Rm. 23, 225 West Ave., Hilton

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. Register to receive a WALKING PASS. Information: 585-392-1000 ext. 7044.

Common Sense Parenting FREE

Parents and guardians: this is a six-week, practical, skill-based program for families of children enrolled in kindergarten to 16-years-old. Learn strategies and easy-to-use techniques which address communication, discipline, decision-making, relationships, self-control which encourage positive and discourage negative behavior. Class size is limited. INSTRUCTOR: Maria Tantillo LMSW is a certified parent trainer for Common Sense Parenting, a national program. **Childcare is available.**

Session I Wednesdays FREE
Jan. 11-Feb. 15
6:30 pm-8:30 pm
 District Office/Quest, Rm. 23, 225 West Ave., Hilton

Shared Housing: an Alternative to Senior Living NEW \$5 No GAP

With the cost of nursing homes and assisted-living facilities on the rise, many families opt to bring their parents into their households usually through an in-law addition or separate suite of rooms. This class will offers an understanding of the use of universal design for accessibility, mobility and safety and the project management required to successfully design/build for your aging parents. INSTRUCTOR: James Albright, contractor and educator.

Session III One Thursday May 10
6 pm-7:30 pm
 District Offices, LSS Conference Room, 225 West Ave., Hilton

Planning a Room Addition NEW \$5 No GAP

Find out what it takes to build a room addition with a contractor who has been in business 40 years: sizing, legal aspects, financing, resale considerations, selecting an architect, contractor, etc. Know your options to make sure your project is successful INSTRUCTOR: James Albright, contractor and educator.

Session III One Thursday May 17
6 pm-7:30 pm
 District Offices, LSS Conference Room, 225 West Ave., Hilton

Keeping Head and Heart Together when Picking a Partner NEW

\$30 \$15/GAP



Calling all singletons! *Pick a Partner* is a nation program designed to help people in premarital interpersonal choices and knowledge or PICK. Developed by John Van Epp Ph.d., PICK has

been taught in ten countries and 48 states in churches, schools, singles organizations and agencies and Van Epp has been listed as one of the top on-line relationship and sex counselors. In this course you will gain an understanding of the importance of keeping your head and heart together when it comes to dating and developing relationships. Using the *Relationship Attachment Model* you will learn about the five basic bonding links which make up closeness and connection and apply these to you own life. This course is designed for those who are by choice and circumstances single and not for those in a relationship. Supplies \$12. INSTRUCTOR: Rev. Walter T. Steenson is pastor of the Hilton Baptist Church and a former college instructor.
SESSION II Five Thursdays Mar. 1-Mar. 29
7pm-8:30 pm
 District Offices/Quest, LSS Conference Rm., 225 West Ave., Hilton

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 III One Thursday April 19 - 7 pm-9 pm
 District Offices/Quest, Rm. 22., 225 West Ave., Hilton

Foster Parent Information Meeting 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 information: www.MonroeFosterCare.org INSTRUCTOR: Alison Miller, Foster Parent Recruiter for Monroe County. Sign up for one evening.

Session II Thursday Mar. 29 - 7 pm-8 pm
Session III Thursday May 10 - 7 pm-8 pm
 District Offices/Quest, Rm. 23, 225 West 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, Feb. 10, 2012.** 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: Feb. 27-April 25 [No class April 9, April 11] 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/

Vehicle drive times posted online at www.hilton.k12.ny.us/driver-education.htm after Feb. 21, 2012.

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/ Questions about student attendance in class: 1-800-836-2582 ext. 73504 or 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 Jan. 25 - 2:15 pm-3:15 pm
Wednesday Mar. 21 - 2:15 pm-3:15 pm
Wednesday May 23 - 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 Jan. 21 - 8 am-1pm

Saturday Feb. 11 - 8 am-1pm

Saturday Mar. 17 - 8 am-1pm

Saturday May 19 - 8 am-1pm

Hilton High School, Rm. 3504, 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 Jan. 21 - 8 am-2:30 pm [half hour lunch]

Saturday Feb. 11 - 8 am-2:30 pm [half hour lunch]

Saturday Mar. 17 - 8 am-2:30 pm [half hour lunch]

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



Summer '12 Driver Education
 July 9-July 30 Monday through Friday

Hilton CSD Driver Education Winter/Spring 2012

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

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 '12 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

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. No extra charge for out-of-district residents unless noted. Classes are for adults unless stated [ex. Driver Education, Five-Hour Pre-Licensing, Online Permit Testing, Food Safety Certification]. Hilton CSD residents are eligible for a GAP pass. Classes are generally six weeks in length. Registration is activated when payment is received.

NEW: \$5 non-refundable processing fee.

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

Online Course Reservation:
www.hilton.k12.ny.us/community-education.htm

Checks payable to Hilton CSD Community Education

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. Offices located at 225

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

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 |
|---------------------------------------|-----|------|
| 20/20/20 Cardio, Weights, Abs | NEW | 3 |
| AAA Defensive Driving/Point Reduction | | 9 |
| Active Yoga | | 2 |
| Aqua Kick-Boxing | NEW | 2 |
| Aquafit Water Aerobics | | 2 |
| Art of Fly Casting | | 5 |
| College Funding Workshop | | 6 |
| Common Sense Parenting | | 8 |
| Computer Skills | | 7 |
| Dealing with Credit Card Debt | NEW | 6 |
| Defensive Driving/Point Reduction | | 9 |
| Divorce: the Facts | | 8 |
| DMV Online Learner's Permit Testing | | 9 |
| Driver Education | | 9 |
| Driver Education Registration Form | | 10 |
| Drivers Instruction | | 9 |
| Eco-Friendly Landscaping | | 5 |
| Facts of Divorce in NYS | | 8 |
| Financial Decisions for Kodakers | | 6 |
| Fitness Swim | NEW | 3 |
| Five-Hour Pre-Licensing | | 9 |
| Fly-Casting | | 5 |
| Food Safety Certifications | NEW | 7 |
| Foster Parenting in Monroe County | | 8 |
| GAP | | 11 |
| Gentle Yoga | | 2 |
| Investing in the Market Risk/Reward | | 6 |
| Keeping Head and Heart Together | NEW | 8 |
| Know Your PC | NEW | 7 |
| Laid-Off or Downsized? | | 6 |
| Learner's Permit Testing Online | | 9 |
| Long-Term Care Seminar | | 6 |
| Money Management Workshop | | 6 |
| Making Retirement Dreams Reality | | 6 |
| Nutrition for Fitness | NEW | 3 |
| NYS DMV Five-Hour Pre-Licensing | | 9 |
| Online Learner's Permit Testing | | 9 |
| Personal Training [Group] | | 3 |
| Photography Workshop | NEW | 7 |
| Pilates Light: Abs and More | | 4 |
| Planning a Room Addition | NEW | 8 |
| Planning the Kitchen Garden | NEW | 5 |
| Quilting & Piecing by Machine | | 5 |
| Retirement Planning | | 6 |
| Shared Housing for Seniors | NEW | 8 |
| Six-Hour Ins./Point Reduction | | 9 |
| Stained Glass Workshop | | 5 |
| T'ai Chi/Qigong | | 4 |
| Walking Passes in Quest Elementary | | 7 |
| Watercolor Painting | | 8 |
| Yoga - Gentle and Active | | 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:
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225 West Ave., Hilton, NY 14468**

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Checks payable to Hilton CSD Community Education

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

Course Title [1]: _____
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225 West Ave., Hilton, NY 14468**

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Check here if you have GAP rate: _____

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Checks payable to Hilton CSD Community Education