

# Fitness & Sports



## AEROBICS & TONING

### Winter Session I

Date: 1/4, 1/9, 1/11, 1/18, 1/23, 1/25  
1/30, 2/1, 2/6, 2/8, 2/13 &  
2/15/12

NO CLASS – 1/16/12

**\*\*NEW\*\*** (Mon. & Wed. – 6 weeks)

Time: 4:30 pm – 6:15 pm

Cost: \$35.00 for Aerobics & Toning  
– or - \$30.00 for either class

### Winter Session II

Date: 2/27, 2/29, 3/5, 3/7, 3/12, 3/14,  
3/19, 3/21, 3/26, 3/28, 4/2 &  
4/4/12

**\*\*NEW\*\*** (Mon. & Wed. – 6 weeks)

Time: 4:30 pm – 6:15 pm

Cost: \$35.00 for Aerobics & Toning  
– or - \$30.00 for either class

### Spring Session

Date: 4/16, 4/18, 4/23, 4/25, 4/30, 5/2,  
5/7, 5/9, 5/14, 5/16, 5/21, 5/23,  
5/30, 6/4 and 6/6/12

NO CLASS – 5/28/12

**\*\*NEW\*\*** (Mon. & Wed. – 7 weeks)

Time: 4:30 pm – 6:15 pm

Cost: \$40.00 for Aerobics & Toning  
– or - \$35.00 for either class

Instructor: Bonnie Day (certified instructor)

Place: ES Cafeteria

This is a low impact aerobics class suitable for all ages. The toning section is done with resistance using hand weights. For those taking only one class – aerobics will run from 4:30 pm to 5:15 pm and the toning will run from 5:15 pm – 6:00 pm. You will need hand weights, water and a mat.

## ADULT COMMUNITY BASKETBALL

### Winter Session

Date: 1/3, 1/10, 1/17, 1/24, 1/31, 2/7,  
2/14, 2/28, 3/6, 3/13, 3/20 &  
3/27/12 (Tues.)

NO SESSION - 2/21/12

### Spring Session

4/3, 4/17, 4/24, 5/1, 5/8, 5/22,  
5/29, 6/5 & 6/12/12 (Tues.)

NO SESSION – 4/10/12

NO SESSION – 5/15/12

Time: 7:30 pm – 10:30 pm

Cost: \$25.00 or \$3.00 per session

Instructor: Michael Jones, Jr.

Place: ES Large Gym

Enjoy basketball with some of the best players in Albion! Games include 21, half court and full court action. Don't miss out – sign up today!

## Stay in Shape! Use the Walking Trail!

The Walking Trail is located in the Elementary School and is open to the public. Follow the trail signs for the suggested walking route. It's a great way to exercise during the winter months. Bring a friend!

Hours of Operation: 4:00 pm – 8:00 pm (Mon. – Fri.)

Cost: FREE

Parking: Behind the District Offices

Please use the community entrance

The Walking Trail is closed on all holidays and during extended holiday periods.

The Walking Trail will also be closed if school is closed due to inclement weather.

# NEW!



## ZUMBA

### Winter Session - Tuesdays

Date: 1/3, 1/10, 1/17, 1/31, 2/7, &  
2/14/12  
NO CLASS - 1/24/12  
(TUESDAYS - 6 weeks)  
6:15 pm - 7:00 pm

### Winter Session II - Tuesdays

Date: 2/28, 3/6, 3/13, 3/20, 4/3 &  
4/17/12  
NO CLASS 3/27/12  
NO CLASS - 4/10/12  
(TUESDAYS - 6 weeks)  
6:15 pm - 7:00 pm

### Winter Session - Fridays

Date: 1/6, 1/13, 1/20, 1/27, 2/3 &  
2/10/12  
(FRIDAYS - 6 weeks)  
6:15 pm - 7:00 pm

### Spring Session I - Fridays

Date: 4/20, 4/27, 5/4, 5/11, 5/18 &  
5/25/12  
(FRIDAYS - 6 weeks)  
6:15 pm - 7:00 pm

Cost: \$38.00 each session

Instructor: Barb Salamaca  
(certified instructor)

Place: ES Cafeteria

Zumba combines fast and slow Latin-inspired rhythms that tone and sculpt the body using an aerobic/fitness blended balance of cardio and muscle toning movements. It's fun, exhilarating and effective. The basic steps formula makes it easy for anyone and everyone.

Are you interested  
in being an Adult Ed  
class instructor?

Contact Cindy Ishmael at  
(585) 589-2056 for more  
information!

## ACS Community Pool Hours

Albion Middle School, 254 East Avenue, Albion

### Morning Adult Lap Swim

Monday - Friday 5:30 am - 7:20 am

### Family Swim

Monday & Wednesday 6:00 pm - 8:00 pm  
Saturday 9:00 am - 11:00 am  
(Sept., Oct., March, April, May & June)

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Monday & Wednesday 7:00 pm - 9:00 pm  
Saturday 1:00 pm - 3:00 pm  
(Nov., Dec., Jan. & Feb.)

### Full-Year Membership

Individual Plan \$55.00/yr.

Family Plan \$75.00/yr.

Non/District Individual Member \$65.00/yr.

Non/District Family Membership \$90.00/yr.

### Half-Year Membership

Individual Plan \$30.00

Family Plan \$40.00

Non/District Individual Plan \$35.00

Non/District Family Plan \$50.00

Walk-In \$2.00/visit

Summer Membership ONLY (July - August)

Individual Plan \$15.00

Family Plan \$20.00

### Full Year Membership:

September 2011 through August 2012  
(includes summer)

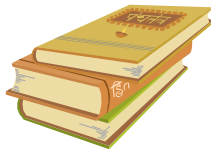
Memberships may be paid for at the Community  
Pool or you may call 589-2056.

Pool closed on all holidays and during extended  
holiday periods.

Pool will also be closed if school is closed due to  
inclement weather.



## Learning Opportunities:



### 5-Hour Pre-Licensing Course

Date: January 18, 2012  
February 15, 2012  
March 21, 2012  
April 18, 2012  
May 16, 2012  
June 6, 2012

Time: 4:00 pm – 9:30 pm

Cost: \$30.00

Instructor: George Lonnen

Place: HS Room 121

This course is needed to meet the requirements necessary before signing up for a road test and to receive the MV-278 certificate. Topics include defensive driving techniques, safety belt requirements, drinking and driving laws, school bus, work zone safety and other topics relating to highway and traffic safety as outlined by New York State DMV. There is no car lab included with this course. **CLASS BEGINS PROMPTLY AT 4:00 PM.**

### 6 Hour Point & Insurance Reduction Program

Date: February 10, 2012 (Fri.) OR  
April 17, 2012 (Tues.)

Time: 3:00 pm – 9:30 pm

Cost: \$50.00

Instructor: Henry Smith, Jr.

Place: HS Library

The 6-Hour NYS Point & Insurance Reduction course is a driver improvement program designed to advance driving safety by applying the principles of behavior modification in a classroom setting. It encourages evaluation and compliance with the good driving practices of the community. This class is approved by the NYS DMV and Department of Insurance for insurance premiums and point reduction purposes. **PREPAYMENT AT REGISTRATION IS REQUIRED.**



### NEW! Classical Guitar for Adult Beginners ~ Level I

Date: 1/4, 1/11, 1/18, 1/25, 2/1, 2/8,  
2/15, 2/29, 3/7 & 3/14/12  
NO CLASS – 2/22/12  
(Wed. – 10 weeks)

Time: 7:30 pm – 8:15 pm

Cost: \$105.00

Instructor: Jim Doyle

Place: ES Band Room

Are you an adult who has always wanted to learn how to play the guitar? Why put it off any longer? Evening group classes are a cost effective way to learn how to play in a fun, non-judgmental, no pressure environment. This 45 minute course starts right at the very beginning. The only prerequisite is your desire to learn. You will learn how to tune and maintain your guitar, and explore the guitar to play basic songs in the 1<sup>st</sup> position. Proper sitting position, posture and other motions of the arms, hands and fingers necessary to play basic classical guitar will be addressed. This beginner's class is designed for people who have never played in their lives. If you attend regularly and do your homework, you'll not only succeed but you'll make many new friends at the same time. NOTE: You will need a NYLON string classical guitar.

### Classical Guitar for Adult Beginners ~ Level II

Date: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9,  
2/16, 3/1, 3/8 & 3/15/12  
NO CLASS – 2/23/12  
(Thurs. – 10 weeks)

Time: 7:30 pm – 8:15 pm

Cost: \$105.00

Instructor: Jim Doyle

Place: ES Band Room

This course is an extension of Level I. The focus of this course will lead to basic ensemble playing and learning how to listen and play with others in a stress-free and fun atmosphere. Prerequisite: Level I recommended or basic note reading knowledge of playing guitar in first position. NOTE: You will need a NYLON string classical guitar.

## Get the Conversation Started...

Date: 2/8/12 (Wed.), OR  
4/18/12 (Wed.), OR  
5/9/12 (Wed.)  
Time: 6:30 pm – 8:00 pm  
Cost: \$5.00  
Instructor: Stacey Radford  
(ACT – Helping Youth ACT  
Responsibly)  
Place: ES Library

Do you know your values and how to express them? What do you as a parent think about sex? What do kids think about sex? It's never too early to communicate. This course is for parents only. Unfortunately, child care will not be available on these evenings.

## NEW ~ Knitting for Beginners

Date: 1/18/12 (Wed.)  
Time: 4:00 pm – 6:00 pm  
Cost: \$25.00  
Instructor: Irene Henion  
Place: MS Room 302

This class is for those who have never knitted or for those who wish to refresh the basic skills. Participants will learn how to cast on, knit, purl, decrease, and increase stitches, cast off and read a pattern. The cost of this class includes a set of needles, a skein of yarn to get started and a pattern for making a scarf!

## NEW ~ Knit a Hat

Date: 2/1/12 and 2/8/12 (Wed.)  
Time: 4:00 pm – 6:00 pm  
Cost: \$30.00  
Instructor: Irene Henion  
Place: MS Room 302

This two session class will teach the techniques of knitting hats on circular needles. This pattern can be completed by anyone that knows how to knit at a basic level. The cost of this class includes supplies.

## NEW ~

### Knit a Pair of Socks

Date: 3/7/12 and 3/21/12 (Wed.)  
Time: 4:00 pm – 6:00 pm  
Cost: \$30.00  
Instructor: Irene Henion  
Place: MS Room 302

This class will teach the techniques necessary to complete a pair of socks on sock pins (4 needles). This is a basic sock pattern which can be completed by any person that knows how to knit and purl. The cost of the class includes supplies.

## Let's Be Creative....

### Holiday and/or Seasonal Card Making & Paper Craft Classes



### Valentine's Day Card & Project Class

Date: 2/1/12 (Wed.)  
Time: 6:00 pm – 8:00 pm  
Cost: \$17.00  
Instructor: Lauri Keeler/Lisa Gramlich  
Place: ES Library (Media Center)

Join us for our Valentine's Day Class. We will be making a card, tag and favor box. We will be using our Big Shot Die Cutting Machine and our Stampin' Up Designer Series Paper. Please stop by District Office to reserve your space and see our display of projects. Please pre-register by January 27, 2012. Supplies needed for this class: Please bring your favorite adhesive and scissors.

### Birthday Stamp-a-Stack Class

Date: 3/6/12 (Tues.)  
Time: 6:00 pm – 8:00 pm  
Cost: \$25.00 full class – or –  
\$15.00 mini class

Instructor: Lauri Keeler/Lisa Gramlich  
Place: ES Library (Media Center)

Join us in making beautiful handmade birthday cards with the fabulous Stampin' Up card stock and designer paper. You will be able to make 20 cards in a full class or 10 cards in a mini class. You will have 4 cards to choose from. Choose to make 1 design or all 4 designs, it's up to you! Please stop by District Office to reserve your space and see our display of projects. Please pre-register by March 2, 2012. Supplies needed for this class: Please bring your favorite adhesive and scissors.

### All Occasion Tag Class

Date: 4/5/12 (Thurs.)  
Time: 6:00 pm – 8:00 pm  
Cost: \$17.00

Instructor: Lauri Keeler/Lisa Gramlich  
Place: ES Library (Media Center)

You will be making a variety of 20 gorgeous handmade all occasion tags to attach to your gifts and you will also be making a gift bag to go with this. Please stop by District Office to reserve your space and see our display of projects. Please pre-register by April 2, 2012. Supplies needed for this class: Please bring your favorite adhesive and scissors.

### All Occasion Stamp-a-Stack Class

Date: 5/3/12 (Thurs.)  
Time: 6:00 pm – 8:00 pm  
Cost: \$25.00 full class – or –  
\$15.00 mini class

Instructor: Lauri Keeler/Lisa Gramlich  
Place: ES Library (Media Center)

Join us in making beautiful handmade all occasion cards with the fabulous Stampin' Up card stock and designer paper. We will be making Thinking of You, Thank You, Sympathy and Congratulations cards. You will be able to make 20 cards in a full class or 10 cards in a mini class. You will have 4 cards to choose from. Choose to make 1 design or all 4 designs, it's up to you! Please stop by District Office to reserve your space and see our display of projects. Please pre-register by March 2, 2012. Supplies needed for this class: Please bring your favorite adhesive and scissors.

## ALBION CENTRAL SCHOOL DISTRICT ADULT CONTINUING EDUCATION PROGRAM

### GENERAL INFORMATION

Registration By Phone: (585) 589-2056 weekdays,  
8:00 a.m. – 4:00 p.m.  
By Mail Albion Central School District  
Attn: Cindy Ishmael  
Or in Person: District Office, 324 East Avenue,  
Albion, NY 14411

**Payment is accepted by cash or by check payable to:**

ACSD CONTINUING EDUCATION

Refund Policy: **Fees will not be refunded unless the class is canceled.**

If school is closed due to inclement weather, adult continuing education classes will be canceled. In case of poor weather, please call (585) 589-2056 to see if classes will be canceled.

Enrollment: Classes will be canceled if the minimum enrollment is not reached. You will be informed of these class cancellations.

Instructor: If you're interested in becoming an Adult Continuing Education Instructor, please contact: Cindy Ishmael, Albion Central School District Office, 324 East Avenue, Albion, NY 14411  
Phone: (585) 589-2056

CLASS REGISTRATION:  
Albion Central School District  
District Office  
324 East Avenue, Albion, NY 14411  
Attention: Cindy Ishmael

Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Course title you would like to register for:

1. \_\_\_\_\_ Fee: \$ \_\_\_\_\_  
2. \_\_\_\_\_ Fee: \$ \_\_\_\_\_  
**TOTAL ENCLOSED** \$ \_\_\_\_\_

**To register by mail, please return this registration form to the above address.  
Thank you for your interest in the  
Albion Central School District  
Adult Continuing Education Program**