

ne Webster

Students First. District Proud.

Community Education and Aquatics

Fall 2024

Watercize



Facility Scheduling



Youth and Adult Programs



Driver Education



Learn to Swim



Lifeguard Certification

Community Education Facebook:
Webster Community Education

Webster Aquatics facebook:
Webster Aquatic Center

Webster Aquatics X:
@websteraquatics

website:
websterschools.org

WAC and Community
Education

585-670-1087

Register at: <https://registration.xendirect.com/webstercsd/search.cfm>



SUMMER FUN IN WEBSTER SCHOOLS

It's the things we play and the people who help us play
that make a great difference in our lives. Fred Rogers, aka Mr. Rogers



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WAC

**Webster Central School District
 Community Programs and Services**

875 Ridge Road Webster, NY 14580
 Phone (585) 670-1087

Webster Website: websterschools.org

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

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

REGISTRATION INFORMATION

Location

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

WAC/Community Education Service Desk –670-1087

Fall Hours

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

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

Website and Social Media

Website: [Websterschools.org](https://websterschools.org)

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

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

X: @websteraquatics

Aquatic Class Locations

Learn to Swim - Thomas High School Pool, 800 Five Mile Line Road

Watercize - Webster Aquatic Center, 875 Ridge Rd

Registration Dates

Learn to Swim registration will begin Tuesday, September 10 at 8:00 am and online only.

Watercize registration will begin Thursday, August 22 at 8:00 am.

Community Education registration will begin Wednesday, September 4 at 8:00 am

Set up an Account and Register

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

Please note, when registering online for the first time you will be prompted to set up an account and choose a log-in name and password. **PLEASE NOTE THAT THE SYSTEM IS NOT ROADRUNNER FRIENDLY.**

Reset Password

If you have forgotten your log in or password, please choose “reset password.” Call 670-1087 if you need assistance.

Register Early!

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

Need Help Registering?

We are happy to help register over the phone or in person. Call 670-1087.

Important Deadlines and Policies

Registration is Ongoing – Register early so your class is not canceled. Please register at least 5 days prior to the start of each class.

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

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

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

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

SET UP AN ACCOUNT, BROWSE CLASS OFFERINGS AND REGISTER @ <https://registration.xendirect.com/webstercsd/search.cfm>

Let's Get WACKy!

Fall 2024

875 Ridge Road, Webster, NY 14580 585-670-1087

X @websteraquatics

Facebook @websteraquaticcenter1

WAC DROP IN

Both resident and nonresident visitors are always welcome!

	res.	Non res.
Adults	\$6	\$8
Seniors (55+)	\$4	\$5
Student	\$5	\$6
WCSD Student / Staff (with ID)	\$3	\$3
Children 5 & under	Free	Free

WAC SPLASH PASS

Each punch is good for an individual visit to the Webster Aquatic Center. Punch pass holders receive a \$2 discount per swim.

	res.	non-res
25 Visit Adult Pass	\$100	\$140
25 Visit Senior Pass	\$60	\$80
25 Visit Student Pass	\$80	\$100
25 Visit WCSD Student/Staff	\$40	\$40

WAC

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

585- 670-1087



WAC

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

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

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

MEMBERSHIP RATES (Effective as of September 1, 2024)

		Annual	6 months	3 months
Individual	resident	\$383 (\$32/month)	\$205 (\$34/month)	\$109 (\$36/month)
	non-resident	\$541 (\$45/month)	\$284 (\$47/month)	\$149 (\$50/month)
Family (same household)	resident	\$462 (\$39/month)	\$244 (\$40/month)	\$129 (\$43/month)
	non-resident	\$647 (\$54/month)	\$337 (\$56/month)	\$175 (\$58/month)
One Parent Family	resident	\$422 (\$35/month)	\$224 (\$37/month)	\$119 (\$40/month)
	non-resident	\$594 (\$50/month)	\$310 (\$52/month)	\$162 (\$54/month)
Senior (55 or older)	resident	\$224 (\$19/month)	\$119 (\$20/month)	\$63 (\$21/month)
	non-resident	\$317 (\$26/month)	\$165 (\$28/month)	\$86 (\$29/month)
Senior Couple	resident	\$304 (\$25/month)	\$165 (\$28/month)	\$89 (\$30/month)
	non-resident	\$422 (\$35/month)	\$224 (\$37/month)	\$119 (\$40/month)
Student	resident	\$290 (\$24/month)	\$158 (\$26/month)	\$86 (\$29/month)
	non-resident	\$396 (\$33/month)	\$211 (\$35/month)	\$112 (\$37/month)
WCSD Student	resident	\$132 (\$11/month)	\$73 (\$12/month)	\$40 (\$13/month)
	non-resident	\$132 (\$11/month)	\$73 (\$12/month)	\$40 (\$13/month)
WCSD Staff	resident	\$132 (\$11/month)	\$73 (\$12/month)	\$40 (\$13/month)
	non-resident	\$132 (\$11/month)	\$73 (\$12/month)	\$40 (\$13/month)
WCSD Staff Family	resident	\$158 (\$13/month)	\$86 (\$14/month)	\$46 (\$15/month)
	non-resident	\$158 (\$13/month)	\$86 (\$14/month)	\$46 (\$15/month)

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





Policies and Price Guide

Thank you for choosing WCSD Watercize!

Please review the Watercize policies below and enjoy your class!

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

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



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



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



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

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



Registration will begin Tuesday,
September 10 at 8:00 am and online only.

WATERCIZE

Aqua Fusion

This workout will change weekly with a variety of modalities from dance to interval training to pilates & barre. We will use bands, ankle weights, fins & more! Each week we will begin with a short warm up followed by a cardio portion, then toning & finally a cool down and stretch. This variety class will be loads of summer fun and will keep each week fresh and interesting. **Water shoes recommended.**

Course #: AQF-WCAQF.1-F24

\$144.00

9/9/2024 - 12/9/2024 Mondays

No class on 10/14 & 11/11

9:30 AM - 10:30 AM 12 classes

WAC Staff

Webster Aquatic Center, Pool

Aqua HIIT Deep

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

Course #: AHD-WCAHD.1-F24

\$144.00

9/9/2024 - 12/9/2024 Mondays

No class on 10/14 & 11/11

8:00 AM - 9:00 AM 12 classes

WAC Staff

Webster Aquatic Center, Pool

Aqua Mix and Mash

Instructor will be virtual

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

Course #: AMM-WCMM.1-F24

\$144.00

9/12/2024 - 12/12/2024 Thursdays

No class 11/21 & 11/28

10:00 AM - 11:00 AM 12 classes

Webster Aquatic Center, Pool

Functionally Fit

Instructor will be virtual.

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

Course #: FF-WCFF.1-F24

\$168.00

9/10/2024 - 12/10/2024 Tuesdays

12:00 PM - 1:00 PM 14 classes

WAC Staff

Webster Aquatic Center, Pool

Course #: FF-WCFF.2-F24

\$144.00

9/12/2024 - 12/12/2024 Thursdays

12:00 PM - 1:00 PM 12 classes

WAC Staff

Webster Aquatic Center, Pool

High Tide/Low Tide

This dual depth workout will begin in the deep end with a HIIT (high intensity interval training) style cardio workout and then transition to the shallow water for toning. Equipment may be used for an added challenge during the toning portion. This well-rounded workout will improve cardiovascular health, endurance and muscle tone. Beat the heat this summer and jump into aquatic fitness! **Water shoes recommended.**

Course #: HTLT-WCHTLT.1-F24

\$156.00

9/18/2024 - 12/11/2024 Wednesdays

11:00 AM - 12:00 PM 13 classes

WAC Staff

Webster Aquatic Center, Pool

Liquid Gym

Instructor will be virtual.

This class consists of cardio, resistance, strengthening, balance and stretch. The pool becomes your gym as you train in the aquatic environment. **Water shoes are recommended.**

Course #: LG-WCLG.1-F24

\$144.00

9/12/2024 - 12/12/2024 Thursdays

No class 11/21 & 11/28

8:30 AM - 9:30 AM 12 classes

WAC Staff

Webster Aquatic Center, Pool

WATERCIZE

Power Waves

An intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength & flexibility. **Water shoes recommended.**

Course #: PW-WCPW.1-F24

\$156.00

9/18/2024 - 12/11/2024

Wednesdays

8:00 AM - 9:00 AM

13 classes

WAC Staff

Webster Aquatic Center, Pool

S'WET Shallow-Watercize

Instructor will be virtual.

Come S'WET in a Structured Water Exercise Training class at the WAC. This unique class format is structured to incorporate blocks of activity focused on HIIT, strength, cardio and plyometric training. **Water shoes recommended.**

Course #: SS-WCSS.1-F24

\$168.00

9/10/2024 - 12/10/2024

Tuesdays

8:30 AM - 9:30 AM

14 classes

WAC Staff

Webster Aquatic Center, Pool

Stride, Stretch and Balance

Dive into a rejuvenating workout with a blend of interval water walking, stretching, and balance exercises designed to enhance your overall fitness. This low-impact class harnesses the resistance of water to boost cardiovascular health, improve muscle tone, and increase flexibility. The workout begins with interval water walking to elevate your heart rate & build endurance, alternating between brisk and moderate paces. This is followed by a series of targeted stretching exercises, utilizing the water's buoyancy to gently enhance flexibility and range of motion. Finally, balance drills are incorporated to strengthen core stability & improve coordination. Ideal for all fitness levels.

Water shoes are recommended.

Course #: SSB-WCSSB.1-F24

\$144.00

9/9/2024 - 12/9/2024

Mondays

No class 10/14 & 11/11

11:00 AM - 12:00 PM

12 classes

WAC Staff

Webster Aquatic Center, Pool

Course #: SSB-WCSSB.2-F24

\$120.00

9/20/2024 - 12/13/2024

Fridays

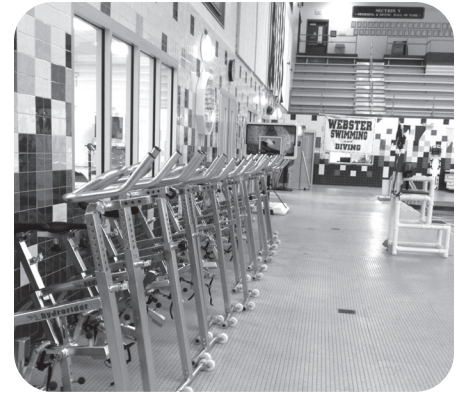
No class 10/25, 11/22 & 11/29

9:00 AM - 10:00 AM

10 classes

WAC Staff

Webster Aquatic Center, Pool



Trim and Spin

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

Course #: TS-WCTS.1-F24

\$156.00

9/18/2024 - 12/11/2024

Wednesdays

9:30 AM - 10:30 AM

13 classes

WAC Staff

Webster Aquatic Center, Pool



Watercize

Register online at

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

ARTS AND CRAFTS

Beginning Stained Glass: Make Your Stained Glass Dreams Come True

This is a 6-week, beginning stained-glass, "copper foil technique" and "Tiffany technique" class. Students will learn the art of stained-glass while making an 8x10 panel. Cutting, breaking of glass, soldering and finishing touches will be taught. Tools and supplies are available for your use. There is a \$50 fee payable (cash or check) to the instructor in the first class for glass, solder, and foil.

Course #: BSG-CEBSG.1-F24

\$110.00

9/16/2024 - 10/28/2024 Mondays
6:30 PM - 8:30 PM 6 classes
Dan Hohl
Schroeder High School, Room E10



Buffalo Bills sun catcher

LET'S GO BUFFALO!!

Students will learn how to cut and solder a large stained-glass suncatcher approximately 5" x 7" of a Buffalo logo. Cutting, soldering and finishing touches will be taught. Young adults, minimum age 12, are invited with a parent or guardian to attend. Please register only one person (the adult/ guardian.) All materials are included in the price of the class.

Course #: BS-CEBS.1-F24

\$55.00

9/28/2024 Saturday
9:00 AM - 12:00 PM 1 class
Dan Hohl
Schroeder High School, E10

This Bills art class is open to fans age 12 and older when accompanied by an adult.

Oil Painting: Beginning to Advanced

If you ever wanted to learn to create a painting, or just pick up where you left off, this is your class. You choose a photo to work from, one you really like. Then you will be given one-on-one attention and instruction on what to mix, what brushes to use, and how to use them, step-by-step. Come and paint your masterpiece.

Materials required to bring to class:

4 flat brushes(#2, #4, #8), 4 round brushes(#2, #4, #8) 2 thin liners (#0, #20/0) palette paper, metal palette knife, canvas (11x14 or larger), small jar for turpentine, old rag or clothe for cleaning, a photo to paint from(no copying other artists work.) A large background brush(1/2 in. or 3/4) sea sponge. A material fee (cash or check) for paint of \$3.50 is payable to the instructor on the first night of class. Class is intended for 18 years of age and older.

Course #: OPBA-CECEOPBA.1-F24

\$85.00

9/19/2024 - 11/7/2024 Thursdays
6:30 PM - 8:30 PM 8 classes
Darlene Zoricak
Schroeder High School, Room E8



Register at

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

COOKING

Not Your Usual Thanksgiving Sides

Everyone has their traditional side dishes for every holiday meal, every year. Are you looking to jazz up the holiday and try some alternative sides this year? Well, join Liz Bauld tonight as she demonstrates a twist on a few traditional favorites that are sure to tickle your taste-buds. Who knows, one of these entrées may become a NEW tradition. Class is intended for students ages 18 years of age and older.

Course #: TS-CETS.1-F24

\$43.00

11/18/2024

Monday

6:30 PM - 8:00 PM

1 class

Liz Bauld

Willink Middle School, Room E103

The Art of Charcuterie

Join Liz Bauld tonight and learn how to put together a few types of charcuterie boards. You will be shown how to make salami roses and shaped cheese and fruit to highlight your boards. Class is intended for students ages 18 years of age and older.

Course #: TAC-CETAC.1-F24

\$43.00

12/18/2024

Wednesday

6:30 PM - 8:00 PM

1 class

Liz Bauld

Willink Middle School, Room E103



DRIVING

5 Hour Pre Licensing Course

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

Course: 5-Hour-CE5-Hour.45-F24

\$45.00

Suburban Driving School Staff

9/15/2024 S

Sunday

10:00 AM - 3:00 PM

1 Class

Remote Class

Course: 5-Hour-CE5-Hour.47-F24

\$45.00

Suburban Driving School Staff

11/24/2024

Sunday

10:00 AM - 3:00 PM

1 class

Remote Class

Course: 5-Hour-CE5-Hour.46-F24

\$45.00

Suburban Driving School Staff

10/8/2024

Tuesday

6:30 PM

1 class

Remote Class



Register at

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



Healthcare Expenses in Retirement

Now is the time to start planning for healthcare expenses in retirement. Find out what you need to do to obtain the coverage you need to protect against rising costs.

Course: HER-CEHER.1-F24

\$10.00

9/19/2024

Thursday

5:00 PM - 6:30 PM

1 class

Tomas Aponte

Schroeder High School, Room E5

Savvy Social Security Planning

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

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

Course: SSP-CESSP.1-F24

\$10.00

10/3/2024

Thursday

6:00 PM - 8:00 PM

1 class

Phil Franco

Schroeder High School, Room E5

Course: SSP-CESSP.2-F24

\$10.00

10/21/2024

Monday

6:00 PM - 8:00 PM

1 class

Phil Franco

Schroeder High School, Room E5

College Affordability

Join us for insightful and comprehensive information to gain knowledge and confidence in managing college finances. With over 15 years experience, this session includes, The New FAFSA basics, an overview of all types of financial aid, scholarship strategies, loans and budgeting for college costs. Set your student up for success without overwhelming debt for you or them. Cost is per family. The \$25 registration covers family. (2 parents and 1 student) Please register only one parent and, when prompted, list the name of the other parent and student attending with you.

Course: CA-CECA.1-F24

\$25.00

9/28/2024

Saturday

10:00 AM – 11:00 AM

1 class

Liane Crane

Schroeder High School, Library Classroom

Course: CA-CECA.2-F24

\$25.00

11/14/2024

Thursday

6:30 PM - 7:30 PM

1 class

Liane Crane

Schroeder High School, Library Classroom

Life After Work

Creating a monthly income that lasts throughout your retirement is tricky. A wrong decision could subject you to unnecessary taxes, penalties, and inflation. You'll learn the strategies that can help you protect and sustain your retirement income over the next 30 years.

LAW-CELAW.1-F24

\$10.00

10/17/2024

Thursday

5:00 PM – 6:30 PM

1 class

Tomas Aponte

Schroeder High School, Room W3

Savvy Tax Planning

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

Course: STP-CESTP.1-F24

\$10.00

11/21/2024

Thursday

5:00 PM - 6:30 PM

1 class

Tomas Aponte

Schroeder High School, Room E3

HEALTH AND WELLNESS

Reiki Level 1 Certification

Reiki – Level 1 Certification Reiki (Ray-key) healing energy works across the physical, emotional, mental-spirit body. First degree Reiki will provide the tools to provide treatment to oneself, treatment of others and pets through a hands-on approach. You will learn the history of Reiki, practice Reiki for self-treatment and treatment on others while Reiki energy is channeled through your hands. You will also be able to scan the body for energy. There is a \$15.00 Material Fee (cash or check) payable to the instructor.

Course #: *RL1C-CERL1C.1-F24*

\$140.00

11/2/2024

Saturday

9:00 AM - 3:00 PM

1 class

Donalee Hills-Farrell

Schroeder High School, Library Classroom



Reiki Level 2 Certification

You will raise your spiritual awareness and increase your Reiki energy channeling abilities. You will receive two powerful Reiki Second Degree Attunements and learn the sacred Reiki Second Degree techniques and symbols for the expansion of the Reiki healing energy. We will also be exploring the Reiki principles. Prerequisite; Completion of Reiki 1. There is a \$15 material's fee payable (cash or check) to the instructor the day of class.

Course #: *RL2C-CERL2C.2-F24*

\$139.00

11/16/2024

Saturday

9:00 AM - 3:00 PM

1 class

Donalee Hills-Farrell

Schroeder High School, Library Classroom

Sound Healing with Gentle Yoga and Meditation

The synergistic effects of vibrational sound, yoga, and meditation have been proven to enhance overall well-being. Studies show these mind-body modalities can increase relaxation, reduce stress, improve self-awareness, boost focus, regulate emotions, and enhance the quality of sleep. Join Shari Santos and Sunni Ingalls as they combine their talents to bring to you “the perfect ending to a Monday” where you will begin by moving through a few very gentle poses to prepare the body for deep relaxation. You will then be guided through a meditation and ultimately immersed in the deep multi-tonal sounds of Tibetan singing bowls, gongs, and more. You will leave feeling relaxed and renewed with a deep sense of peace. The following items are requested that you bring: A Yoga/Pilates mat, bolster or pillow, and a blanket.

Course #: *SHGYM-CESHGYM-.1-F24*

\$25.00

10/28/2024

Monday

6:00 PM - 7:00 PM

1 class

Sunni Ingalls

Dewitt Elementary School, Gym

Course #: *SHGYM-CESHGYM-.2-F24*

\$25.00

11/25/2024

Monday

6:00 PM - 7:00 PM

1 class

Sunni Ingalls

Dewitt Elementary School, Gym



Yoga Slow Flow

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

Course #: *YSF-CEYSF.1-F24*

\$70.00

10/24/2024 – 12/19/2024

Thursdays

No class on 11/21 and 11/28

6:15 PM - 7:15 PM

7 classes

Sunni Ingalls

Dewitt Elementary School, Library

Women's Self Defense Seminar

Join us for a unique and empowering ladies only self defense class at our studio. Please dress to move.

Course #: *SD-CESDSD-CESD.1-F24*

\$20.00

11/3/2024

Sunday

1:00 PM - 3:00 PM

1 class

Dark Arts Studio, 1217 Bay Road, Webster



SPECIAL INTERESTS

Becoming a Notary Public

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

Course #: BNP-CEBNP.1-F24

\$50.00

12/2/2024 - 12/9/2024

Mondays

5:30 PM - 8:30 PM

2 classes

Kristen Cavallaro

Remote Class

Course #: BNP-CEBNP.2-F24

\$50.00

12/7/2024

Saturday

9:00 AM - 3:00 PM

1 class

Kristen Cavallaro

Remote Class



Cheap Travel Strategies

Travel doesn't need to be expensive! What if you could get a free flight to the west coast? Or a roundtrip flight to Iceland for \$300? Both are possible if you understand a few simple strategies. This class will cover two strategies for cheap travel. First we will learn to use the various features of Google Flights to find the cheapest airfare available without spending time searching multiple airline websites. You'll see how this free search platform can do what some companies are charging a monthly membership fee for! Second, we'll learn the basics of travel hacking. Travel hacking can help you get free or discounted flights, hotel stays, and more by strategically using rewards and promotions earned from credit cards. Anyone can do it with a little planning and know how. These strategies can be used for both international and domestic travel. Bring your laptop, tablet, or smart phone to class so you can try these strategies yourself.

Course #: CTS-CECTS.1-F24

\$35.00

10/28/2024

Monday

6:30 PM - 8:00 PM

1 Class

Kate Torrey

Schroeder High School, Room E5

Plan Your European Adventure

Are you ready for a European adventure? No need to book a tour or cruise. You can travel in Europe at your own pace (and save money) by traveling independently. This class will give you all the tools you need to plan your own independent trip to Europe. This class will cover how to find affordable flights and lodging, how to plan your sightseeing and travel on the ground in Europe, how to pack light, and much more. Discussion will also cover logistics like foreign currency, what to do if you get sick in Europe, using your cell phone in Europe, and how to skip the lines at the big tourist attractions without spending more money. Join us to start planning your own European adventure!

EPA-CEEPA.1-F24

\$35.00

Kate Torrey

12/5/2024

Thursday

6:30 PM - 8:30 PM

1 class

Schroeder High School, Room W3



YOUTH PROGRAMS

Babysitting Training

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

Course #: BSTF-CEBSTF.1-F24

\$55.00

10/19/2024

10:30 AM - 3:30 PM

Epic Training Staff

Schroeder High School, Room E3

Saturday

1 class



Home Alone Safety

This 90-minute class is designed to teach children who are home alone the importance of behaving responsibly. Topics include, and are not limited to the following:

- basic first aid
- what to do when a stranger comes to the door
- answering the telephone and internet safety

Children will also learn how to react during a variety of miscellaneous emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make this transition much easier for you and your child. Class is intended for children ages 8-12.

Course #: HAS-CEHAS.1-F24

\$35.00

10/19/2024

9:00 AM - 10:30 AM

Epic Training Staff

Schroeder High School, E3

Saturday

1 class

Buffalo Bill's Fun Day

Hey-Ey-Ey-Ey! Let's Go Buffalo! Spend some time doing all things Buffalo Bills! Children will play Bills themed Bingo, a football relay, create Bills artwork and a craft, and party to the Shout song. Of course, wear your Bills gear or your favorite team gear. Please wear shoes to run and in and bring a water bottle.

GO BILLS!

Course #: BB-CEBBFBB-CEBBF.1F24

\$25.00

10/5/2024

9:00 AM - 10:30 AM

Lisa Rizzo Harrison

Schroeder High School, Signs will be posted

Saturday

1 class

Course #:BB-CEBBFBB-CEBBF.2F24

\$25.00

11/16/2024

9:00 AM - 10:30 AM

Lisa Rizzo Harrison

Schroeder High School, Signs will be posted

Saturday

1 class



Register at

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

YOUTH PROGRAMS

Cold Stone Creamery Tour

Discover how the Cold Stone Creamery ice cream is made, including creations, sandwiches and other tasty treats. Take a tour of the kitchen where all these sweet creations begin. You will also learn how the Rocky Mountain Chocolate Factory caramel apples are made and some information about the chocolates. At the end of the tour, everyone will get to enjoy a Cold Stone Creation and Rocky Mountain caramel apple slices. Cold Stone Creamery is located at 1028 Ridge Road, Webster, NY 14580 This class is intended for children 5-14 years of age and must be accompanied by a parent or guardian. Please register your child, not a parent/guardian.

Course #: CSC-CECSC.1-F24

\$10.00

Lanny Auchter

10/14/2024

10:00 AM - 11:30 AM

Cold Stone Creamery

Monday
1 class

Course #: CSC-CECSC.2-F24

\$10.00

Lanny Auchter

11/11/2024

10:00 AM - 11:30 AM

Cold Stone Creamery

Monday
1 class



REMINDER

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

Robot Inventors Grades 4-6

Engineering and creativity combine for this amazing hands-on robot building class. Each week, students will be introduced to new components and engineering fundamentals as they build whimsical new robots of their own which they will take home at the end of class. Imaginations are sparked, failure is welcome, and uniqueness is encouraged as students gain confidence and share an abundance of laughs together. This class is intended for students in grades 4-6. There is a \$60 material fee payable to the instructor first night of class.

Course #: RI-CERI-1-F24

\$118.00

11/6/2024 - 12/18/2024

Wednesdays

No class on 11/27

6:00 PM - 7:15 PM

6 classes

Brooklyn Robot Foundry Staff

Schroeder High School, Room E3

Robot Builders: Grades 1-3

In this immersive class, students will get to build and take home a robot! We're talking about whimsical robots that light up, drive, wiggle, float, spin, or do something else that kids love! STEAM learning is the core of this amazing hands-on class, but it's the emphasis on fun and creativity that makes it such a popular program. No previous robot building experience required. This class is intended for students in Grades 1-3 There is a \$60 material fee payable to the instructor on the first night of class.

Course #: RBB-CERBB.1-F24

\$118.00

9/18/2024 - 10/23/2024

Wednesdays

6:00 PM - 7:15 PM

6 classes

Brooklyn Robot Foundry Staff

Schroeder High School, Room E3

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



Community Education welcomes Abbey Eckler and Megan Malone to the team! Beginning September 1 please contact Abbey or Megan for community education and driver education inquiries.

Webster Community Education would like to hear from you!

Please email Abigail_Eckler@webstercsd.org

585-670-5039

YOUTH PROGRAMS

Little Chef Dinosaur Adventures

Join us for a fun-filled experience as we celebrate the love of dinosaurs and 3 different holidays. In October, we will read, "Dinosaur Halloween" by Lisa Wheeler. In December, we will be reading "How Do Dinosaurs Celebrate Christmas" and "How Do Dinosaurs Celebrate Hanukkah". After each story, we will decorate some delicious goodies with all the themes of the holidays AND our love of dinosaurs. This class is intended for children 5 to 8 years of age. Please indicate any food allergies or dietary restrictions when registering your child.

Course #: LCDA-CELCDA.1-F24

\$27.00

10/12/2024

11:00 AM - 12:00 PM

Liz Bauld

Willink Middle School, Room E103

Saturday

1 class

Course #: LCDA-CELCDA.2-F24

\$27.00

12/14/2024

11:00 AM - 12:00 PM

Liz Bauld

Willink Middle School, Room E103

Saturday

1 class



Spanish for the Elementary Years

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

When registering, use the number 0 for Kindergarten.

Course #: SFTE-CESFTE.1-F24

\$95.00

10/21/2024 - 12/9/2024

Mondays

No class on 11/28

4:15 PM - 4:55 PM

6 classes

Spanish Club Staff

Schroeder High School, Room W25



SAT and ACT Prep class

Build a powerful foundation for SAT and ACT success in just two days! This unique SAT/ACT Boot Camp, taught by Chariot Learning - Upstate New York's most well-known and respected test prep organization, thoroughly reviews the essential reading, writing, math, and test-taking skills and strategies for the digital SAT and paper ACT. You will also learn the additional content and action steps needed for greater progress toward the highest test scores. Curriculum will be provided. Please bring pencils and your calculator. This class is open to all Webster students entering their junior or senior year. Please also bring a lunch. Vending machine snacks and drinks are available.

Course #: SATACT-CESACT.1-F24

\$175.00

9/28/2024

Saturday

9:00 AM - 3:00 PM

1 class

Chariot Learning

Schroeder High School, Library Classroom



Register at

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

Need a Ride?



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



The Webster Association of Senior Program Supporters (WASPS) has been giving rides to Webster seniors since 2010. Retirees and disabled residents living in the Webster School District in need of a ride can call us. We drive seniors to various medical appointments and wheelchair service is available.

BECOME A VOLUNTEER DRIVER!

Rides generally occur between 9:00 a.m. and 2:30 p.m., Monday through Friday and take on average 1 – 2.5 hours per appointment. The schedule is flexible!

For more information, call
585-216-7829, go to our website at
www.websterwasps.com, or email us
at websterwasp@gmail.com.



when

IT'S NOT TOO SOON... SHE'S LISTENING NOW.

Before she heads off to school, start talking about the dangers of underage drinking and substance use. The sooner you start, the better your chance of influencing her decisions about using alcohol and other drugs. For tips on how and when to start the conversation, visit WHENdfcc.org/parent-info.





WEBSTER YOUTH SPORTS CONTACT AND REGISTRATION INFORMATION

<https://websteryouthsports.org>

ORGANIZATION SPORT	WEBSITE	CONTACT	REGISTRATION INFORMATION
Lakefront Soccer Club Premier, Travel & Recreational School Break & Summer Camps	www.lakefrontsc.com	Office@lakefrontsc.com 585-671-7730	Recreational - Year round Premier & Travel - Tryouts in July Training Programs Offered
FC Dynamo ROC Soccer Premier, Travel & Recreational School Break & Summer Camps	www.fcdynamoroc.com	admin@fcdynamoroc.com	Year Round
WAA Baseball House & Travel	www.WAABaseball.org	Jeremy Andrzejewski president@waabaseball.org	Begins November 1 Spring, Summer, Fall leagues available
Webster Rattlers Softball	www.rochesterrattlerssoftball.com	Paul Hicks rochesterrattlerssoftball@gmail.com	Tryouts - July - August Practice - Sept - July Games - Sept - July
Webster Travel Baseball	www.webstertravelbaseball.org	Aaron Diccio aaron.diccio@carestream.com Tom Tehan ttehan@deloitte.com	Tryouts - July - August Practice - January - April Games - April - July
Webster Thomas Lacrosse Boys K-6th	www.thomaslacrosse.org	Jared Muisus jrTitanLAX@gmail.com	Grades K-6; Multiple seasons Winter (Oct Registration) Spring (March Registration) Fall (Aug Registration)
Webster Schroeder Lacrosse Boys K-6th	www.websterlacrosseclub.org	Autumn Henning autumnhenning4@gmail.com	
Webster Women's Lacrosse Club Girls K-6th	www.wvlc.org	Erika Fox websterlacrosseclub@gmail.com	Grades K-6; Multiple seasons Winter (Oct Registration) Spring (March Registration) Fall (Aug Registration)
Webster Junior Warriors Junior Titans Football & Cheerleading	www.wjw-wjt.org	web@wjw-wjt.org	Registration begins in Feb Practice begins August 1 Season runs thru late Oct
Webster Youth Hockey Assoc.	www.wyha.com	Mike Lucania President@wyha.com	Registration early February Season runs August - March Travel/House evaluations in March/April
Webster Basketball Association Recreational House Grades 1st - 8th	www.websterny.gov/ 104/Parks-Recreation	Julie Schillaci jschillaci@websterny.gov	Registration Sept - Nov Program Nov - March Sunday afternoons
Webster Northcoast Basketball Travel Boys 3rd-8th Grade Webster Northcoast Basketball Travel Girls 3rd-8th Grade	www.websterny.gov/ 104/Parks-Recreation	Traci Ruffell truffell@websterny.gov	Registration begins August Tryouts - September
Challenger Miracle Field	www.rochestermiraclefield.org	Beth Cunico challengerdirector@gmail.com 217-254-0592	Year Round

This event, activity, or program is not sponsored by the Webster Central School District. Approval does not imply endorsement, but is a courtesy service to the community.



COMPETITIVE SWIM TEAM

FEAR THE FIN

Want to be in a sport
where **EVERYONE** Participates?

Do you love to SWIM?

WEBSTER BLUEFINS OFFER:

- ✓ Great Coaches with Individual Attention
- ✓ A great workout that uses every muscle in the body - safely
- ✓ Competitive Swim Meets
- ✓ Fun meets and other team-building events

SWIM CLUB DETAILS

- ✓ Age Group Swimming 7-18 years old
- ✓ Year-round programs for ALL levels of swimming up to National Level competitions
- ✓ Affiliated with USA Swimming
- ✓ Flexible Practice Schedule for young swimmers
- ✓ Practices at the state-of-the-art Webster Aquatic Center, Webster Thomas, and Eastridge HS



Want more information?

Visit our website/CONTACT US:

Coach Contact
Coach_DJ@wsabluefins.com
DJ Johnson (585) 261-1276

President
President@wsabluefins.com

Sign up for a **TRIAL SWIM** if you're unsure
NO FEE ➔ **REGISTER ONLINE**

Spend time with the coaches and other swimmers & see what it is all about

When: Fall (September) | 2 weeks
Check the Team Website for details / registration deadline

Where: Webster Aquatic Center
Check the Team Website for up-to-date info

Eligibility: Must be able to swim 25 yards
Freestyle AND Backstroke
without stopping or assistance



Scan QR code for more information

www.wsabluefins.com

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WCSD
Community
Programs & Webster
Aquatic Center

875 Ridge Road,
Webster, NY 14580

Register online at
<https://registration.xendirect.com/webstercsd/search.cfm>

Staff Directory:

Aquatic Center
670-1087

Community Education
670-5039

Abbey Eckler
Abigail_Eckler@webstercsd.org

Megan Malone
Megan_Malone@webstercsd.org

Cindy Burke,
Finance Secretary
670-1085

Cindy_Burke@webstercsd.org

Jane Laskey, District Scheduler
670-8066

Jane_Laskey@webstercsd.org

Ben Whipple,
Aquatics Director

670-1087

Benjamin_Whipple@webstercsd.org

Brian Wilcox,
Aquatics Director

670-1087

Brian_Wilcox@webstercsd.org

Head Lifeguards

Jodi Byerts
Atanas Chamov
Scott Fake
Mike Kennedy
Scott Josephson

Joe Dickson, Dave Gucker
Custodians

670-1084

Keriann Esley
Secretary

670-1087

Edward "Woody" Connell
Front Desk Staff

**The WAC is available to
rent for pool parties!**

Call 670-1087 for more information.



We have a room that
holds up to 20 guests.
We supply the tables,
chairs, refrigerator and
of course the pool

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



To request use of the Thomas pool or the Webster Aquatic Center, please also use this link <https://ny166.mlschedules.com/Login.aspx>

For questions regarding pool rentals, contact

Ben Whipple or Brian Wilcox at 670-1087.