

Adult Education

2010 Winter/Spring Courses at Wayland-Cohocton Central School

<p><u>Hall Walker's Club</u> Free Monday-Friday 4:00-7:30 p.m. Walkers are asked to wear their hall walker's tag, it identifies you as a registered member. Can obtain tag at the business office.</p>	<p><u>Family Swim (Wednesday)</u> Dates: January 6, 13, 20, 27, Feb. 3, 10, 24, March 3, 17, 24, 31 Cost: \$3.00 Visit Do not need to pre register Times: 6:00-8:00 p.m. Where: Pool Chris Ball</p>
<p><u>Lap Swim</u> Dates: January 5 – March (no lap swim during school vacations) Times: Mondays – 6:30 – 7:30 p.m. Tuesdays – 6:00 – 7:00 a.m. Wednesdays – 6:00 – 8:00 p.m. Thursdays – 6:30- 7:30 p.m. Cost: \$3.00 per visit or 10 visits for \$25</p>	<p><u>Water Fitness</u> Mondays & Thursdays Dates: January 11, 14, 21, 25, 28 Feb. 1, 4, 8, 11, 22 Time: 6:30-7:30 p.m. Cost: \$25.00 1 x per week \$45.00 2 x per week Where: Pool Eva Crosby</p>
<p><u>Depression Recovery Program</u> <i>This class is to educate, not to diagnose or treat.</i> Dates: Feb. 8, 22, Mar. 1, 8, 15, 29, April 12, 19 Time: 6:00 – 8:00 P.M. (Mondays) Cost: \$130.00 (includes books, work book & meal) Place: Room 112 - Feb. 8, 22, March 8 Room 100 (LGI) - March 15, 29, April 12, 19 Jim Schmieder, Health Educator</p>	<p><u>Step Aerobics</u> Mondays & Wednesdays Session I - Jan. 11, 25, Feb. 1, 8, 22, March 1, 8 (Mondays ONLY) \$35.00 Session II - March 15,17, 22, 24, 29, 31, April 12, 14, 19, 21, 26, 28, May 3, 5 Cost: \$35.00 1x per wk Times: 4:00 – 5:00 PM \$50.00 2x per wk Where: LGI Tammy Huber</p>
<p><u>Soup Making</u> Date: February 3rd Time: 6:00 – 8:00 P.M. Cost: \$15.00 Michelle Jones Ham Place: Room 109 Home & Careers Kitchen</p>	<p><u>Foods That Make You Feel Good</u> Date: March 10th Time: 6:00 – 8:00 P.M. Cost: \$15.00 Michelle Jones Ham Place: Room 109 Home & Careers Kitchen</p>
<p><i>No Adult Education classes will be held during school vacations</i></p>	<p>** When school is closed due to bad weather, all Adult Education classes will be cancelled **</p>

For Further Description Of Courses Please Pick Up An Adult Education Course Description Booklet In The WCCS Business Office.

REGISTRATION: Form must be completed and mailed with full payment before the first class to:
Wayland-Cohocton Central School District
Attn: Heidi Sikes, Adult Education Coordinator
2350 Route 63, Wayland, NY 14572

(Print) Name	Phone Number	
Address	City	Zip Code
Course Title you would like to register for:		
1. _____	Fee: \$ _____	
2. _____	Fee: \$ _____	
3. _____	Fee: \$ _____	

Make Check Payable to: WCCS Adult Education TOTAL ENCLOSED: \$ _____