



Continuing Education

Continuing Education – Winter Session 2011

DRIVING COURSES

Five-Hour Pre-Licensing Course for New Drivers

The DMV now mandates completion of a five-hour pre-licensing course prior to taking the road test. Course participants will earn a pre-licensing course certification, MV-278. This certificate number will be required when you schedule your road test. The pre-licensing course covers the following driving fundamentals:

- The DMV point system
- The highway transportation system
- The laws of physics as they relate to driving and the effect of restraining devices
- Defensive driving techniques
- What to do in case of a collision
- The effects of driver attitude, emotions, and skills
- Alcohol and drugs, and their effects on driving

You must bring a valid NYS Learner’s Permit to class. State paperwork will be signed at the end of class. A half-hour dinner time will be provided. Please bring your own meal.

Course: D-1
Instructor: Henry Smith, Jr.
Class Meets: 3-8 p.m.
Class Date: Friday, February 11 or March 25 (select one date)
Location: Library Instructional Room 49 – Elementary School
Enrollment: Minimum 5 participants
Fee: \$35 (No Gold Card Discount)

Point/Insurance Reduction Program

Do you want to reduce your points and lower your car insurance, save 10 percent on automobile collision and liability premiums for the next three years, and reduce up to four violation points from your driving record? This course is provided by a certified instructor. Bring your NYS driver’s license to class. A half-hour dinner time will be provided. Please bring your own meal.

Course: D-2
Instructor: Henry Smith, Jr.
Class Meets: 3-9:30 p.m.
Class Date: Thursday, March 31
Location: Library Instructional Room 49 – Elementary School
Enrollment: Minimum 5 participants
Fee: \$45 (No Gold Card Discount)



ATTENTION SENIOR CITIZENS:

If you are a senior citizen (age 60 and over) residing in the Holley Central School District, you may take continuing education classes free of charge (unless otherwise noted) with a Holley Gold Card. However, you must still register and indicate that you are a Gold Card member. To obtain a Gold Card, please stop by the Middle School/High School Main Office or contact Roxanne Wagner at 638-6335, ext. 2198 for more information. Gold Cards may also be used for free admission to the High School musical and sporting events.

The Mind/Body Sampler

Have you been thinking about trying something new to get active, but weren't really sure what to do? Are you ready to try a variety of classes to discover what you really enjoy, rather than just doing something that people say is good for you? Then join the Holley CSD Continuing Education Program and The Whole Approach Studio's Mind/Body Sampler course. For one low registration fee you will be offered the chance to try any class you like below, one time per week for seven weeks:

Studio Cycling – A group exercise class that takes you on a technically-sound indoor cycle ride on our state-of-the-art Star Trac studio cycles. This is a great, cardiovascular conditioning workout. These cycles work on a flywheel system, which uses guided imagery from your own boundaries while working out with others.

Yoga – Level 1 – A gentle form of yoga that will open the body slowly, improving range of motion while addressing back care, breath and restoration. (Gentle)

Yoga – Level 1-2 – This yoga will be a blend of levels 1 and 2, which will be an awakening form of yoga with more attention to deepening the postures. (Modified sun salutations, some standing poses combined with seated and deep tissue poses – still gentle, but deeper.)

IM=X Pilates – A 45 minute to one-hour class that will teach the participants the fundamentals of IM=X and the series of exercises that enhance overall health of the core and postural muscles. The class is taught at an intermediate level and is appropriate for the beginner to advanced student. Modifications and encouragement to work at one's own pace are provided to each group enabling everyone to feel successful.

Morning Move – A mildly-paced class designed with the "new to exercise" and "aging skeleton" student in mind. Be ready to do a longer warm up followed by a light impact cardiovascular workout, basic weight training, extended cool down period, floor work and a yoga stretch for improved flexibility. It's a great way to start the day!

Body Conditioning – A moderately-paced class geared toward improving muscular strength and endurance while creating a great toned appearance to the body. Be ready to warm up; utilize one or more of our various fitness tools like resistance bands, stability balls, jump ropes, hand weights, fitness balls or body bars; cool down with abdominal and back exercises; and do a final stretch.

Zumba – This is an aerobics/interval training type class where fast and slow rhythms and resistance-type training are combined to tone and sculpt the body while burning fat. Add some Latin flavor and international zest to the mix of your workout!



Drums Alive – This class joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement and rhythmical flow. This program utilizes "whole brain" – "whole body" thinking by developing sensory motor reflexes and kinesthetic awareness. This program has proven benefits to the physiological, psychological and even neurological systems of the body.

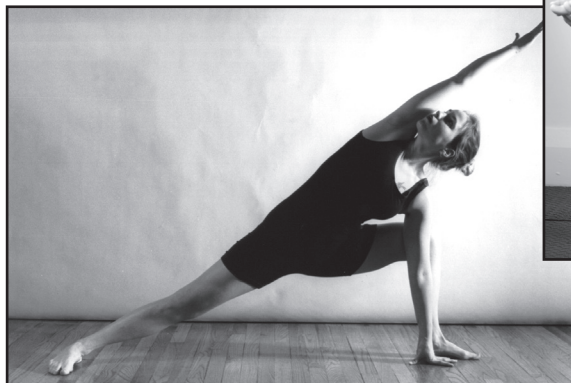
Course: F-1
Instructor: Whole Approach Instructors
Class Meets: You can choose any 45-minute class on the schedule between January 31 and March 19. Each time you attend, you will sign in on the HSCD Continuing Education sign-in sheet and show your card for an instructor's initials. The full schedule can be viewed at www.thewalife.com. (This offering DOES NOT include the hour long Yoga Level 2 class or any other hour long classes.)
Location: The Whole Approach Studio, 50 Public Square (2nd floor), Village of Holley
Enrollment: Minimum 10 students/maximum 25 students
Fee: \$45

FITNESS COURSES (CONTINUED)

IM=X Pilates

IM=X Pilates, Integrated Movement Exercise, is a program that is based on the work of Joseph Pilates combined with today's exercise science. Through a series of exercise sequences, the student will develop superior core muscle power and postural endurance, which helps to optimize physical performance. Joint stabilization, back strength and hip flexibility are just some of the benefits received from this workout. This is the finest "functional fitness" class to be developed in the past 15 years.

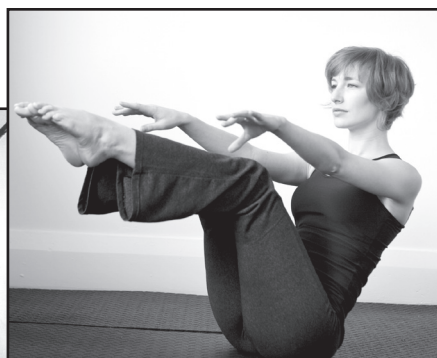
- Course:** F-2
- Instructor:** Whole Approach Instructors
- Class Meets:** Choose one class per week: Mondays (5:45-6:30 p.m.), Thursdays (6:45-7:30 p.m.)
- Location:** The Whole Approach Studio, 50 Public Square (2nd floor), Village of Holley
- Class Dates:** Once per week from January 31 – March 19
- Enrollment:** Minimum 10 students/maximum 25 students
- Fee:** \$45



Yoga

A slow, gentle form of yoga that will open the body slowly, improving range of motion while addressing areas of tightness through the union of movement of the body, fluctuation of the mind, and rhythm of the breath.

- Course:** F-3
- Instructor:** Whole Approach Instructors
- Class Meets:** Choose one class per week: Mondays (7:45-8:30 p.m.), Saturdays (8-8:45 a.m.)
- Location:** The Whole Approach Studio, 50 Public Square (2nd floor), Village of Holley
- Class Dates:** Once per week from January 31 – March 19
- Enrollment:** Minimum 10 students/maximum 25 students
- Fee:** \$45



Walking Program

Looking for a way to stay in shape? Holley Elementary School has just answer. The Holley Walking Program is now underway offering the public the opportunity to use the school for walking Monday through Friday from 3:30 to 8 p.m. Walkers should enter and exit the school through the main foyer. The program will not be held when school is closed for holidays and breaks. Registration is required so that participants can obtain a "walking badge" to wear while using the building for walking. This registration will help secure our buildings after school hours. The "walking badge" will be mailed to you once we receive your registration.

- Course:** F-4
- Building Open:** Monday – Friday, 3:30-8 p.m.
- Location:** Elementary School
- Fee:** FREE



**Registration
Required**

Continuing Education



Holley Central School District
3800 N. Main St.
Holley, NY 14470

Non-Profit Org.
U.S. Postage
Holley, NY
Permit #2

Postal Customer
Holley, NY 14470

Make checks payable to: Holley Central School District
Continuing Education

Send to: Susan Morreall, Human Resources
Holley Central School District
3800 North Main Street
Holley, NY 14470
Phone: 638-6316, ext. 2015

- Registration and payment with Holley CSD is required one week prior to start of the program. Holley CSD reserves the right to cancel programs for lack of participation. The decision to cancel programs due to low enrollment is made one week prior to the start date.
- If school is not scheduled or is unexpectedly closed, there will be no continuing education classes that day. When a class is cancelled, Holley CSD will make every effort to reschedule the class on a similar day, at a similar time. If this is not possible, the class may need to be made up on a different day and/or time.
- Registration fees will only be reimbursed in a case of an emergency or physician's medical excuse.

MAIL-IN REGISTRATION

HOLLEY CENTRAL SCHOOL CONTINUING EDUCATION



Name: _____

Address: _____

Phone: Day _____ Evening _____

E-mail: _____

First course request: _____

Second course request: _____

Third course request: _____