

Spring 2025



Fine Arts



Swimming Lessons



Language

Cub Care

Happy Learning!

rhnet.org/ceregister
585-359-7805

COMMUNITY PROGRAMS
at Rush-Henrietta

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Welcome

R-H Continuing Education is excited offer a variety of traditional in-person courses. We look forward to seeing you in class this spring. Sign up today!

Bonnie Coddington
Coordinator, Community Programs

Happy Learning!

Refund Policy

Community Programs Courses:

If we cancel a course for any reason, you will receive a full refund for that course.

If you need to withdraw from a course, please notify us at 359-7805.

- If you notify us at least one full week prior to the course start date, your entire course cost will be refunded.
- Notification received less than one full week prior to the course start date will be subject to a \$10 processing fee.
- If you notify us on or after a course start date, a refund will not be issued for that course.
- Refunds for supply fees will be issued based on whether course supplies were purchased before you withdrew.

Cub Care Zone:

- With the required two week notice, and after the last day of attendance is confirmed, you will receive a refund for paid services less a \$20 processing fee.
- There will be no refund given without the required two week notice.
- The \$25 annual registration fee is not refundable.

Refunds take several weeks to process.

Registration Info & Options

Register Online and Pay with



Registration begins online at rhnet.org/ceregister

March 5, 2025, for Spring Community Programs courses

March 5, 2025, for 2025-2026 Cub Care Zone Registration

May 14, 2025, for Summer Driver Ed

Who can register and attend?

Registration is open to district and non-district residents. Minimum age for participants in all courses, unless otherwise noted, is 21 years. Children may not accompany adults unless specified in the course description.

R-H Continuing Education office:

R-H Senior High School, 1799 Lehigh Station Road, 14467

Monday–Friday, Daytime, 9:00 A.M.–3:30 P.M.

Monday-Thursday, Evenings, by phone, 5:30–8:30 P.M.

The office is closed for school holidays; published hours may change at any time due to school events.

Online Registration at ... rhnet.org/ceregister

Call 585-359-7805

Mail checks, payable to R-H Schools, to the R-H Community Programs office

SCBC

- Rush-Henrietta District residents aged 65 and older are entitled to a *Senior Citizen Benefit Card* (SCBC). Holders of this card may receive a discount on the cost of many courses offered by Continuing Education. To obtain a card, present proof of age and residency to the receptionist at the R-H Administration Building, 2034 Lehigh Station Road.
- Senior Citizens with an SCBC: call the Community Programs office before first time registering online.
- Non-resident senior citizens pay the full registration cost shown in the brochure.
- All senior citizens are responsible for full textbook and supply fees.

Business & Career

Become a Notary with New Notary Public License Law

Kristin Cavallaro

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. You will learn 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.

1 Saturday 4/26 9:00 A.M.–3:30 P.M.
Zoom (Link will be provided) Cost: \$65
BC15VI SCBC Cost: \$65

2 Mondays 5/12 & 5/19 5:30–8:45 P.M.
Zoom (Link will be provided) Cost: \$65
BC15V2 SCBC Cost: \$65

2 Tuesdays 4/29 & 5/6 5:30–8:45 P.M.
Irondequoit H.S. Room 1214 Cost: \$65
BC15I SCBC Cost: \$65



Electronic Notary

Kristin Cavallaro

Effective February 2023, new NYS laws went into effect allowing for Electronic Notarizations. You may not perform Electronic Notarizations unless you have registered the capability to do so with the state. This class will train you on what you need to know to become an Electronic Notary in the State of New York and the policies, procedures, and software requirements that are mandated by the state. Only for current traditional notaries who want to learn about electronic notarization and/or students that have already taken the 'Become a Notary Public-Traditional' class.

1 Wednesday 5/14 5:30–8:45 P.M.
Zoom (Link will be provided) Cost: \$49
BC15EVI SCBC Cost: \$49

Business & Career



Small Business How to Start and Successfully Run Your Own

SCORE and Small Business Administration

This is a complete course for the start-up business owner or for the person who is already in business and wants to do better. You will receive expert advice on: legal considerations, developing a business plan, insurance needs, banking, financing your business, marketing, budgeting, cash management, bookkeeping, accounting, AI and Google.

5 Wednesdays Starts 4/30 6:30–9:00 P.M.
R-H Sr. High, Room C-107 Cost: \$59
BC10I SCBC Cost: \$49

Money Matters

Savvy Social Security

Tomas Aponte

Will Social Security be there for me? How much can I expect to receive? When should I apply for Social Security? How can I maximize my benefits? Will Social Security be enough to live on in retirement? Join us to discuss the answers!

1 Thursday 4/10 5:00–6:30 P.M.
R-H Sr. High, Room C-107 Cost: \$29
MM3SI SCBC Cost: \$19

Life After Work

Tomas Aponte

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

1 Thursday 6/12 5:00–6:30 P.M.
R-H Sr. High, Room C-107 Cost: \$29
MM4SI SCBC Cost: \$19

Money Matters

Estate Planning Basics

Sable Bugman, Esq.

Joseph Marchese

Do you have an estate plan? Do you even need one? Join us as we address the basic documents everyone over 18 should consider. We will also discuss elegant and modern asset protection and estate planning techniques.

1 Tuesday 4/8 6:00–7:00 P.M.
R-H Sr. High, Room C-107 Cost: \$29
MM6MBI SCBC Cost: \$19

ABC's of Making Funeral Arrangements

Joe Martin, Jr.

At some point in your life you will most likely need to plan a funeral for a friend or loved one, or even make your own pre-arrangements. That experience can be made easier by understanding the process. Learn different choices you will face when making funeral arrangements, understand and compare price lists, find out what is required by law, and how to make pre-arrangements.

1 Wednesday 4/23 6:30–8:30 P.M.
R-H Sr. High, Room C-107 Cost: \$35
YF8FI SCBC Cost: \$25

**Rush-Henrietta
Central School District**
rhnet.org

The district website is designed to provide residents with the most up-to-date information.

Stop by often!

Hobbies

Woodworking Beginning

Gene McGinnis

Knowledge of equipment and safety are essential when using woodworking machines. Participants will be taught how to safely use the equipment, and then work on 2-3 projects. Participants will work increasingly independently as the course proceeds.

Supply fee: \$45, payable to the instructor at the second class.

8 Tuesdays Starts 4/8 6:30–9:30 P.M.
There will be no class held 4/15

R-H Sr. High, Room B-104 Cost: \$155
HB201 SCBC Cost: \$135



Woodworking Advanced

Hiram Lyon

Become more proficient with your woodworking skills. The instructor will approve a project of your choice and then guide you through your planning and construction stages. Learn woodworking problem-solving techniques. If you have a project in mind, bring the plans and materials to the first class. You are responsible for the cost of all materials. Safety guidelines will be reviewed the first night of class. Prerequisite: at least one *Woodworking Beginning* course.

8 Thursdays Starts 4/3 6:30–9:30 P.M.
There will be no class 4/10, 4/17, 5/15

Sr. High, Room B-104 Cost: \$155
HB221 SCBC Cost: \$135

The Rush-Henrietta School District does not offer or provide medical insurance for Community Programs participants. Participants are responsible for their own injury protection as well as protection of their personal belongings.

Hobbies



Bowl Turning Beyond Basics

Hiram Lyon

Each of your classes will begin with demonstrations followed by time to work on your individual projects. Topics will include: chucking systems, the use of tools not used for the basic course, sanding techniques, as well as bowl finish and decoration. Materials for the class will be provided; you will need to purchase materials for your projects after that. Prerequisite: at least one Bowl Turning course.

8 Mondays Starts 4/7 6:30–9:30 P.M.

There will be no class held on 4/14, 5/26

R-H Sr. High, Room B-104 Cost: \$155
HB2431 SCBC Cost: \$135

Home & Garden



Furniture Refinishing & Chair Caning

Mary Holleran

Give new life to an old piece of furniture that's been gathering dust in the attic: restore it, refinish it, or just clean it up. Minor repairs and re-gluing are possible. Bring your small-to medium-sized family heirloom and your supplies* to class each night. Due to ventilation limitations, you must use recommended non-toxic products. Chair Caning prerequisite: at least two previous basic caning courses or equivalent experience and knowledge.

8 Tuesdays Starts 4/1 6:30–9:00 P.M.
There will be no class held 4/15

Roth Jr. High, Room 420 Cost: \$135
HG101 SCBC Cost: \$115

Crafts

Glass Fusing Sampler:

Plant Stakes

Arc and Flame

Explore the world of glass fusing in this introductory, project based class at the Rochester Arc & Flame Center. Using your own creativity, you have the freedom to make your own designs within each project! You will learn how to cut & arrange flat glass compositions using colorful sheet glass, stringers, frit & powders. When you're done designing, we will fire your project in a kiln to complete your masterpiece. NOTE: Projects will be ready for pickup 1-2 weeks after class. All safety equipment and materials are included in the course price. Great for beginners and experienced artists!

1 Saturday 4/12 9:00 A.M.–12:00 P.M.
Roc Arc & Flame 125 Fedex Way Cost: \$100
CR92FI SCBC Cost: \$100

Jewelry Date Night:

Chainmaille

Arc and Flame

Join us for one of the most charming classes in Rochester and let your love sparkle. Whether it's a date night, girl's night out, or bonding with a family member, this class is sure to make you shine bright! Each student will make their own personal chainmaille bracelet utilizing either the Byzantine weave or European 4-in-1. Choosing from a wide variety of colors, couples can decide whether they want to be twins, simply complement each other's jewelry pattern, or make a bracelet for each other. Students will use jump rings, beads, and small tools to complete their projects. All safety equipment, tools, and materials are included in the class fee. No experience or training is needed to attend. This class is suitable for students aged 13 and above. Minors must be accompanied by an adult.

1 Saturday 4/26 2:00–5:00 P.M.
Roc Arc & Flame, 125 Fedex Way Cost: \$150
CR981 SCBC Cost: \$150

Online registration
for Continuing Education
courses begins on
March 5, 2025

Fine Arts

Pencil Drawing Beginning-Advanced

Darlene J. Zoricak

Beginners, learn to shade and contour, draw still-life, make objects appear to be three-dimensional; also learn proper techniques to draw the human face, the human form, and one- and two-point perspectives. Discover different types of pencils and the techniques to use them. Advanced students may choose to use: pastels, pencil, colored pencil, or pen and ink. Receive individual instruction throughout the course. Bring your drawing supplies* to the first night.

8 Wednesdays Starts 4/9 7:00–9:00 P.M.
There will be no class held on 4/16
R-H Sr. High, Room B-118 Cost: \$125
FA431 SCBC Cost: \$109

Oil or Acrylic Painting

Darlene J. Zoricak

Choose your medium! Whether you've been painting on your own or never put a brush to canvas, join us for one-on-one instruction as you work from a photo or picture of your choice. Learn proper brush use and techniques, how to set up your painting, and analyze and mix color. Bring your painting supplies* to the first night. Additional supply fee: \$3.50, payable to the instructor at the first class.

8 Wednesdays Starts 4/9 5:00–7:00 P.M.
There will be no class held on 4/16
R-H Sr. High, Room B-118 Cost: \$125
FA211 SCBC Cost: \$109



Color Analysis & Mixing

Darlene J. Zoricak

If you've ever spent twenty minutes trying to mix a specific color and end up with enough wrong color paint to paint an entire canvas, this is the class for you. Learn how to analyze colors. What colors fall into what categories and then make color strips to take home by mixing colors in class. Additional supply fee: \$3.00, payable to the instructor at the first class.

2 Wednesdays 6/11 & 6/18 5:30–8:30 P.M.
R-H Sr. High, Room B-118 Cost: \$99
FA501 SCBC Cost: \$85



Fine Arts

Ceramics Intro

Gregory Lawson

Do you enjoy building with your hands? Then this course is for you! In this three-dimensional art course, you will explore clay functions and basic techniques from hand-building to throwing on the wheel. Receive instructor demonstrations as well as one-on-one instruction tailored to your learning needs. You will create a pinch pot, coil pot, slab bowl, and a thrown pot. If time allows, you may complete more pieces for an additional cost for materials. Wear old clothes and/or an apron to class.

8 Thursdays Starts 4/10 6:00–8:00 P.M.
There will be no class held on 4/17
R-H Sr. High, Room B-118 Cost: \$145
FA311 SCBC Cost: \$125
Supply fee due with registration: \$35

Sewing



Learn To Sew

For The Absolute Beginner

Shawnice Powell

Discover the perfect introduction to sewing with this comprehensive beginner course. Ideal for aspiring creators, you'll master the essentials needed to sew custom clothing, craft unique accessories, or expertly mend garments. Gain confidence with hands-on experience using provided sewing machines and materials, ensuring you're equipped to tackle your sewing projects effortlessly.

5 Tuesdays Starts 5/6 5:30–8:00 P.M.
R-H Sr. High, Room C-103 Cost: \$215
NS031 SCBC Cost: \$189

Culinary Delight



Wine Making Made Simple

Wines By Design Staff

Looking for a unique way to spend time with family or an evening out with your friends? Then Wines By Design is the perfect place for you! It's easy and fun!

Learn the process of making wine and get a hands-on experience to create your very own wine. The cost includes instruction and materials to make ten bottles of wine per person or per pair. Choose the wine you want to make; then, at each class, take the next step in the process. Make all ten bottles of wine by yourself or sign up and share the experience and product with a friend. You will work together to make the wine base, but wine can be individualized on the final day of class. Create your own labels to further personalize your ten bottles of wine.

In addition to wine making instruction, various discussions and samples of wine pairings will be held, e.g., cheeses, chocolates, and wine sauces.

Minimum age for participants: 21 years.

Course cost is for 1 or 2 adults 21 years of age or older. If a second adult is attending with you, after registering online, please call the Continuing Education office, 359-7805, to inform us of that person's name.

4 Tuesdays 3/25, 4/15, 4/29, 5/6
Wines By Design 6:00–7:00 P.M.
3392 Buffalo Rd, Roch. 14624 Cost: \$109
CD901 SCBC Cost: \$109

4 Wednesdays 4/2, 4/23, 5/7, 5/14
Wines By Design 6:00–7:00 P.M.
3392 Buffalo Rd, Roch. 14624 Cost: \$109
CD902 SCBC Cost: \$109

*Need a course supply list?

Go to
rhnet.org/conted

Languages

Sign Language I

Jeannine Adydan

Help others in your community by learning a new, very important skill.... Sign Language. Have a meaningful conversation. Learn the basic skills needed to communicate using finger spelling and signs. This class is a pre-requisite for Sign Language Level II.

8 Mondays Starts 4/21 6:00–8:00 P.M.
There will be no class held on 5/26
R-H Sr. High, Room C-107 Cost: \$145
LA111 SCBC Cost: \$125

Spanish with Confidence

Maria Harvey

Enhance your skills by learning Spanish from a native speaker with over a decade of teaching experience. The classes focus on practical, real-world Spanish that helps you communicate confidently and achieve your goals. Whether preparing for a trip, looking to expand career horizons and your business, or exploring new cultures, these lessons will keep your mind engaged and your language abilities growing. Join now and start speaking Spanish confidently in any situation!

8 Tuesdays Starts 4/8 6:35–7:35 P.M.
There will be no class held on 4/15, 5/13, 5/20
R-H Sr. High, Room C-108 Cost: \$139
LA201 SCBC Cost: \$119

Spanish with Confidence

Level 2

Maria Harvey

Boost your Spanish skills with our friendly Level 2 course, perfect for adults eager to enrich both their personal and professional lives! This course builds on what you've already learned, making it a great way to expand your knowledge. You'll enjoy fantastic benefits like career advancement, better cognitive health, cultural enrichment, and the chance to meet new people. By the end, you'll feel more confident communicating in Spanish, ready to tackle any situation that comes your way. Come join us and discover how much fun language learning can be!

8 Tuesdays Starts 4/8 5:30–6:30 P.M.
There will be no class held on 4/15, 5/13, 5/20
R-H Sr. High, Room C-108 Cost: \$139
LA221 SCBC Cost: \$119



You & Your Family

Plan Your European Adventure

Kate Torrey

Are you ready for your 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. This class will cover how to find affordable flights and lodging, how to plan your sightseeing and travel on the ground, how to pack light, and much more. Discussion will also cover logistics like foreign currency, what to do if you get sick, using your cell phone, and how to skip the lines at the big tourist attractions without spending more money. Join us to start planning your own European adventure!

1 Thursday 5/29 6:30–8:30 P.M.
R-H Sr. High, Room C-108 Cost: \$45
YF751 SCBC Cost: \$39

Cheap Travel Strategies

Kate Torrey

Travel doesn't need to be expensive! 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.

1 Monday 6/9 6:30–8:30 P.M.
R-H Sr. High, Room C-108 Cost: \$45
YF79C1 SCBC Cost: \$39

You & Your Family



Plan Your Disney Vacation

Kate Torrey

This class will take the stress out of planning your Disney World vacation! With 4 theme parks, 2 water parks, 200 restaurants and eateries, 25 hotels, and more, planning a trip to Disney World can be overwhelming. This class will cover all the important planning steps including advance dining reservations, lightning lane ride reservations, virtual queues, and more. We will learn how to use important features of the Disney World website and app so you can take full advantage of your time in the parks. Discussion will also cover where to stay, how to plan your time in the parks, how to use Disney's network of free transportation systems, and more. With the proper planning, your Disney vacation can be smooth and hassle free!

1 Monday 4/21 6:30–8:30 P.M.
R-H Sr. High, Room C-108 Cost: \$45
YF761 SCBC Cost: \$39

Rush-Henrietta
Central School District
rhnet.org

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Stop by often!

Music & Dance

Instant Piano

for Hopelessly Busy People

Just One Class Instructor

In just a few hours, you can learn enough about piano playing to give you years of musical enjoyment. In this lecture-style presentation, you can learn all the chords you'll need to play. Any song. Any style. Any key. An online book and online video instruction is included.

I Monday 5/5 6:30–9:30 P.M.
Zoom (Link will be provided) Cost: \$65
MD24VI SCBC Cost: \$65

Instant Guitar

for Hopelessly Busy People

Just One Class Instructor

In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment. Learn some basic chords and be able to play along with your favorite songs. Have your acoustic guitar available. An online book and online video instruction is included.

I Tuesday 5/6 6:30–9:00 P.M.
Zoom (Link will be provided) Cost: \$65
MD11VI SCBC Cost: \$65

Music & Dance

Group Guitar Lessons

Eastman School of Music Staff

Join our beginner guitar course, perfect for those eager to learn how to play the guitar! Taught by experienced guitar faculty from the Eastman Community Music School, this class is designed for complete beginners - no prior experience is required, and both acoustic and classical guitars are welcome. The course will cover essential skills such as rhythm, reading music, strumming patterns, and fingerstyle techniques. Most importantly, students will gain the skills needed to continue learning and improving on their own.

Group Guitar Youth (ages 11-16)

8 Mondays Starts 4/7 5:30–6:30 P.M.
There will no class on 4/14, 5/26
R-H Sr. High Room C-103
MDIGYI Cost: \$189

Group Guitar Adult (ages 17+)

8 Mondays Starts 4/7 6:30–7:30 P.M.
There will no class on 4/14, 5/26
R-H Sr. High Room C-103
MDIGAI Cost: \$189
SCBC Cost: \$189

Music & Dance

Individual Music Lessons

Qualified Music Instructors

This is a great opportunity for all ages to develop or advance musical skills. Lessons are available for piano, violin, and beginning cello. Instructors are New York State music educators or skilled performers. Students are responsible for their own instrument, maintenance, lesson materials, and supplies. Your instructor will arrange your lesson time and dates with you. To register, call the Continuing Education office at 359-7805.

MD90I 8 lessons (½ hour each)
R-H Sr. High Cost: \$199
D-Wing, practice room SCBC Cost: \$199



Camp Invention® Discover

Registration Opens March 5!

(Search for Summer 2025)

Linda Tyo-Gifford, Director

In partnership with the National Inventors Hall of Fame®, R-H Community Programs is excited to offer the nationally acclaimed Camp Invention® to children entering kindergarten through sixth grade. This inspiring, weeklong summer experience provides opportunities for hands-on exploration of science, technology, engineering and more! Through exhilarating activities, children have fun collaborating with friends, thinking creatively and inventing their own solutions to real-world problems.

During the action-packed program, DISCOVER, students will make their own personalized claw machine; uncover the science behind optical illusions; rev up for the ultimate road trip complete with a transmitter and receiver, custom dashboard and travel map, and invent their way out of the bumps in the road! They will also embark on an epic eco-expedition to investigate penguins and the ice and snow of Antarctica.

July 14-18 Mon-Fri 8:00 A.M.–2:30 P.M. Roth Jr. High, Cafeteria
Cost: \$300 Course Code: YFCII Session: Summer 2025



Registration is a 2 step process!

1. Visit rhnet.org/ceregister, search for Summer 2025. Click on YFCII. Pay the \$25 registration fee. While reading the course information, you will see a link to the CI website.
2. Click the CI link to finish your registration. Camp staff needs basic info about your child; complete the CI form, pay the balance due direct to Camp Invention; they may apply an early bird, sibling or other discount to your account.

**Online registration
for all swim lessons
begins 12:01 A.M.**

March 5, 2025

Parent & Child Aquatics

Baby & Toddlers

Children 6 months to 3 years of age, accompanied in the water by a parent or guardian, will learn to: enter and exit the water safely, submerge face, blow bubbles with mouth and nose submerged, float and glide on front and back with assistance, bob in the water, and change body position. Basic water safety topics will be covered.

8 Mondays 5:45–6:15 P.M. Starts 4/21
SW831 Cost: \$125

8 Wednesdays 6:25–6:55 P.M. Starts 4/23
SW832 Cost: \$125

8 Fridays 5:45–6:15 P.M. Starts 4/25
SW833 Cost: \$125



Preschool Aquatics

Level 1-2 with Parent

Children 4–5 years of age, accompanied in the water by a parent or guardian, will improve their water adjustment and learn to: enter and exit water using ladder; submerge mouth, nose and eyes; blow bubbles through mouth and nose; tread water with arm and hand actions; use arm and leg actions on front and back; and recover from a float to a vertical position.

8 Mondays 6:25–6:55 P.M. Starts 4/21
SW911 Cost: \$125

8 Wednesdays 5:45–6:15 P.M. Starts 4/23
SW912 Cost: \$125

Due to the wide range of uses, the R-H Senior High School pool is set at 81.5° and can vary by 1.5° on any given day.

Preschool Aquatics Level 3

Children 4–6 years of age, will learn to: enter water by jumping in; fully submerge and hold breath; bob in water; float jellyfish style and tuck style; change direction of travel while swimming; combine arm and leg actions on front and back; and tread water.

8 Mondays 5:45–6:15 P.M. Starts 4/21
SW931 Cost: \$125

8 Wednesdays 5:45–6:15 P.M. Starts 4/23
SW932 Cost: \$125

8 Fridays 6:25–6:55 P.M. Starts 4/25
SW933 Cost: \$125

Learn to Swim Level 1

Introduction to Water Skills

Children 6 years of age and older will learn to: enter and exit water using ladder, open eyes under water and pick up an object two times, float on front for three seconds, glide on front and back for two body lengths, roll from front to back and back to front, combine arm and leg actions on front and back, and tread water using arm and hand actions. Water safety topics will be covered.

8 Mondays 6:25–6:55 P.M. Starts 4/21
SW101 Cost: \$125

8 Wednesdays 6:25–6:55 P.M. Starts 4/23
SW102 Cost: \$125

8 Fridays 5:45–6:15 P.M. Starts 4/25
SW103 Cost: \$125

Learn to Swim Level 2

Fundamental Aquatic Skills

Children 6 years of age and older will learn to: enter water by stepping or jumping from side, glide and recover to vertical position without assistance, open eyes under water and retrieve objects two times, use finning arm action on back, and combine arm and leg actions on front and back for five body lengths. Water safety topics will be reviewed and discussed.

8 Mondays 7:05–7:35 P.M. Starts 4/21
SW201 Cost: \$125

8 Wednesdays 7:05–7:35 P.M. Starts 4/23
SW202 Cost: \$125

8 Fridays 6:25–6:55 P.M. Starts 4/25
SW203 Cost: \$125



Learn to Swim Level 3

Stroke Development

Children will learn: the front crawl, the elementary back stroke, back and survival floats, rotary breathing, head-first entries, flutter and dolphin kicks for 3–5 body lengths after pushing off in a streamlined position on front, and scissors kicks. Additional water safety topics will be covered. 'Learn to Swim Level 2' skills should be accomplished before enrolling in Level 3.

8 Mondays 7:05–7:35 P.M. Starts 4/21
SW301 Cost: \$125

8 Fridays 7:05–7:35 P.M. Starts 4/25
SW302 Cost: \$125

Learn to Swim Level 4

Stroke Improvement

Swimmers will learn: headfirst entry into water, underwater swimming for 3–5 body lengths; feet-first surface dive; survival swimming; front crawl and backstroke open turns; breast stroke, side stroke, and butterfly; flutter and dolphin kicks on back for 3–5 body lengths; and treading water using two different kicks. 'Learn to Swim Level 3' skills should be accomplished before enrolling in Level 4.

8 Mondays 7:45–8:15 P.M. Starts 4/21
SW401 Cost: \$125

Learn to Swim Level 5

Stroke Refinement

Swimmers will coordinate and refine all strokes including front crawl and elementary backstroke; back crawl, butterfly, breast stroke, and side stroke; front flip turn and back flip turn; standard scull movement; shallow-angle dive from side of pool; shallow dive and glide. 'Learn to Swim Level 4' skills should be accomplished before enrolling in Level 5.

8 Wednesdays 7:05–7:35 P.M. Starts 4/23
SW501 Cost: \$125

Aquatics American Red Cross Swim Lessons & Certifications

Swim Lesson dates:

8 Mondays

April 21, 28; May 5, 12, 19;
June 2, 9, 16

8 Wednesdays

April 23, 30; May 7, 14, 21, 28;
June 4, 11

8 Fridays

April 25; May 2, 9, 16, 23, 30;
June 6, 13

All swim lessons take place at the R-H Senior High pool; enter door #8.



Individual Swim Lessons

For Children and Adults

Individual swim lessons for Level 1 and above are available for those who desire personal attention or intense training. Space is limited. Register online early for best selection! Scheduling will be done in the order registrations are received. You will be contacted in early September to schedule your instructor and lesson time. Dates are listed below. Once your time and dates are confirmed and lessons begin, lessons cannot be rescheduled. If you miss a lesson, there will be no make up available.

8 Mondays 5:45–8:50 P.M. (½ hour each)
Starts 4/21

8 Wednesdays 5:45–8:50 P.M. (½ hour each)
Starts 4/23

8 Fridays 5:45–8:50 P.M. (½ hour each)
Starts 4/25

Exact time to be scheduled in early April:
8 lessons (½ hour each) Cost: \$209
SVW0000



Lifeguard Training Certification

Gina Prentice, Tim Mee

Candidates will learn lifeguarding skills needed to prevent and respond to aquatic emergencies. Through classroom as well as water instruction, participants will learn how to recognize emergencies, and prevent drowning and other water incidents. Participants must wear appropriate swim attire.

To be eligible for this course, candidates must be 15 years of age on or before May 24, 2025, and must pass a pre-screening of swim skills. The in-water pre-screening test will be held in the pool on Thursday, May 8. Those not meeting the minimum requirements for this lifeguarding course will not be able to continue. In that case, a partial refund will be available.

After successful completion of this course, which includes CPR for Lifeguards, AED training, and First Aid, participants will be certified to lifeguard in New York State at a non-surf facility.

The supply fee covers all required equipment, books, and training supplies.

7 classes, all required - see schedule below
R-H Sr. High, Pool & C-wing Conf Room
SVW011 Cost: \$235

Supply fee due with registration: \$64

Day	Date	Time
Thursday	5/8	5:30–8:30 p.m.
Tuesday	5/13	5:00–9:00 p.m.
Thursday	5/15	5:00–9:00 p.m.
Saturday	5/17	9:00 a.m.–2:00 p.m.
Tuesday	5/20	5:00–9:00 p.m.
Thursday	5/22	5:00–9:00 p.m.
Saturday	5/24	9:00 a.m.–2:00 p.m.

Family Open Swim

2:00–3:30 P.M.

Cost: \$5 per person

High School Pool,
1799 Lehigh Station Rd

Thursday, April 17

Sunday, April 27

Sunday, May 4, 18

Sunday, June 1

Registration is taken at the door. Allow extra time the first time you attend to fill out required emergency information.

Participants must comply with the rules & regulations found on the district website and posted at the pool.



To eliminate locker room congestion, please come dressed in your swim attire; after the swim lesson, the locker room may be used to change into street clothing.

Physically Fit

Water Walking

Kim Dodson

Burn up to 600 calories per hour! This total body workout is in deep water while wearing a buoyancy belt. Swimming skills are helpful. Bring to class: your lock, towel and swim apparel.

8 Mondays Starts 4/7 5:45–6:45 P.M.

There will be no class on 4/14, 5/19, 5/26

R-H Sr. High, Pool

Cost: \$120

PF501

SCBC Cost: \$92

Pilates Plus More

Karen Rupp, ACE Certified

Tone and stretch your muscles while focusing on breathwork, your core, and postural alignment. You will gain strength and flexibility through traditional Pilates mat exercises and yoga moves. Wear comfortable clothes. Bring to class: a mat and a bottle of water.

9 Thursdays Starts 4/10 5:00–6:00 P.M.

There will be no class held on 4/17

Good Shepherd Bldg, Auditorium

Enter door #8 at the back corner Cost: \$108

PF241

SCBC Cost: \$81

Chairobics

Christine Craft

Chairobics is low impact aerobic movements and exercises done seated on a chair, with a couple standing routines. Increase your cardiovascular endurance, strength, balance, flexibility, and toning. Wear comfortable clothing and sneakers. Bring to class: a bottle of water. Optional: 1#–3# weights. Great for all ages, especially seniors.

9 Thursdays Starts 4/10 6:15–7:15 P.M.

There will be no class on 4/17

Good Shepherd Bldg, Auditorium

Enter door #8 at the back corner Cost: \$108

PF111

SCBC Cost: \$54

If you have limiting medical conditions, please provide written doctor's approval to the instructor before participating in fitness class.

Health & Wellness

Gentle Yoga

Gaie Goodness, Kripalu Yoga Certified

Learn to care for yourself, de-stress, deeply relax, refresh, and energize through the age-old wisdom of yoga. There will be guided instruction in yoga, breathing, postures, meditation, and relaxation. Good for beginners and practitioners of all levels. Modifications and options will be taught for injuries or personal concerns. Nourish and nurture your mind, spirit, and body. Wear comfortable clothing and bring a yoga mat. Other props such as blocks, straps, blanket, and cushion are optional.

8 Wednesdays Starts 4/2 9:00–10:00 A.M.

There will be no class on 4/16, 4/23, 4/30

Rush Methodist Church, Dining Rm Cost: \$85

HW321

SCBC Cost: \$85

Sports



Horseback Riding for Adults

Meadows of Mendon Staff

This is a great opportunity to discover basic horsemanship and horse care! Riding in pastures or in an indoor or outdoor arena, beginner and intermediate riders will learn safety, balance, and the mechanics of riding. Join us for English or Western pleasure riding; we have many horses to choose from! Wear breeches or yoga pants and boots with at least a 1/4" heel. Sunglasses are recommended for outdoor riding. ASTM sterilized riding helmets will be provided.

10 Thursdays Starts 4/10 6:00–6:45 P.M.

There will be no class held on 4/17

Meadows of Mendon Stables, Honeoye Falls

1536 W Bloomfield Rd, 14472 Cost: \$450

SP901

SCBC Cost: \$450

10 Thursdays Starts 4/10 6:45–7:30 P.M.

There will be no class held on 4/17

Meadows of Mendon Stables, Honeoye Falls

1536 W Bloomfield Rd, 14472 Cost: \$450

SP902

SCBC Cost: \$450

You & Your Family

SAT/ACT Boot Camp

Chariot Learning

Build a powerful foundation for SAT & ACT success in just six hours. Taught by Upstate New York's most well-known and respected test prep organization. This SAT/ACT Boot Camp thoroughly reviews the essential reading, writing, math, and test-taking skills and strategies for the most current versions of both exams. You will also outline the additional content and action steps needed for greater progress towards your highest test scores. Yes, we will be preparing students for the digital SAT! Curriculum will be provided, but don't forget your calculator.

1 Wednesday 4/16 9:00 A.M.–3:00 P.M.

R-H Sr. High, Room C-143

Cost: \$199

YF131

Become a Continuing Education Instructor

Interested?

Call 359-7805



Do you have a talent, interest, or skill that you could share with the community? We are always looking for instructors to expand on existing courses or teach exciting new ones!

You do not need to be a certified teacher, just enthusiastic about your topic and willing to share your knowledge with others.

Join our dedicated staff of instructors!

Driving

5-Hour Pre-Licensing

Certified Instructors

The New York State Department of Motor Vehicles mandates attendance in this course to qualify you for Form MV-278 which is required to register for a



driving test. There will be a lunch break; bring a lunch! Minimum age for participants: 16 years. You must pre-register for this course. Bring to class: your valid photo New York State Learner's Permit.

I Saturday 4/26 9:00 A.M.–2:30 P.M.
R-H Sr. High, Room E-102 Cost : \$59
DA301 SCBC Cost: \$59

I Saturday 6/14 9:00 A.M.–2:30 P.M.
R-H Sr. High, Room E-102 Cost : \$59
DA302 SCBC Cost: \$59

Driver Improvement Program

AAA Certified Instructors

Are you interested in refreshing your driving skills, learning crash prevention techniques, and saving money? Complete this course and, as a principle driver, you will receive a 10% reduction on your automobile liability and collision insurance premiums. You may also qualify for up to four points off your current record of violations. This course is approved by the New York State Department of Motor Vehicles. All drivers with a New York State driver's license are eligible. Minimum age for participants: 16 years.

AAA members: call 359-7805 with your AAA number to register at a discount. Non-AAA members, register at rhnet.org/ceregister

Mon & Wed 4/21 & 4/23 6:00–9:00 P.M.
R-H Sr. High, Room C-143
DA201 Cost: \$54

Tues & Thurs 6/3 & 6/5 6:00–9:00 P.M.
R-H Sr. High, Room C-143
DA202 Cost: \$54

Online registration
for Continuing Education
courses begins on
March 5, 2025

Driver and Traffic Safety Education

Summer 2025

two sessions available between

July 1 and August 22

Full road and lecture schedules
available online when you register.

Registration for both sessions
begins May 14, 2025



Driver and Traffic Safety Education (DTSE) is a joint partnership between the New York State Education Department and the Department of Motor Vehicles (DMV). The Driver Education course is intended to educate students on appropriate driving skills and habits as well as playing a responsible role in the highway transportation/safety system.

Eligibility

- hold a valid NYS Learner's Permit by Monday, June 30, 2025
- minimum age of 16 years and enrolled in high school at the time of registration

Course Requirements

- attend state-mandated 24 hours of lecture and 24 hours of road classes
- abide by Rush-Henrietta Student Code of Conduct
- mandatory driving time with a parent/guardian outside of DTSE course time
- obtain a minimum grade of 65 in both lecture and road classes

Registration Information

- All classes will be based out of the Rush-Henrietta Sr High School.
- The course cost is \$549
- * Possible additional costs for a makeup and/or replacement certificate.
- Full payment with Visa or MasterCard is due with your online registration which begins May 14, 2025
- Scheduling priority is first come, first served
- Non-resident students must provide a letter of recommendation from their school principal

How to Register

Registration begins at 12:01 A.M. on Wednesday, May 14, 2025

1. Go to www.rhnet.org/ceregister
2. Course number **DA999**
3. Make sure you register the student, not the parent
4. After you complete the online registration, download the **DTSE Packet_Summer25** (link is in the course description).
5. Return your completed and signed forms from that packet to the Community Programs office within five (5) business days after registering or by June 27, 2025, whichever comes first.

Cub Care Zone



**Registration Begins
Wednesday, March 5th**

- * Register for the 2025-2026 School Year
- * Register online at rhnet.org/cubcare
- * Pay \$25 Registration fee
- * Don't forget to complete the enrollment packet!

Get in the Zone...
with these additional
Cub Care programs:

- » Non-School Day Care
- » As Needed Care
- » Summer Care

2025-2026 Before & After School Cub Care

- » Fee-based care for children in grades K-6 who attend R-H schools
- » At your child's R-H school building*
- » Morning care on school days 6:30 a.m. to start of the school day
- » Afternoon care on school days from end of day until 6 p.m.
- » Choose before or after school care
- » Choose 3, 4, or 5 days of care



Deadline:

Register before the end
of this school year to
guarantee a spot in
Cub Care for
2025-2026!

Call
359-7911
for more
information

Even Start

A preschool program which provides:

- * A quality multi-cultural program of developmentally appropriate curriculum and a family literacy preschool experience.
- * A fee-based preschool program for children three to five years old, concentrating on family involvement in your child's education.
- * The annual, non-refundable registration fee is \$25 per child.
- * For more information and/or registration, contact:
Pearl Tokar, Coordinator, 359-7912 or ptokar@rhnet.org



Rush-Henrietta Continuing Education



ART
&
DESIGN



BUSINESS
&
COMPUTERS



HEALTH
&
PERSONAL

ONLINE ADVANCED CAREER TRAINING



1-on-1 Instructors



Externships



Flexible Schedules



Affordable



Books Included



Certification

ed2go.com/rhce

Health & Wellness



Hands-Only CPR with AED Training*



Offered by Rush-Henrietta Community Programs in partnership with Henrietta Fire District and CHS Mobile Integrated Healthcare free of charge to all community members age 15 and older. *This is a skills-only class; no certification is provided.

 **Henrietta Fire District
Training Center**

60 Erie Station Road

 **7-9 p.m.**






Thursdays (Choose One)

April 10

May 8

June 12

REGISTRATION REQUIRED

-  Visit: rhnet.org/ceregister
-  Category: Health & Wellness
-  Limited to 20 per class. Additional sessions may be added if needed.

QUESTIONS?

 Registration: 359-7805

 Course: 334-1234

Register

www.rhnet.org/ceregister



As a courtesy, if you register but then cannot attend, please call 359-7805 to let us know.

July 2024				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

August 2024				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September 2024				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October 2024				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

November 2024				
M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

December 2024				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

Rush-Henrietta Central School District SCHOOL CALENDAR

2024 - 2025

September 2	Labor Day – schools closed
September 3	Classes Begin
October 14	Columbus Day/Indigenous Peoples' Day – schools closed
November 11	Veterans Day (observed) – schools closed
November 25-26	Conference Days
November 27-29	Thanksgiving Recess – schools closed
Dec. 23-Jan. 3	Winter Recess – schools closed
January 20	Martin Luther King Jr. Day – schools closed
January 24	Grading Day – schools closed
January 29	Lunar New Year – schools closed
February 17-21	February Recess – schools closed
April 14-18	Spring Recess – schools closed
May 26	Memorial Day – schools closed
June 19	Juneteenth – schools closed
June 25	Last day of school for Grades K-7

January 2025				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

February 2025				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

March 2025				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

April 2025				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

May 2025				
M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

June 2025				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

CODES

- School Not In Session
- Conference Days (6)
- Grading Day (1)



COMMUNITY PROGRAMS at Rush-Henrietta



Rush-Henrietta Central School District
Community Programs Office
3288 East Henrietta Road
Henrietta, NY 14467

Non-Profit Organization
U.S. Postage
PAID
Permit No. 2
Henrietta, NY 14467



HOURS OF OPERATION

Tuesdays: 9:45 – 11:15 a.m.

Thursdays: 4:30 – 6 p.m.



GOOD SHEPHERD BUILDING

3288 East Henrietta Road, Henrietta, NY 14467

foodpantry@rhnet.org • Ph: 585-359-7979