



GATES CHILI

CENTRAL SCHOOL DISTRICT

Continuing Education Winter 2025



Continuing Education Winter 2025 Programs

Register at gateschili.org/ContinuingEd
or by calling 585-247-5345

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Gates Chili Continuing Education

Director of Continuing Education
Marla Chefalo

Field House Coordinator
Derek Yacono

Hours of Operation

Monday to Thursday, 9 a.m. to 4 p.m.

Contact

continuingeducation@gateschili.org
585-247-5345

Parking and Directions

Gates Chili High School (GCHS)
1 Spartan Way
Rochester, NY 14624

- Art Rooms: Park in Lot E and enter through Door 3
- Continuing Education Office: Park in Lot E and enter through Door 1 (daytime) or Door 5 (evening)
- Gyms, Library and Main Entrance Lobby: Park in Lot E and enter through Door 5
- Music Rooms: Park in Lot H and enter through Door 45
- Performing Art Center (PAC): Park in Lot H and enter through Door 50
- Pool and Fitness Center: Park in Lot E or D and enter through Door 5 (check in at window)
- Rooms 201, 204, 205: Park in Lot E and enter through Door 4

Gates Chili Middle School (GCMS)
2 Spartan Way
Rochester, NY 14624

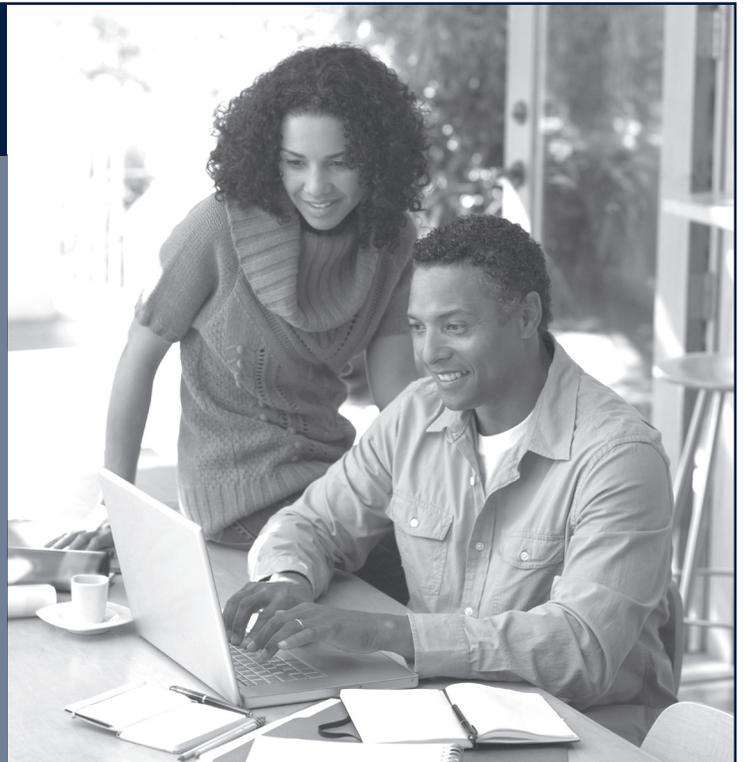
- For all classes at GCMS, park in Lot K or L and enter through Door 1

◆ Gold Cards not accepted for indicated classes

TO REGISTER



Scan or visit our website at
gateschili.org/ContinuingEd
or call 585-247-5345



Arts and Crafts

Color, Color, Color

This class is an overview of color theory. You will walk away knowing how colors affect one another and us. Topics include the color wheel, vocabulary of color and symbolic meanings of colors. A practical understanding of color theory is not just helpful for artists but also gardeners, crafters and anyone working on DIY home projects or shopping for new clothes.

Feb. 8	Sat
10 a.m. to 12:30 p.m.	
GCHS, Art Room 100	\$39
Micciche	

Dip Nails for Beginners

Learn the basics of applying and removing dip nails to get salon results at home. This class is demonstration only. A supply list, detailed instructions and links to vendor websites will be provided. Students are welcome to attend but must be accompanied by an adult.



March 6	Thu
6:30-8 p.m.	
GCHS, Room 201	\$9
Rayo	

Sewing 102: Pillow Workshop for Beginners

For beginners who have completed Sewing 101 or have basic knowledge of sewing machines. You will build on your foundational skills while sewing a throw pillow. Materials needed: 16-by-16-inch pillow form, 17-inch home decor fabric, and thread. Machines available or bring your own.

March 3 and 10	Mon
5:30-8 p.m.	
GCHS, Room 201	\$49
Powell	

Culinary

Adult and Me Cooking Class

An opportunity for kids and adults to spend some special one-on-one time together in the kitchen. We will make a selection of fun snacks, meals and desserts. Don't forget containers because you will be going home with lots of treats! If you have any food allergies, please notify us before class so we can make arrangements. A \$25 supply fee per pair is due to the instructor at the beginning of class.

Feb. 3	Mon
5-7 p.m.	
March 20	Thu
5-7 p.m.	
GCMS, FACS Room 221	\$19
Blaesi	

Kids Valentine's Day Treats

A baking class for kids ages 5 and older. We will make a variety of cookies and treats for you to bring home, so be sure to bring your takeout containers! A \$25 supply fee is due to the instructor at the beginning of class.

Feb. 12	Wed
5-7 p.m.	
GCMS, FACS Room 221	\$19
Blaesi	



Play with your Food

When you were young, you were probably told not to play with your food. We're ignoring that advice and giving kids the opportunity to experiment in the kitchen and make some fun food creations! This class is for children 12 and under. Adults are welcome to participate with their children. If your student is under 6, you must accompany them to class. Please notify us of any food allergies before class so we can make arrangements. A \$25 supply fee per pair is due to the instructor at the beginning of class. Please bring containers to bring home food.

Jan. 27	Mon
5:30-7:30 p.m.	
March 10	Mon
5:30-7:30 p.m.	
GCMS, FACS Room 221	\$19
Bliss	

Breads and Sauces

Learn the basics of bread-baking and sauce-making. We will try out focaccia, cinnamon rolls and a few basic sauces like red and alfredo. There is a supply fee of \$25 to cover the cost of ingredients. Please bring containers to bring home your food!

Jan. 30	Thu
5-8 p.m.	
GCMS, FACS Room 221	\$23
Blaesi	

Chocolate 101

Learn everything you ever wanted to know about chocolate from a local candymaker. Class includes a tasting of different chocolate blends and a chocolate-tempering demonstration.

Jan. 27 and Feb. 3	Mon
6:30-8:30 p.m.	
Rush-Henrietta High School,	\$49
Room E-101	
1799 Lehigh Station Road	
Henrietta, NY 14467	
Brocht	

Wine Making Made Simple

Learn the winemaking process and create your very own wine in four one-hour classes. Take this course by yourself or with a partner. Cost covers instruction and materials to make 10 bottles of wine per person or couple. You must be at least 21 to participate.

Jan. 28, Feb. 18, March 4 and 11	Tue
6-7 p.m.	
Feb. 5 and 26, March 12 and 19	Wed
6-7 p.m.	
Wines by Design	\$89 — Individual ♦
3392 Buffalo Road	\$99 — Couple ♦
Rochester, NY 14624	

Driving

Five-Hour Pre-Licensing Course (Online)

This informative and engaging online course provides the knowledge you will need as a new driver. Students are required to interact with the instructor and answer direct questions. You must email a photo of your valid NYS learner's permit (include back view if your address has changed since permit was issued) to streetskillsmoto@gmail.com. You will receive a code and password to access the Zoom video conference by 2 p.m. on the day of your scheduled course. Upon successful completion of the course, the certificate needed to schedule your road test will be mailed to you. The certificate must be signed upon receipt and is valid for one year from the date it is issued. Please be sure we have your correct mailing address, email and phone number before the start of the class.

Jan. 15	Wed
3:30-8:30 p.m.	
Feb. 12	Wed
3:30-8:30 p.m.	
March 12	Wed
3:30-8:30 p.m.	
Online	\$49

AAA Driver Improvement Program

Refresh your driving skills and knowledge with this NYS DMV-approved course open to all drivers with a valid NYS driver's license. Topics include a review of traffic laws and responsibilities of the driver and defensive driving techniques. Completion of the course can lower portions of your insurance premium by up to 10%, as well as take up to four points off your driving record. No tests are required. To receive the AAA member discount, you must register by calling our office and providing your up-to-date membership number.

Feb. 11 and 13	Tue, Thu
6-9 p.m.	
GCHS, Room 204	\$47 — AAA members ♦
Simonetti	\$54 — Non-members ♦

Driver's Permit Testing (Online)

The NYS DMV allows students 15 and older to take their permit test online by themselves or at school. After passing the test, you will receive the required paperwork that you will take to the DMV to apply for your permit. To take the test at GCHS, you must be currently enrolled and in good standing. After you have registered online, come to the Continuing Education Office (GCHS Room 200) or call us at 585-247-5345 to schedule a test time during a study hall, lunch or after school. Tests are scheduled Tuesdays, Wednesdays and Thursdays between 11 a.m. and 4 p.m. Before you take your test, be sure to read the learner's manual and complete the practice questions on the DMV's website.

\$10

AARP Smart Driver Course

Learn techniques to keep you safe on the road, including how to reduce distractions and adjust your driving to compensate for age-related physical changes. We will also discuss the effects of medication on driving and proper use of new technology in cars. The course fee is paid by check or money order made out AARP on the first night of class. Please also bring your driver's license, AARP card and a pen.

March 10 and 12	Mon, Wed
6-9 p.m.	
GCHS, Room 204	\$25 — AARP members ♦
Newton	\$30 — Non-members ♦



DRIVER EDUCATION

Winter/Spring 2025

Watch for information in mid-April!

gateschili.org/DriverEd

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Follow Us on Instagram
[@gateschilicontinuingeducation](https://www.instagram.com/gateschilicontinuingeducation)

Language and Travel



Beginner Spanish (Online)

In just six weeks, learn the basics of the Spanish language, from the alphabet and numbers to forming sentences. Go at your own pace — you can register for and access this course at any time. To complete this course, you will need access to the internet and email and be able to receive Microsoft Word documents via email attachments and listen to MP3 audio files (CDs are available upon request). Please be sure to provide an updated email address when registering.

Jan. 27 to March 31
Online \$79 ♦

Spanish for Travel (Online)

Before your trip to a Spanish-speaking destination, learn the basics you'll need to get around. This course focuses on vocabulary used in travel activities and settings, including airports, hotels and banks. We will also go over what you need to know to communicate in a medical emergency. Go at your own pace — you can register for and access this course at any time. To complete this course, you will need access to the internet and email and be able to receive Microsoft Word documents via email attachments and listen to MP3 audio files (CDs are available upon request). Please be sure to provide an updated email address when registering.

Jan. 27 to March 31
Online \$79 ♦

Get Paid to Be a Tour guide and Travel Free (Online)

Well-paying professional tour guide jobs are available in the U.S. and abroad. Taught by a certified tour director, this course will show you how to get a tour guide job or start your own tour company, design an exceptional tour, negotiate group discounts and more. Course fee includes a 100-page resource book.

March 29 Sat
12-3 p.m.
Online \$49 ♦
Henry

Get Paid to Teach English (Online)

Teaching English is a great way to make money while seeing the world, and there are many full-time and temporary jobs available both abroad and here in the U.S. This course covers job hunting before traveling and on location, locales with the highest-paying jobs, making yourself more marketable, teaching certifications and more. Course fee includes a 100-page resource book.

March 8 Sat
12-3 p.m.
Online \$49 ♦
Henry

Planning Your Disney Vacation

Take the stress out of planning your Disney World vacation and make the most of your time in the parks. We'll go over all the important steps, including booking dining and ride reservations and how to use the most important features of the Disney website and app, including virtual queues, which you'll need to get on the newest rides.

March 6 Sat
6:30-8:30 p.m.
GCHS, Room 201 \$37
Torrey

Work Remotely and Become a Digital Nomad (Online)

Join the many remote workers who are hitting the road and taking their work with them! Learn the how-tos of living and working from place to place, including tips for downsizing, lodging options, setting up a remote office and finding remote jobs. Course fee includes a 100-page resource book.

March 22 Sat
12-3 p.m.
Online \$49 ♦
Henry



The Secrets of Travel Hacking: How to Earn Free Air, Hotels and Cash Backs (Online)

Learn how to become a travel hacker and earn hundreds of thousands of frequent flyer miles and hotel reward points without ever stepping foot on a plane or in a hotel. Taught by a travel expert who will show you easy beginner strategies and advanced tactics that can earn you 1 million-plus travel points a year. Course fee includes a 100-page resource book.

March 15 Sat
12-3 p.m.
Online \$49 ♦
Henry

Music and Dance

Country Line Dance for Adults

Learn all the most popular country-western line dances. Come with a friend, group or by yourself. Line dancing is for everyone! Boots and hats not required. Please remove your spurs.

Jan. 28 to March 18 Tue
6-7 p.m.

Dance Biz \$48
1742 Long Pond Road
Gates, NY 14606
Interlicchia

Individual Piano, Guitar or Drum Lessons

Learn to play in a one-on-one setting. Open to all ages and skill levels. You decide your goals and leave the rest to the instructor. If you are interested in using a specific workbook, bring it with you. Additional \$5-10 workbooks may be recommended to those learning to read sheet music. Due to the tight schedule, we ask that you arrive early and make sure to leave on time.

Jan. 27 to Feb. 24 (No class on Feb. 17) Mon
3:30-6 p.m. — Choose one 30-minute time slot

Jan. 30 to Feb. 27 (No class Feb. 20) Thu
3:30-6 p.m. — Choose one 30-minute time slot

March 3-24 Mon
3:30-5:30 p.m. — Choose one 30-minute time slot

March 6-27 Thu
3:30-5:30 p.m. — Choose one 30-minute time slot

Music Rooms \$119 ♦
Seiler

Personal and Professional Development

Babysitting Training

This five-hour class prepares students 11 and older for the responsibilities of babysitting. Taught through discussion, lecture and interactive video, participants will learn caregiving skills, including accident prevention and first aid. Each student will receive a workbook and certification card upon completion. Pizza provided.

March 7	Fri	
3:15-7:30 p.m.		
May 30	Fri	
3:15-7:30 p.m.		
GCMS, Library		\$62

First Aid Basics for Kids

Through demonstration and hands-on exercises, students will learn to react and respond to a variety of emergency situations, including bleeding, burns and other injuries. For children 8 to 14. This course also meets the requirements for several scouting badges.

Feb. 4	Tue	
6-7:30 p.m.		
March 17	Mon	
6-7:30 p.m.		
GCMS, Library		\$35

What You Need to Know About Estate Planning and Probate

Get an overview of common estate planning and probate processes. Topics include wills, trusts, health care proxies and powers of attorney, all of which play a unique role during illness, end-of-life care and the transfer of assets after death.

March 6	Thu	
6:30-8 p.m.		
GCHS, Room 205		\$15
Kruk		<i>(Couple or individual)</i>



Become a Notary Public (Online)

Whether you are looking to become a new notary public or want a refresher on notary law, this course provides all the information you need to pass the notary exam. Topics include protecting yourself from liability, as well as appointment, testing and renewal policies and procedures. You must provide a valid email address to register. The instructor will contact students with information to access the course the Friday before the start of the session.

Feb. 3 and 10	Mon	
5:30-8:30 p.m.		
Feb. 8	Sat	
9 a.m. to 3 p.m.		
March 22	Sat	
9 a.m. to 3 p.m.		
Online		\$65
Cavallaro		

Become a Notary Public

Whether you are looking to become a new notary public or want a refresher on notary law, this course provides all the information you need to pass the notary exam. Topics include protecting yourself from liability, as well as appointment, testing and renewal policies and procedures. A \$3 materials fee is due to the instructor at the first class. Please note, this course does not cover electronic notary procedures.

March 3 and 10	Mon	
5:30-8:45 p.m.		
GCHS, Room 205		\$65
Cavallaro		

Electronic Notary Training (Online)

NYS now allows for electronic notarizations, and this class will teach you what you need to know to become an electronic notary. We will go over policies, procedures and software requirements. For traditional notaries or those who have already taken our traditional notary class. You must be at least 18 to participate.

March 18	Tue	
5:30-8:45 p.m.		
Online		\$49
Cavallaro		

NYS Citizen Disaster Preparedness

With severe weather becoming more frequent and extreme, it's more important than ever to be prepared. The Citizen Preparedness Corps gives New Yorkers the tools and resources to prepare for, respond to and recover from any type of disaster. The course is free to all NYS residents, but advanced registration is required.

March 6	Thu	
6-7:30 p.m.		
GCHS, Room 205		



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Sports, Swimming and Fitness

Aqua Zumba with Maribel

Aqua Zumba brings South American Zumba rhythm and dance steps to the pool, offering a fun but challenging water-based workout. Bring a towel and water bottle.

Jan. 30 to March 20 (No class Feb. 20) Thu
7-7:45 p.m.
GCHS Pool \$79
Torres

Zumba With Kelly

A Latin-inspired dance workout with easy-to-follow moves. Zumba is perfect for anyone who wants to have fun while they exercise. Bring energy and a water bottle.

Jan. 28 to March 18 Tue
(No class Feb. 18 or March 11)
7-7:45 p.m.
GCHS, Atrium \$69
LoTurco

Gentle Yoga

This mellow yoga class involves centering, breathing, meditation, warm-ups, formal poses and shavasana/relaxation. Taught by Gaie Sarley Goodness, a certified Kripalu yoga teacher. Dress in comfortable clothing and bring a yoga mat, cushion, block(s) and a strap or belt.

Feb. 3 to March 17 (No class Feb. 17) Mon
6:15-7:15 p.m.
GCHS, Library Mezzanine \$69
Goodness

Mixed Level Yoga

Yoga works! This class will help you achieve your fitness goals with strength, endurance, flexibility and rest. We'll cover foundational level one and two yoga poses, breathing techniques and meditation. Mixed level yoga offers options to vary the level of intensity of each pose. Bring a mat. Yoga blankets, blocks and straps are recommended but not required.

Jan. 28 to March 18 (No class Feb. 18) Tue
6:15-7:30 p.m.
GCHS, Library Mezzanine \$79
Scotto



Reiki – Level 1 Certification

Reiki (ray-key) is a healing energy channeled through the hands that works across the physical, emotional, mental and spiritual bodies. First degree Reiki will provide the tools to provide treatment to oneself, others and even pets through a hands-on approach. A \$15 materials fee is due to the instructor at the beginning of class.

March 1 Sat
9 a.m. to 4 p.m.
GCHS, Library Mezzanine \$149♦
Farrell

Myths and Misconceptions About Hypnosis

Hypnosis can help with weight loss, quitting smoking, balancing emotions, improving sleep, reducing pain and more, and it's so easy you can do it with your eyes closed! Led by a certified hypnotist, this interactive class will explore hypnosis as a tool for change and includes a mini-hypnosis group session followed by Q&A.

Feb. 27 Thu
6-8 p.m.
GCHS, Room 204 \$39
Fischer

Well-Being Through Self-Care



We are constantly bombarded by negative influences that impact how we think, feel and act and cause challenges like stress, anxiety, fatigue, body aches, and lack of focus and clarity. This interactive experience will teach you the tools you need to foster wellness, including self-care routines, techniques to counteract stress, how to access your "inner pharmacy" and other energetic disciplines.

Feb. 6 Thu
6-8 p.m.
GCHS, Room 201 \$39
Knapp



Swim Lessons

Classes for all ages and skill levels

Tiny Tots

Mondays from
Feb. 24 to March 31
6:10-6:40 p.m.

Parent and Child

Thursdays from
Feb. 27 to April 3
6:10-6:40 p.m.

Private Swim Lessons

Mondays from
Feb. 24 to March 31

Thursdays from
Feb. 27 to April 3

6:45-8:30 p.m.

Choose one 30-minute time slot

Registration opens Feb. 1



Try Wrestling for Kids

A fun and energetic introduction to the fine sport of wrestling for children in grades 2-6. Each class will include warm-ups, technique, leadership and teamwork skills building, as well as small competitions to promote sportsmanship and the Spartan Way. Instructors include GCHS head wrestling coach Joseph DeSanto and other coaching staff.

Jan. 28 to Feb. 27 Tue, Thu
(No class Feb. 17-21)
6:30-7:45 p.m.
GCHS, Small Gym \$39





GATES CHILI CENTRAL SCHOOL DISTRICT

3 Spartan Way
Rochester, New York 14624
585.247.5050

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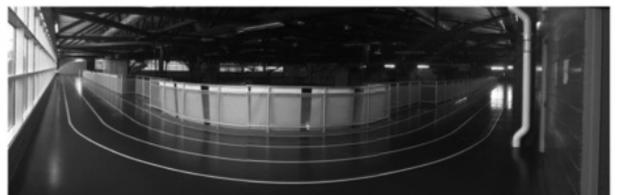
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*Designed and printed at
Monroe 2-Orleans BOCES*

Community use of the Spartan Field House

Fitness Center Use and Orientation

The Spartan Field House Fitness Center is open to district residents who complete an in-person orientation. You must live in the district to use the Fitness Center and will be required to present a valid NYS driver's license or ID with your district address. Pre-registration with payment is required for orientation. Please verify residency before registering as we are unable to offer refunds. Call 585-247-5345 with questions.



Community Walk Program

District residents are invited to walk the indoor track at the Spartan Field House. The track is generally open to residents Monday through Thursday evenings and Saturdays and Sundays during the day. Check the schedule on the district website or sign up for weekly emails. The track schedule is subject to change due to athletic contests, rentals or other events.

Community Swim Program

The Spartan Field House Pool is open most evenings and weekends to district residents for open swimming. For more information about our pool hours and usage guidelines, please visit gateschili.org.

Family Swim takes place on Saturdays and Sundays only. Please check the schedule online. Children must be accompanied by their legal guardian.

**All Field House community users
must reside in the Gates Chili
Central School District.**