

Fall 2025

Registration  
Opens:  
August 6, 2025



Driver Ed



Woodworking



Swimming Lessons



Hands-Only CPR

# COMMUNITY PROGRAMS at Rush-Henrietta

Happy Learning!

[rhnet.org/ceregister](http://rhnet.org/ceregister)  
585-359-7805

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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 fall. 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](http://rhnet.org/ceregister)

**August 6, 2025, for Fall Community Programs courses**

**August 6, 2025, for Fall Driver Ed**

**Registration for 2025-2026 Cub Care Zone now open**

### 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](http://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.

## 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 9/17 7:00–9:00 P.M.  
R-H Sr. High, Room B-118 Cost: \$125  
FA43I 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 9/17 5:00–7:00 P.M.  
R-H Sr. High, Room B-118 Cost: \$125  
FA21I SCBC Cost: \$109

### 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 9/25 6:00–8:00 P.M.  
R-H Sr. High, Room B-118 Cost: \$145  
FA31I SCBC Cost: \$125  
Supply fee due with registration: \$35

**\*Need a course supply list?**  
Go to [rhnet.org/conted](http://rhnet.org/conted)

## 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 9/23 6:30–9:00 P.M.  
There will be no class held 11/11  
Roth Jr. High, Room 420 Cost: \$145  
HG10I SCBC Cost: \$125

## Sewing



### Intro to Sewing

#### Make a Home Decor Project

Shawnice Powell

Curious about sewing but not sure where to begin? This beginner-friendly class is your perfect starting point. Learn how to use a sewing machine while creating a simple, practical project for your home, such as a pillow, organizer, or fabric bin. No experience necessary - just bring your enthusiasm!

3 Tuesdays Starts 10/14 5:30–8:00 P.M.  
There will be no class 10/21, 10/28, 11/11  
R-H Sr. High, Room C-103 Cost: \$79  
NS06I SCBC Cost: \$69

### 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.

4 Mondays Starts 9/22 5:30–8:00 P.M.  
There will be no class held 10/13  
R-H Sr. High, Room C-103 Cost: \$215  
NS03I SCBC Cost: \$199

### Sew Your First Garment

#### Wide Leg Pants for Beginners

Shawnice Powell

Ready to move beyond the basics? In this hands-on class, you'll learn to read a pattern, work with fabric grain lines, and construct a stylish pair of wide-leg pants from start to finish. This is the perfect next step after an introductory sewing course. Walk away with new skills and a handmade wardrobe essential! Materials needed: 3 yards of cotton fabric and matching thread.

4 Mondays Starts 11/3 5:30–8:00 P.M.  
There will be no class held 11/24  
R-H Sr. High, Room C-103 Cost: \$229  
NS05I SCBC Cost: \$205

**Rush-Henrietta  
Central School District**

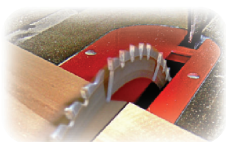
[rhnet.org](http://rhnet.org)

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 9/23 6:30–9:30 P.M.  
There will be no class held 11/11  
R-H Sr. High, Room B-104 Cost: \$165  
HB201 SCBC Cost: \$145

### 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 9/11 6:30–9:30 P.M.  
There will be no class 9/18, 10/16  
Sr. High, Room B-104 Cost: \$165  
HB221 SCBC Cost: \$145

### Bowl Turning Beyond The 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 9/8 6:30–9:30 P.M.  
There will be no class held on 10/13, 10/20  
R-H Sr. High, Room B-104 Cost: \$165  
HB2431 SCBC Cost: \$145

## Crafts

### Welded Metal Sculpture



#### Date Night

Arc and Flame

Join us for a unique evening where you and your partner can express your creativity and work together to create a magnificent metal sculpture. Learning and applying the techniques of MIG welding & Plasma cutting, you will choose from a variety of scrap metals and hardware to fill in a premade silhouette. By the end of class, you will have a beautiful keepsake for your home or garden. This is an experience you will be sure to remember for many years! Couples will have the choice between a Heart, Seasonal or Circular sculpture which can be turned into a dream catcher, soccer ball, or used as a frame for your creative design! Our experienced instructors will use a combination of lecture, demonstration, and hands-on instruction to enhance your learning experience. These classes are fun for beginners and experienced welders.

1 Saturday 10/4 6:00–10:00 P.M.  
Roc Arc & Flame, 125 Fedex Way Cost: \$225  
HB31D1 SCBC Cost: \$225

### Glass Fusing Sampler:

#### Halloween Ornament

Arc and Flame

Explore the world of glass fusing in this introductory, project-based class. Using your creativity, you have the freedom to make your own designs within each project! You will learn how to cut and arrange flat glass compositions using colorful sheet glass, stringers, frit and powders. When you're done designing, we will fire your project in a kiln to complete your masterpiece. All safety equipment and materials are included in the course cost. Great for beginners and experienced artists.

NOTE: Because glass pieces must anneal to avoid damage, projects will be ready for pickup 1-2 weeks after the class.

1 Saturday 10/11 9:00 A.M.–12:00 P.M.  
Roc Arc & Flame 125 Fedex Way Cost: \$100  
CR92H1 SCBC Cost: \$100

## Crafts

### Card Making Workshop



Debra True

Learn basic card making tips and techniques by crafting four greeting cards. Explore different design layouts, specialty papers, die cut stamped images, embossing, and embellishments. Bring to class: a pair of scissors and a small liquid craft glue such as Elmer's or Tobow. There is a \$10- supply fee payable, in cash, to the instructor at the class, to cover the cost of all other materials.

1 Tuesday 9/30 6:00–8:30 P.M.  
R-H Sr. High, Room C-103 Cost: \$39  
CR01C1 SCBC Cost: \$29

### 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 Friday 10/24 6:00–9:00 P.M.  
Roc Arc & Flame, 125 Fedex Way Cost: \$150  
CR981 SCBC Cost: \$150

**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.**



## Languages



### Sign Language II

Jeannine Adydan

This is your opportunity to advance your signing skills to the next level. We will review lessons from basic sign language then learn more signs, conduct conversations, and tell stories to make you more fluent. During class, you will use more sign structure, body language and facial expressions, while depending less on your voice. Pre-requisite: Sign Language I.

8 Mondays Starts 9/15 6:00–8:00 P.M.  
There will be no class held on 10/13  
R-H Sr. High, Room E-106 Cost: \$159  
LA121 SCBC Cost: \$139



### Spanish for Travelers I

Maria Harvey

Connect, explore, and experience the culture from within! Is this your first time learning Spanish? Then this course is made for you! Designed especially for beginners with no previous experience, this course will teach you the essentials to navigate Spanish-speaking countries with confidence. You will learn key phrases for ordering food, asking for help, and getting directions, as well as practical vocabulary and simple expressions to start real conversations. Sign up for this course, and start your adventure with the appropriate vocabulary!

8 Thursdays Starts 10/9 6:00–7:00 P.M.  
There will be no class held on 11/27  
R-H Sr. High, Room E-101 Cost: \$165  
LA231 SCBC Cost: \$145



## 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.

1 Monday 10/27 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.

1 Tuesday 10/28 6:30–9:00 P.M.  
Zoom (Link will be provided) Cost: \$65  
MD11VI SCBC Cost: \$65

### 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.

MD901 8 lessons (½ hour each)  
R-H Sr. High Room Cost: \$199  
D-Wing, practice room SCBC Cost: \$199

Online registration  
for Continuing Education  
courses begins on  
August 6, 2025

## 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 7-10)

8 Mondays Starts 9/15 5:30–6:20 P.M.  
There will no class on 10/13  
R-H Sr. High Room B-115 Cost: \$198  
MDIGYI

### Group Guitar Adult (Grade 11-adult)

8 Mondays Starts 9/15 6:30–7:20 P.M.  
There will no class on 10/13  
R-H Sr. High Room B-115 Cost: \$198  
MDIGA1 SCBC Cost: \$198

## Even Start

- \* A quality multi-cultural program of developmentally appropriate curriculum and a family literacy preschool experience.
- \* A fee-based preschool program for children 3 to 5 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 registration, contact:

Pearl Tokar,  
Coordinator,  
359-7912 or  
ptokar@rhnet.org



## Business & Career



### Become a Notary with New Notary Public License Law

Kristin Cavallaro

Whether you want to become a new notary public, or are looking for 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.

2 Mondays 12/1 & 12/8 5:30–8:45 P.M.  
Zoom (Link will be provided) Cost: \$65  
BC15V1 SCBC Cost: \$65

1 Saturday 12/6 9:00 A.M.–3:30 P.M.  
Zoom (Link will be provided) Cost: \$65  
BC15V2 SCBC Cost: \$65

2 Mondays 10/20 & 10/27 5:30–8:45 P.M.  
Gates-Chili H.S. Room 427 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 Monday 11/3 5:30–8:45 P.M.  
Zoom (Link will be provided) Cost: \$49  
BC15EV1 SCBC Cost: \$49

## Money Matters

### Savvy Tax Planning

Tomas Aponte

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.

1 Tuesday 10/28 5:00–6:30 P.M.  
R-H Sr. High, Room E-103 Cost: \$29  
MM6TPI SCBC Cost: \$19

### Planning For Probate

#### Wills, Trusts & Health Care Proxies

Katharine E. Kruk, Esq.

An overview of the probate process in New York State, this course will prepare prospective executors to deal with our local Surrogate's Courts and help inform you about estate planning decisions. You will also discuss common estate planning documents, including will, trusts, health care proxies, living wills, and powers of attorney. You will gain knowledge of common estate planning considerations.

1 Thursday 9/25 6:00–7:30 P.M.  
R-H Sr. High, Room E-106 Cost: \$29  
MM6PI 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 9/23 6:00–7:00 P.M.  
R-H Sr. High, Room E-103 Cost: \$29  
MM6MB1 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 9/17 6:30–8:30 P.M.  
R-H Sr. High, Room E-103 Cost: \$35  
YF8FI SCBC Cost: \$25



### Become a Continuing Education Instructor

Interested? Have questions?  
Need information?  
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!



## 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!

I Wednesday 9/17 6:30–8:30 P.M.  
R-H Sr. High, Room E-101 Cost : \$45  
YF75I SCBC Cost: \$39

### Introduction to Cruises

Kate Torrey

Are you curious about cruising? You will learn what to expect on your first cruise, and tips to make the most of your experience. Topics covered will include choosing a cruise, shore excursions, onboard activities, how to plan your days, and more. You will also learn important logistics so you can be prepared for embarkation and debarkation days, where to get assistance once on-board, and making the most of onboard offerings.

I Monday 10/6 6:30–8:30 P.M.  
R-H Sr. High, Room E-101 Cost : \$45  
YF76C SCBC Cost: \$39



## You & Your Family

### 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.

I Monday 12/8 6:30–8:30 P.M.  
R-H Sr. High, Room E-101 Cost : \$45  
YF79C SCBC Cost: \$39



### 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 and lunch.

I Saturday 11/1 9:00 A.M.–3:00 P.M.  
R-H Sr. High, Room E-103 Cost : \$199  
YF13I

## You & Your Family

### Home Alone Safety

Jerry Bennett

Ensure your children are safe when alone at home. In this American Red Cross safety course, kids ages 8–11 years will learn the basics of making smart decisions. Learn tips on answering the phone and responding to knocks at the door, basic first aid, important phone numbers, boredom busters, and kitchen safety. Bring a snack to class. A take-home workbook will serve as an on-going reference.

After you have registered, please let your school's main office know that your child is participating in this course and will be staying after school that day. You will need to pick up your child at the end of the course.

I Monday 10/20 3:45–5:45 P.M.  
Sherman Elementary, Library Cost : \$49  
YF21I

I Tuesday 11/4 3:45–5:45 P.M.  
Vollmer Elementary, Library Cost : \$49  
YF21I



### 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 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, or both

» Choose 3, 4, or 5 days of care



Call 359-7911 for more information



# Aquatics American Red Cross Group & Individual Swim Lessons

## 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 9/22  
SW831 Cost: \$125

8 Wednesdays 6:25–6:55 P.M. Starts 9/24  
SW832 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 9/22  
SW911 Cost: \$125

8 Wednesdays 5:45–6:15 P.M. Starts 9/24  
SW912 Cost: \$125

### Swim Lesson dates:

#### 8 Mondays

September 22, 29;  
October 6, 20, 27;  
November 3, 10, 17

#### 8 Wednesdays

September 24;  
October 1, 8, 15, 22, 29;  
November 5, 12

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

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

**August 6, 2025**

## 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 9/22  
SW931 Cost: \$125

8 Mondays 7:05–7:35 P.M. Starts 9/22  
SW932 Cost: \$125

8 Wednesdays 5:45–6:15 P.M. Starts 9/24  
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 9/22  
SW101 Cost: \$125

8 Wednesdays 6:25–6:55 P.M. Starts 9/24  
SW102 Cost: \$125

8 Wednesdays 7:05–7:35 P.M. Starts 9/24  
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 9/22  
SW201 Cost: \$125

8 Wednesdays 7:05–7:35 P.M. Starts 9/24  
SW202 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 7:45–8:15 P.M. Starts 9/22  
SW301 Cost: \$125

8 Wednesdays 7:45–8:15 P.M. Starts 9/24  
SW302 Cost: \$125

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.

## 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 Wednesdays 7:45-8:15 P.M. Starts 9/24  
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 Mondays 7:45-8:15 P.M. Starts 9/22  
SW501 Cost: \$125

### Swim Lesson dates:

#### 8 Mondays

September 22, 29;  
October 6, 20, 27;  
November 3, 10, 17

#### 8 Wednesdays

September 24;  
October 1, 8, 15, 22, 29;  
November 5, 12

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 5:45-8:45 P.M. (½ hour each)  
Starts 9/22

8 Wednesdays 5:45-8:45 P.M. (½ hour each)  
Starts 9/24

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

## Family Open Swim

2:00-3:30 P.M.

Cost: \$5 per person

High School Pool,  
1799 Lehigh Station Rd  
Enter Door #8

### Sundays

October 5

October 19

November 2

November 16

### Winter Recess:

Tuesdays

December 23

December 30

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.



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.

**Online registration  
for all swim lessons  
begins 12:01 A.M.  
August 6, 2025**

## 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 9/13 9:00 A.M.–2:30 P.M.  
R-H Sr. High, Room E-102 Cost: \$65  
DA301 SCBC Cost: \$65

I Saturday 10/18 9:00 A.M.–2:30 P.M.  
R-H Sr. High, Room E-102 Cost: \$65  
DA302 SCBC Cost: \$65

I Saturday 11/15 9:00 A.M.–2:30 P.M.  
R-H Sr. High, Room E-102 Cost: \$65  
DA303 SCBC Cost: \$65



### 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](http://rhnet.org/ceregister)

Tues & Thurs 10/14 & 10/16 6:00–9:00 P.M.  
R-H Sr. High, Room E-105  
DA201 Cost: \$54

Mon & Wed 11/10 & 11/12 6:00–9:00 P.M.  
R-H Sr. High, Room E-105  
DA202 Cost: \$54

## Driver and Traffic Safety Education

### FALL 2025

September 3, 2025 to December 20, 2025

Registration Begins Wednesday, August 6

See schedule on page 11 for dates and times.



Driver and Traffic Safety Education is a joint partnership between the New York State Education Department and the Department of Motor Vehicles. This 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 Thursday, August 28th
- Minimum age of 16 years and enrolled in high school at the time of registration



#### Course Requirements:

- Attend the mandatory student and parent/guardian meeting on Tuesday, August 26, at 6:00 P.M.
- Attend state mandated 24 hours of lecture and 24 hours of road classes
- Abide by the Rush-Henrietta Code of Conduct
- Mandatory driving time with a parent/guardian outside of DTSE course time
- Obtain a minimum grade of 65 in both the lecture and road classes



#### Registration Information:

- All classes will be based out of the Rush-Henrietta Senior High School
- The course cost is \$549
- Possible additional cost for make up classes or replacement certificates
- Full payment with Visa or MasterCard is due with your online registration which begins August 6, 2025
- Scheduling priority is first come, first served based on the online registration time stamp
- Non-resident students must provide a letter of recommendation from their school principal



#### How to Register:

Registration begins at 12:01 A.M.

- Go to [www.rhnet.org/ceregister](http://www.rhnet.org/ceregister)
- Course number DA999
- Make sure you register the student, not the parent
- After you complete the online registration, download the DTSE Packet\_Fall25, the link is in the course description
- Return your completed and signed forms from the packet to the Community Programs office within five business days after registering or by August 26th, whichever comes first

**Questions?**  
**Call the Rush-Henrietta**  
**Continuing Education**  
**office at**  
**359-7805**



## Driver and Traffic Safety Education (DTSE)

### Fall 2025 DTSE Schedule

- program dates are Wednesday, September 3, 2025, through Saturday, December 20, 2025
- to meet attendance requirements for the program, ALL scheduled dates must be attended
- each student must sign up for one road (R) and one lecture (L) schedule; see choices below
- student will be assigned a final schedule from the choices submitted on their application
- maximum for each road (R) group is four (4) students

R#	Time	Day	Dates	Proposed DTSE Schedule - Fall 2025
R1	6:00-7:30 am	Wed & Fri	Sep 3, 10, 17, 24; Oct 1, 8, 15, 22, 29; Nov 5, 12, 19; Dec 3, 10, 17	Sep 26
R2	8:00-9:30 am	Sat & Sun	Sep 6, 13, 20, 27; Oct 4, 18, 25; Nov 1, 8, 15, 22; Dec 6, 13, 20	Sep 7; Oct 5
R3	9:30-11:00am	Sat & Sun	Sep 6, 13, 20, 27; Oct 4, 18, 25; Nov 1, 8, 15, 22; Dec 6, 13, 20	Sep 7; Oct 5
R4	3:00-4:30 pm	Mon & Thur	Sep 8, 15, 22, 29; Oct 6, 20, 27; Nov 3, 10, 17; Dec 1, 8, 15	Sep 4; Oct 16; Nov 6
R5	3:00-4:30 pm	Mon & Fri	Sep 8, 15, 22, 29; Oct 6, 20, 27; Nov 3, 10, 17; Dec 1, 8, 15	Oct 3; Nov 7, 14
R6	4:30-6:00 pm	Mon & Fri	Sep 8, 15, 22, 29; Oct 6, 20, 27; Nov 3, 10, 17; Dec 1, 8, 15	Oct 3; Nov 7, 14
R7	6:00-7:30 pm	Mon & Thur	Sep 8, 15, 22, 29; Oct 6, 20, 27; Nov 3, 10, 17; Dec 1, 8, 15	Sep 4; Oct 16; Nov 6
R8	3:00-4:30 pm	Tue & Thur	Sep 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 4, 18; Dec 2, 9, 16	Sept 25; Oct 16; Nov 20
R9	4:30-6:00 pm	Tue & Thur	Sep 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 4, 18; Dec 2, 9, 16	Sept 25; Oct 16; Nov 20
R10	4:30-6:00 pm	Tue & Thur	Sep 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 4, 18; Dec 2, 9, 16	Sept 11; Oct 23; Dec 4
R11	6:00-7:30pm	Tue & Thur	Sep 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 4, 18; Dec 2, 9, 16	Sept 11; Oct 23; Dec 4

Schedule options available at the time of final assignment may vary slightly.

L1	6:00-7:30 am	Mon & Fri	Sep 8, 15, 22, 29; Oct 6, 20, 27; Nov 3, 10, 17; Dec 1, 8, 15	Sep 19; Oct 17; Dec 5
L2	4:30-6:00 pm	Mon & Thur	Sep 8, 15, 22, 29; Oct 6, 20, 27; Nov 3, 10, 17; Dec 1, 8, 15	Sep 4; Oct 16; Nov 6
L3	3:00-4:30 pm	Tue & Thur	Sep 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 4, 18; Dec 2, 9, 16	Sept 11; Oct 23; Dec 4

*Questions? Call the Rush-Henrietta Continuing Ed. office, 359-7805*

## Culinary Delights

### 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 9/23, 10/14, 10/28, 11/4  
Wines By Design 6:00–7:00 P.M.  
3392 Buffalo Rd, Roch. 14624 Cost: \$109  
CD901 SCBC Cost: \$109

4 Wednesdays 10/1, 10/22, 11/5, 11/12  
Wines By Design 6:00–7:00 P.M.  
3392 Buffalo Rd, Roch. 14624 Cost: \$109  
CD902 SCBC Cost: \$109

## 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.

11 Mondays Starts 9/8 5:45–6:45 P.M.  
There will be no class on 10/13, 11/3, 11/24  
R-H Sr. High, Pool Cost: \$175  
PF501 SCBC Cost: \$139

## Physically Fit

### 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.

13 Thursdays Starts 9/11 5:00–6:00 P.M.  
There will be no class held on 11/27  
Good Shepherd Bldg, Gym Cost: \$169  
PF241 SCBC Cost: \$85

### 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.

11 Thursdays Starts 9/11 6:15–7:15 P.M.  
Good Shepherd Bldg, Gym Cost: \$143  
PF111 SCBC Cost: \$72

## 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 10/8 9:00–10:00 A.M.  
Rush Methodist Church, Dining Rm Cost: \$85  
HW321 SCBC Cost: \$85

## Health & Wellness



### Pet CPR and First Aid

Margaret Jones

Do you love animals? Do you own a dog or cat, or both? Would you be able to help them in an emergency? In this course, you will learn how to assess your pet's wellness through behaviors and by checking their vitals. Other topics include: providing first aid, responding to choking, and how to do CPR on your cats and dogs.

1 Wednesday 9/24 6:00–9:30 P.M.  
R-H Sr. High, Room C-103 Cost: \$100  
HW701 SCBC Cost: \$100



## Sports

### Horseback Riding for Adults

Meadows of Mendon Staff

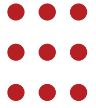
This is a great opportunity to discover basic horsemanship and horse care! Riding in pastures or in an indoor or outdoor arena, beginner and intermediate riders will learn safety, balance, and the mechanics of riding. Join us for English or Western pleasure riding; we have many horses to choose from! 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.

11 Thursdays Starts 9/25 6:00–6:45 P.M.  
There will be no class held on 11/27  
Meadows of Mendon Stables, Honeoye Falls  
1536 W Bloomfield Rd, 14472 Cost: \$495  
SP901 SCBC Cost: \$495

11 Thursdays Starts 9/25 6:45–7:30 P.M.  
There will be no class held on 11/27  
Meadows of Mendon Stables, Honeoye Falls  
1536 W Bloomfield Rd, 14472 Cost: \$495  
SP902 SCBC Cost: \$495

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

## 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)**




September 11

October 9



November 13

December 11

### REGISTRATION REQUIRED

-  Visit: [rhnet.org/ceregister](http://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](http://www.rhnet.org/ceregister)



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



# 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](http://ed2go.com/rhce)

July 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	31	
August 2025				
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
September 2025				
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			
October 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
November 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
December 2025				
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		




# Rush-Henrietta Central School District SCHOOL CALENDAR

2025 - 2026

September 1	Labor Day – schools closed
September 2	<b>Classes Begin</b>
October 10	Conference Day
October 13	Columbus Day/Indigenous Peoples' Day – schools closed
November 11	Veterans Day – schools closed
November 24-25	Conference Days
November 26-28	Thanksgiving Recess – schools closed
Dec. 22-Jan. 2	Winter Recess – schools closed
January 19	Martin Luther King Jr. Day – schools closed
January 30	Grading Day – schools closed
February 16-20	February Recess – schools closed
Mar. 30-Apr. 3	Spring Recess – schools closed
May 22-25	Memorial Day Recess – schools closed
June 19	Juneteenth – schools closed
June 25	Last day of school for Grades K-7

January 2026				
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
February 2026				
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
March 2026				
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			
April 2026				
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	
May 2026				
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
June 2026				
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			

## 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