

**Winter 2010 Session**

# **LYONS**

## **COMMUNITY EDUCATION PROGRAM**

### **Expand Your World**

This marks the first publication of the Lyons Community Education Program. While the program is beginning with a small number of classes, it will likely evolve into a comprehensive program that offers something for everyone. Course offerings will change from session to session, depending on the suggestions of participants and the interest and availability of instructors.

We want to hear from you. If you have a suggestion for a course, we hope you will call 315-946-6202 or email the Lyons Community Education Program at [lcep@communityoflyons.org](mailto:lcep@communityoflyons.org) as we are always looking for new ideas. Also, if you have an interest or hobby that you would like to share with others, please come to the next Community Education Information Night at the Lyons Community Center on Thursday, January 14th, 7pm to learn more about becoming an instructor. It is a rewarding experience.



*Lyons Community Center  
9 Manhattan Street*

**Registration  
begins NOW!**

### **Have Fun \* Learn Something New**

### **Mission of Lyons Community Education Program**

The mission of the Lyons Community Education Program is to provide meaningful and affordable non-credit courses for the greater Lyons community, while maximizing the resources of the School District, Community Center, municipalities, businesses, organizations and individuals. We welcome your feedback and suggestions as we move forward with this adventure.



*Lyons Jr./Sr. High School  
10 Clyde Road*

## *Health, Wellness and Fitness*

### **Nutritional Detoxification**

Location: Lyons Community Center  
 Dates: Wednesday, January 13, 2010  
 Time: 6:30 – 8:00 pm  
 Fee: -0-  
 Registration Instructions: Send registration form to Lyons Community Center.  
 Dr. David Sewert, D.C. and Dr. Rachel Kuperus from the Sewert Family Chiropractic Center will provide information on a natural approach to weight loss and cholesterol reduction.

### **The Astonishing Doctor You!**

Location: Lyons Community Center  
 Date: Wednesday, February 10, 2010  
 Time: 6:30 – 8:00 pm  
 Fee: -0-  
 Registration Instructions: Send registration form to Lyons Community Center.  
 The Sewert Family Chiropractic Center will provide information on how chiropractic care can help your body be the best doctor for you.

### **Chiropractic's Care for Back Pain and Sciatica**

Location: Lyons Community Center  
 Date: Wednesday, March 10, 2010  
 Time: 6:30 – 8:00 pm  
 Fee: -0-  
 Registration Instructions: Send registration form to Lyons Community Center.  
 The Sewert Family Chiropractic Center will answer all your questions about Chiropractic's role in the treatment of back pain and sciatica.

### **Fitness Center**

Location: Lyons Community Center  
 Hours Open: 6:00 – 8:00 pm. M-F  
 Monthly Rates: Individual \$20, Couples \$35, Senior Discounts  
 Fitness instructors will assist you with developing a program that fits your needs or you are free to venture on your own.

### **Sneakers and a Smile**

Location: Lyons Community Center  
 Dates: Every Monday and Wednesday  
 Time: 11:00 am – Noon  
 Fee: \$1.00 per session  
 Registration Instructions: No advanced sign up required. Just show up and walk and talk with your friends.

### **Bellydance and Dance Conditioning, Ages 13 - Adults**

Location: 52 William Street, #7 (Upstairs studio)  
 Dates: Thursdays, January 7, 14, 21, 28, & February 4.  
 Course and Time: Level 2 Beginner's Bellydance is 6 pm – 7 pm, Dance Conditioning is 7 pm – 7:30 pm, and Beginning Bellydance is 7:30 – 8:30 pm  
 Fees: The 5 week bellydance session is a total of \$42, or single classes are \$10. Dance conditioning classes are \$5 per class; (or add a dance conditioning class to a bellydance class the same day for only \$2).  
 Registration Instructions: Directly contact Sabrina Siebert at 734-649-3795. Bellydancing promotes good posture and strengthens core muscles. Dance conditioning strengthens and tones core body muscles and routines will be tailored to fit the levels of participants. Bring water, a yoga/pilates mat if you have one and wear comfortable clothes.

### **Men's Open Basketball**

Location: Lyons Community Center  
 Dates: Tuesday & Thursday Evenings  
 Time: 8:00 pm  
 Fee: \$5.00 per play  
 Registration Instructions: No advanced sign up required.

## *Personal Enrichment*

### **How to Write a Grant Proposal**

Location: Lyons High School – District Office Conference Room  
 Date: Wednesday, February 24, 2010  
 Time: 6:00 – 8:00 pm  
 Fee: -0-  
 Registration Instructions: Send registration form to Lyons Community Center.  
 Rebecca Gamba, Grants administrator from Lyons Central School District, will teach the basics of grant writing and project planning for non-profits, municipalities and schools.

### **Western Horseback Riding, Ages 8– Adults**

Location: Horse Heaven Stables, Clifton Springs  
 Dates: Thursdays, March 4, 11, 18, and 25  
 Time: 6 pm – 7 pm  
 Fee: \$125 for a total of 4 sessions.  
 Registration Instructions: Contact Joyce Petruzzelli at 315-462-2354.  
 Joyce Petruzzelli will teach the basic skills of western riding at an indoor/outdoor arena. Recommended wear is jeans and flat soled shoes with a heel, no hiking boots please. There may be a weight limit for adults.

## *Personal Safety*

### **Defensive Driving 6 Hour Point and Insurance and Reduction Course**

Location: Lyons Community Center  
 Dates: Tuesday, February 23 and Thursday, February 25

Time: 6:30 – 9:30 pm (both nights)  
 Fee: \$38, checks payable to Empire Safety Council  
 Registration Instructions: Mail registration form to Lyons Community center. Earn a 10% savings per year for three years on your liability, no fault and collision premiums and a four point reduction with the DMV. You must attend both nights.

## Five Hour Pre-Licensing Course

Location: Lyons Community Center  
 Dates: Saturdays (January 9, 30, February 20, March 13, April 3, April 24)  
 Time: 8:00 am – 1:15 pm  
 Fee: \$40  
 Registration Instructions: Register with Jerry Crandall at 946-6907.  
 This course fulfills requirements for the 5-hour pre-licensing course mandated by the NYS Department of Motor Vehicles. Students that successfully complete this course will be awarded a pre-licensing course certificate (MV-278). Participants must bring to class their NYS Driver's Permit, a pen and snack.

## Predators on the Internet - How to Protect Your Child

Location: Lyons High School Library  
 Date: Tuesday, January 19, 2009  
 Time: 7:00 – 9:00 pm  
 Fee: -0-  
 Registration Instructions: Mail registration form to the Lyons Community Center.  
 You think your children are safe when they are home with you, but have you thought about protecting them from the dangers of the Internet? Jeff Shields, the School Safety Officer, will present this topic using materials from the National Center for Missing and Exploited Children.

## Protect Yourself Against Identity Theft

Location: Lyons Community Center  
 Date: Tuesday, March 2, 2010

Time: 11:00 – Noon  
 Fee: -0-  
 Registration Instructions: Mail registration form to the Lyons Community Center.  
 Ron O'Brien, security officer at Reliant Community Federal Credit Union, will present information on today's fraud schemes and acts. Learn what to look for and protect yourself against fraud!

## Banking and Finance

### Credit Planning - Fundamentals of Credit and Budgeting

Location: Lyons Community Center  
 Date: Tuesday, January 26, 2010  
 Time: 6:00 – 7:30 pm  
 Fee: -0-  
 Registration Instructions: Mail registration form to Lyons Community Center.  
 Elaine Spross, credit planner at Reliant Community Federal Credit Union, will present material on how to read your credit report, make a budget and what the three major credit bureaus look for when determining your credit score.

### Choosing and Keeping a Checking Account

Location: Lyons Community Center  
 Date: Tuesday, February 2, 2010  
 Time: 7:00 – 8:30 pm  
 Fee: -0-  
 Registration Instructions: Mail registration form to Lyons Community Center.  
 Darlene Whitcomb from the Lyons National Bank will explain the various types of checking accounts and their proper usage. Learn about balance restrictions, fees and reconciliation.

### Fundamentals of Home Buying and Home Refinancing

Location: Lyons Community Center  
 Date: Tuesday, February 9, 2010  
 Time: 6:00 – 7:00 pm  
 Fee: -0-  
 Registration Instructions: Mail registration form to Lyons Community Center.  
 John DiSanto Jr., representative of Reliant Community Credit Union, will present how to prepare for purchasing your first home or when it is the right time to refinance your current mortgage. Learn how much you will need for a down payment, credit and information you must supply when applying for a mortgage.

### Investment Fundamentals & Planning for Retirement

Location: Lyons Community Center  
 Date: Tuesday, March 9, 2010  
 Time: 6:00 – 7:00 pm  
 Fee: -0-  
 Registration Instructions: Mail registration form to Lyons Community Center.  
 Dave Uschold, of Reliant Investment Services, will present information about how to make your money work for you. Topics include; retirement accounts and IRA's. Learn about long term care, social security, pension and Medicare.

### Unravel the Mystery of Credit, Credit Scores and Loans

Location: Lyons Community Center  
 Date: Wednesday, March 24, 2010  
 Time: 6:00 – 7:30 pm  
 Fee: -0-  
 Registration Instructions: Mail registration form to Lyons Community Center.  
 Tom David, from the Lyons National Bank, will help participants understand the ins and outs of lending and credit. Learn how to improve your credit score so you may qualify for loans and at lesser interest rates.

# Registration Form

## Note:

Several courses are free, while some require a fee. Please review individual course registration instructions in the course description. Register as soon as possible, even if the class is several weeks away, as instructors will be preparing course materials based on enrollment numbers. Last minute registration? — Call, you're welcome to join us if there is still space.

## Registration Options:

If course description instructs you to contact instructor, please do so. All others can be mailed to: Lyons Community Center, PO Box 70, 9 Manhattan Street, Lyons, NY 14489. You may fax registration forms to the Community Center at 315-946-4574 or register in person Monday-Friday 8:00 am - 6:00 pm. Need clarification? Call 315-946-6202 or email us at [LCEP@communityoflyons.org](mailto:LCEP@communityoflyons.org)

NAME \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE (DAY) \_\_\_\_\_ (EVENING) \_\_\_\_\_

COURSE SELECTION/S TITLE: - Please use one registration form per person.

\_\_\_\_\_ FEE \$ \_\_\_\_\_

\_\_\_\_\_ FEE \$ \_\_\_\_\_

\_\_\_\_\_ FEE \$ \_\_\_\_\_

\_\_\_\_\_ FEE \$ \_\_\_\_\_

TOTAL PAYMENT ENCLOSED: \$ \_\_\_\_\_

Method of Payment:    Cash                      Check                      Master Card or Visa

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Make checks payable to: Lyons Community Center.

- ▶ Registrants should assume the class will begin as scheduled.
- ▶ If classes are cancelled due to insufficient enrollment, registrants will be notified by phone.
- ▶ Some classes may require an additional fee for supplies / materials.
- ▶ Refunds will not be made after the first class is held.
- ▶ Classes are cancelled if the **school** closes due to inclement weather. Instructors and the class will decide upon the make-up date.

## Lyons Community Education Program

c/o Lyons Community Center  
PO Box 70, 9 Manhattan Street  
Lyons, NY 14489  
Office: 315-946-6202  
Fax: 315-946-4574  
Web: [www.communityoflyons.org](http://www.communityoflyons.org)

Non-Profit  
Organization  
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CAR—RT-SORT  
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