



DRAGON TALES

Community Education Registration

ELIGIBILITY: Pembroke Community Education classes are open to everyone! You don't have to be a district resident to participate (invite a friend!), but district residents have class space priority.

COURSE FEES: The Community Education Program is self-supporting. Fees, listed with the course descriptions, are kept to a minimum. An effort is made to include some FREE classes each session. District Residents, 55 years of age and older are eligible to receive a \$2.00 discount on multi-week class registration fees.

TO REGISTER: A completed form and full course fee are required at the time of registration. Checks should be made payable to: Pembroke Central School - C.E.P. (Please DO NOT send cash through the mail.) Please use a separate form (or plain paper) for each person and class. The school reserves the right to cancel courses due to lack of enrollment. A full refund will be made if classes are cancelled.

Your registration is complete upon receipt of the course fee and you should assume class will begin as scheduled, unless you are notified otherwise.

By Mail:

Send registration form and check to:
**Pembroke Central School,
ATTN: Community Education
P.O. Box 308, Corfu, NY 14036**

In Person:

Come to the Community Education Office at the High School during normal school hours.



Pembroke Fitness Center Membership Registration Form



Name: _____

Address: _____

Phone: _____

Please check appropriate box:

- 3 - Month Membership (\$30)
- 6 - Month Membership (\$60)
- 9 - Month Membership (\$90)
- 12 - Month Membership (\$120)
- New Membership
- Renewal

Hours for the Fitness Center (when school is in session) are :

Monday through Friday 5:30 am - 7:00 am

Monday, Tuesday, Wednesday, Thursday 6:00 pm - 8:00 pm

Appropriate work-out clothing and clean dry sneakers are required. *Membership cards and receipts can be picked up in the Fitness Center.*

Mail checks and registration form to: **Pembroke Central School, c/o Sue Chittenden
P.O. Box 308, Corfu, NY 14036**

Make checks payable to **Pembroke Central School District**. Memberships limited to district residents.

PEMBROKE COMMUNITY EDUCATION PROGRAM Course Registration Form *

Please print. Use one form (or plain paper) for each class and each person.

Participant: _____

Parent/Guardian Name: _____

Phone #s _____ (H) _____ (C)

Address _____

Course Name _____ Course Fee _____

** Please be aware that Parental Responsibility and Waiver of Indemnification forms must be completed during the first class.*

REMINDER: If school is cancelled because of inclement weather or other unexpected conditions, all Community Education classes are automatically cancelled.

Please check our website at pembrokecsd.org for any cancellation information.

If you have any suggestions or ideas for a Community Education Class, or questions concerning a cancellation of a class please contact Diane Hubbard at 599-4525 Ext. 1920.



SWIMMING

*Saving dinner until after class is highly recommended!

Please register early as classes fill up quickly!

Please note there is no swim on 4/7 & 4/9 (Easter Break) *Due to STEAM Night on 4/30, the last day of swim falls on a Wednesday.

WATER BABIES

This class is a great way to introduce your young child to the water. A parent must participate with his or her child in this class that will focus on acclimation to the water environment and safety, for children aged six months to three years.

Winter

14 sessions/7 hours
 Instructor: Emilee Reeb
 Fee: \$35.00
 Fees due by 2/28
 Day: Tues. & Thurs.
 3/10 - Wed, 4/29*
 Time: 5:30 - 6:00 pm
 Place: H.S. Pool

A parent must accompany **each** child! The \$35 covers the cost of parent & child.

BEGINNER SWIM INSTRUCTION AGES 4-5

This class is designed to introduce children four to five years of age, with little or no prior water experience, to primary water skills. Instruction will focus on beginner water adjustment and swim skills, and front and back float. (Parents do not swim with their children in this class.)

Winter

14 sessions/7 hours
 Instructor: Emilee Reeb
 Fee: \$35.00
 Fees due by 2/28
 Day: Tues. & Thurs.
 3/10 - Wed, 4/29*
 Time: 6:00 - 6:30 pm
 Place: H.S. Pool

INTERMEDIATE SWIM INSTRUCTION AGES 5-6

This class is for children five to six years of age, who have had the basics and are ready to learn more advanced skills. (Parents do not swim with their children.)

Max. # of students: 6

Winter

14 sessions/7 hours
 Instructor: Emilee Reeb
 Fee: \$35.00
 Fees due by 2/28
 Day: Tues. & Thurs.
 3/10 - Wed, 4/29*
 Time: 6:30 - 7:00 pm
 Place: H.S. Pool

ADVANCED SWIM INSTRUCTION AGES 7-12

This program is designed for children ages 7-12 who would like to continue to learn how to swim and have some fun free-time swimming. Instruction will include front crawl, back crawl, elementary backstroke and introduction of breaststroke, sidestroke and butterfly. Free-time swim will allow children to swim and play. Max. # of students: 10

Winter

14 sessions/10.5 hours
 Instructor: Emilee Reeb
 Fee: \$52.50
 Fees due by 2/28
 Day: Tues. & Thurs.
 3/10 - Wed, 4/29*
 Time: 7:00 - 7:45 pm
 Place: H.S. Pool

FAMILY SWIM

This non-instructional, recreational swim time is open to everyone, individuals or families. Parents must swim with, and supervise their children.

Winter

14 sessions/10.5 hours
 Instructor: Emilee Reeb
 Fee: \$55.00 - one adult
 \$60.00 - one adult & one person
 \$65.00 - one adult & two people
 \$70.00 - family (max)

Fees due by 2/28 (per family per class)
 Day: Tues. & Thurs., 3/10 - Wed, 4/29*
 Time: 7:00 - 7:45 pm
 Place: H.S. Pool

ADULT LAP SWIM

This session is non-instructional and allows adult swimmers to get their cardio work-out in the water! Set your own pace and go!

Winter

14 sessions/14 hours
 Instructor: Emilee Reeb
 Fee: \$70.00 (\$5 walk-in fee)
 Fees due by 2/28
 Day: Tues. & Thurs.
 3/10 - Wed, 4/29*
 Time: 7:45 - 8:45 pm
 Place: H.S. Pool

STRAIGHTFORWARD WAYS TO PROTECT & PRESERVE YOUR MONEY & INCOMING STREAM FROM MEDICAID & A NURSING HOME EVENT

Local author Les Robinson CLTC on Long Term Care Planning will show you how to:

- Protect your personal choices and financial independence
- Remove the hidden financial threats to your money by Medicaid and inflation
- Understand the consequences of having/of not having a plan on your money and income stream
- How to avoid Medicaid spend down mistakes
- What other long-term care options available
- Maintaining eligibility for Medicaid
- Protect your retirement money and income stream from a Medicaid or long-term care event
- Learn how to reduce emotional and financial burdens of Medicaid on your family
- Avoid impoverishing your spouse from a Medicaid and a long-term care event

LES ROBINSON CLTC

PHONE: (800) 836-2040 ext. 3014

FAX: (716) 626-5057

WEBSITE: www.lesltc.com

WHEN: Tuesday, March 31st

TIME: 6:00 - 8:00 p.m.

WHERE: Jr/Sr High School Library

COST: \$7.00

***Please pre-register by Friday, March 20, 2020 to avoid cancellation**