WESTPORT CONTINUING EDUCATION
~ Classes For Children & Adults ~

Let yourself grow!

WINTER * 2011 * SPRING
Dear Neighbor:

As I have traveled around our “Special Town of Westport,” I have enjoyed a warm welcome from everyone I have met. It is a pleasure to serve as the new Director of Continuing Education. I have been working in continuing education and summer school for both children and adults for over 30 years and look forward to meeting the needs of the Westport community. I am excited about the broad range of opportunities in which everyone can participate.

My vision for Westport Continuing Education is to strive to provide everyone with quality experiences that will be challenging and enriching as well as relaxing. I am especially proud of our dedicated staff who provide the knowledge and enthusiasm for our students to experience the power of life long learning and personal growth.

I hope that you will use this catalog as handy reference over the next few months. Please let me know if I can do anything to enhance your time with us. We look forward to your participation. Until next time….

Cordially,

Barbara C. Pitcher, Director
Welcome to Our Winter/Spring 2011 Catalog!

Course Index

<table>
<thead>
<tr>
<th>BASIC EDUCATION COURSES</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Basic Education (ABE)</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>American Citizenship</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>English for Speakers of Other Languages (ESL)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>General Education Development (GED)</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BUS TRIPS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Culinary Institute and FDR Home</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Intrepid and Madame Tussaud’s</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CAREERS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Interview, Beyond the Resume</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Media/PR: Get the Message Out</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Teacher Substitute</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Voice Over</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CREATIVE ARTS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylic Painting – Adv.</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Acrylic Painting – Intro.</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Drawing &amp; Sketching – afternoon</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Jewelry Making – Adv.</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Jewelry Making – Intro.</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Mosaics</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Mosaic Window Sash</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Sewing</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Stained Glass</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Studio Time</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Watercolor – afternoon</td>
<td>6</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHOTOGRAPHY</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Camera Operation</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Creating Videos from Photos</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Developing Photographic Skills</td>
<td>8</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CULINARY ARTS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbeque Cooking at Bobby Q’s</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Breakfast Pastries at Sono Baking</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Chicken Again</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Cooking with Parents &amp; Kids</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Decorating with Buttercream</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>at Sono Baking</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Hold the Beef</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Straight from the Sea</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Tantalizing Spring Tarts at Sono Baking</td>
<td>9</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DIVERSE INTERESTS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Angels, Auras &amp; Intuition</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Beg./Adv. Beg Bridge</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Beginner Bridge – afternoon</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Bridge – Intermediate</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Bridge – Play of the Hand</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Civil War</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Coupon Savvy</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Dog Obedience</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Getting Organized when you have ADD.</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Organizing Your Paperwork</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Reiki</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Self-Hypnosis &amp; Golf</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Self-Hypnosis &amp; Weight Loss</td>
<td>11</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FITNESS • HEALTH</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Swimming</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Badminton</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Belly Dancing</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Fly Fishing</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Intermediate Pilates Mat Challenge</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Multi Level Pilates Mat Plus</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Modified Pilates Mat</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Strength Training Pilates Style</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>T’ai Chi</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Tennis for Adults</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Women’s Self-Defense</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Yamuna Body Rolling and Abs</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Yoga</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Zumba</td>
<td>14</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GARDEN</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Landscape Design</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Organic is the Way to Grow</td>
<td>14</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LANGUAGES</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Advanced Italian</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Basic Conversational French</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Basic Conversational Spanish</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Basic Italian</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Curso Avanzado de Espanol</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>French – Intermediate</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Intermediate Italian</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Italian for Tourists</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Italian, Language and Culture</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Italian – Level 1</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Let’s learn Italian verbs</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Russian – Beginning</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Spanish for Beginners</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Spanish – Intermediate</td>
<td>15</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONEY MATTERS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Estate Planning</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Fundamentals of Investing</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Legal Documents</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Passport to Retirement</td>
<td>17</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MUSIC • DANCE • DRAMA</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Acting</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Ballroom Cardio Class</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Ballroom Dancing</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Beginning Guitar</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Brazilian Reggae Cardio Workout</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Guitar II</td>
<td>18</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TECHNOLOGY • COMPUTERS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Photoshop</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Excel</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Excel II</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Facebook, Twitter &amp; Social Networking</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Google and Beyond</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Int/Adv. Photoshop</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Intro to PC Essentials</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Intro to MAC</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Laptop Computers</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Launching a Website</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Optimize your Website</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Photoshop Elements</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Powerpoint</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TECHNOLOGY • COMPUTERS (con’t)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Quickbooks</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Quicken</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Word – Int. &amp; Desktop Publishing</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WESTPORT CENTER FOR SENIOR ACTIVITIES</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>-</td>
<td>21</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KIDS CLASSES</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylic Painting</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Advanced Study Skills</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Babysitting Course</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Badminton</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>Ballroom Dancing for Teens</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Catch the Scratch Fever</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Chess</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Chinese</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Club BEDford</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Cooking Adventures</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Cooking with Parents and Kids</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Dancing for Kids</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Drama Club</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Exercise for Learning</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Fun with Art</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>Irish Step Dance</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Junior Genie Magic Club</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Just Sports</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Karate</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>Lacrosse</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>Lego Computers</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Lights, Camera, Action</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Math-Lites</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Mosaics</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Sports &amp; Homework Clubs</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Study Skills/Organization</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Tap Dancing</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Yoga</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>Young Sculptors</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Writing Wizards</td>
<td>26</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FEBRUARY and APRIL VACATION</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Sports and Fun Adventures</td>
<td>28</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HIGH SCHOOL</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Driver’s Education</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Practice PSAT</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Prepare for Interviews</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>SAT Prep</td>
<td>29</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>INFORMATION</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Class Locations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Closings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Information</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refund Policy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Registration Form</td>
<td>31</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ed2Go Online Courses</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>see p 21</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
WHO IS ELIGIBLE:

In order to enroll in ABE, GED, ESL and American Citizenship, you must be a:
- resident of Westport, Weston or Wilton OR
- town employee of Westport, Weston or Wilton OR
- live-in employee (e.g., au pair or caretaker) of a resident of Westport, Weston or Wilton.

If a person works in Westport, Weston or Wilton and does not fall under the categories listed above, they will not be eligible to register for the mandated programs.

PROCEDURE:

You must register in-person for ABE, GED, ESL and American Citizenship.

Registration and placement assessment testing will be administered to students to determine appropriate class level on the following dates at the locations indicated:

Dates, times and locations:
Tuesday • January 18 6:30-8:30 pm at Staples High School
Wednesday • January 19 6:30-8:30 pm at Staples High School
Monday • January 24 6:30-8:30 pm at Staples High School (SNOW DATE)
Wednesday • January 19 9:30-11:00 am at Wilton Library
Thursday • January 20 9:30-11:00 am at United Methodist Church

- Each registrant must provide proof of age (birth certificate, passport, or CT ID)
- Residents of Westport, Weston or Wilton must submit proof of residency as evidenced by the following:

Owner:
- Copy of the deed, mortgage, or sales contract
- Current driver’s license or Passport
- Two current utility bills (gas, electric, oil or cable)

Tenant:
- Copy of lease or rental agreement
- Current driver’s license or passport
- Two current utility bills (gas, electric, oil or cable)

- Town employees of Westport, Weston or Wilton must submit:
  - Copy of most recent payroll stub

- Live-in employees (e.g., nanny, caretaker) in Westport, Weston, or Wilton:
  - Must be accompanied by their employer at registration
  - Employer will need to show proof of residency listed above
  - Employer will need to sign an affidavit stating this individual works for them.

- Adult Basic Education and GED registrants under 18 years of age must also provide proof of withdrawal from their previous high school.

ABE, GED, American Citizenship and ESL classes are free to eligible students.

Adult Basic Education (ABE)

Adult Basic Education (ABE)
Basic Skills ~ English and Math
This course is for adults who want to learn basic reading, writing and math skills. You will improve your life skills and can prepare to enter a high school completion program such as GED preparation classes. Eligible persons (based on the residency tests set out above) may enroll at any time during the semester.

English – Monday and Wednesday (begin Wed • Jan 26)
6:30-8:00 pm
Staples High School Room 1049

Math – Tuesday and Thursday (begin Thurs • Jan 27)
6:30-8:00 pm
Staples High School Room 1049
General Education Development (GED) Classes
This program prepares students to pass the 5-part exam to earn a State of Connecticut diploma. Students receive necessary instruction in each subject area and can sign-up to take the practice GED tests.

English – Monday and Wednesday (begin Wed • Jan 26)
8:00-9:30 pm
Staples High School Room 1049

Math – Tuesday and Thursday (begin Thurs • Jan 27)
8:00-9:30 pm
Staples High School Room 1049

Social Studies – Tuesday (begin Tues • Feb 1)
6:30-8:00 pm
Staples High School Room 1055

Science – Thursday (begin Thurs • Jan 27)
6:30-8:00 pm
Staples High School Room 1055

GED Test Accommodations/Transcript
Accommodations on the GED test are available for qualified individuals with a disability. For more information, contact Ajit Gopalakrishnan, Connecticut State Department of Education, Bureau of Career and Adult Education at (860) 807-2110/2111 or email at ajit.gopalakrishnan@ct.gov.

Students who would like a copy of their transcript must submit a transcript request form to:

Ajit Gopalakrishnan
Connecticut Department of Education
Bureau of Career and Adult Education
25 Industrial Park Road
Middletown, CT 06457

GED Test
To register for the GED exam, students must be 17 years old and officially withdrawn from school for 6 months or their 9th grade class must have graduated.

The GED exam is given monthly at locations throughout the state. Staples High School is NOT a test site but students can register for the exam through Westport Continuing Education. You must apply in person at least 6 weeks prior to the desired test dates. Be sure to bring a photo ID. Applicants who are 21 years of age or older and not a veteran must pay an initial fee of $13 to take the test. The fee to retake or reapply for the test is also $13. These fees include the cost of the diploma. Applicants under the age of 21 and veterans who have served at least 181 days of active duty at the time of registration are exempt from fees. All fees are non-refundable and must be paid at the time of registration. Fees must be paid in money order or bank check payable to Westport Continuing Education.

English for Speakers of Other Languages (ESL): Three levels of instruction are offered -- placement is determined by English proficiency level testing done at the time of registration.

Evening Classes ~ Beginner, Intermediate and Advanced
Staples High School - Monday and Thursday (begin Thurs • Jan 27) from 7:15-9:15 pm
- Beginner – Room 1051
- Intermediate – Room 1052
- Advanced – Room 1054

Daytime Classes ~ Intermediate/Advanced
Wilton Library - Monday and Wednesday (begin Wed • Jan 26) from 9:30-11:30 am - Classroom 2nd Floor

United Methodist Church - Tuesday and Thursday (begin Tue • Jan 25) from 9:30-11:30 am - Room 23

American Citizenship
This course prepares a person to become a citizen of the United States. It includes information about the history and government of the United States, and information regarding immigration and naturalization procedures.

8 Sessions March 1- April 26* SHS Room 2028
Tuesday 8:00-9:30 pm
*no class Apr 19
Accessibility and Accommodation

Those needing assistance to gain access to classrooms or any part of our facilities should contact Barbara C. Pitcher, Director of Adult and Continuing Education at 203•341•1206 prior to the event so the necessary accommodations may be provided. The adult education program is committed to making our course offerings accessible. We will work with individuals to support their special needs. Individuals with a disability who require an accommodation in order to participate in any class, program or activity, should contact Westport Continuing Education.

Westport Continuing Education does not discriminate on the basis of race, color, national origin, gender, age, sexual orientation or disability/handicap in admission or access to or treatment of employment in its program or activities.

This notice is provided as required by Title II of the American with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. Please be advised that questions, complaints, or requests for additional information regarding the ADA and Section 504 should be made in writing to the following:

Regarding Facilities –
Nancy J. Harris, Assistant Superintendent for Business
203•341•1001

Regarding Programs –
Cynthia Gilchrest, Director of Pupil Services
203•341•1253

Regarding Employment and Title IX –
Marjorie Cion, Director of Human Resources
203•341•1004

Any person having a complaint under the ADA should contact Barbara C. Pitcher, Director of Adult and Continuing Education, 203•341•1206, or one of the coordinators listed above, in compliance with Board of Education policy.

BUS TRIPS

#102 Intrepid Sea, Air & Space Museum and Madame Tussaud’s Wax Museum

The USS Intrepid is an important part of America’s history at sea, in the air, and in space. The Intrepid’s role in history spans two major wars, the space program, and rescue and recovery efforts in the days following that attacks on Sept. 11, 2001. Come explore the 900 foot aircraft carrier – view the brand new huge video screen. Enjoy hands-on exhibits: land a plane in a flight simulator, climb in a lifeboat, pick up objects with Astronauts’ gloves and more. We will visit the USS Growler submarine and view aircraft from WWII to present day – the A-4B Skywalk, the A12 Blackbird, and the Concorde, the fastest passenger plane ever built. After the Intrepid, the bus will take you to Times Square where you will enjoy lunch on your own and then tour the world renowned Madame Tussaud’s Wax Museum where you can mingle with your favorite celebrities!

Saturday, May 7 (registration closes April 5)
$84/Adult
$75/Child (age 5-17)
Bus leaves from Staples High School promptly at 8:00 am and will return at approximately 5:00 pm.

#103 Culinary Institute of America and Franklin Delano Roosevelt Home, Hyde Park, NY

We will have lunch at the Culinary Institute of America which is dedicated to providing the finest culinary training in the world and has a student body of over 1900. In their American Bounty Room, we will enjoy a lunch of mixed greens with goat cheese and creamy avocado ranch dressing, parmesan crusted supreme of chicken and seasonal fruit cobbler with vanilla ice cream. After lunch, visit the home of Franklin Delano Roosevelt and the nation’s first Presidential Library & Museum and learn about the only President elected to four terms.

Saturday, June 11 (registration closes May 10)
$88
Bus leaves from Staples High School promptly at 9:00 am and will return at approximately 5:30 pm.

Please make sure to check your calendars when registering for bus trips. We do not offer refunds unless the trip is cancelled due to insufficient enrollment. Cost for bus trips is non-refundable but may be transferred to another person for an additional registration fee; otherwise there are no refunds or credits. Everyone must pay the full price and no discounts apply.
#054 Voice Over: Get Paid to Talk

Unique voice? Curious about voice over? Interested in audiobooks, cartoons, documentaries, commercials, website narration? This straightforward, current and highly educational class is eye (and ear) opening for those interested in voice over. By guiding you in finding your vocal strengths, you can better determine the sectors of voice over most marketable for you. This class reviews the industry, marketing and vocal training, including demo information, trends, agents and production. Read and record voice over copy, choose from commercial or narration. We welcome questions. Is voice over for you? Help find out. Limit 15. (Instructor, Randye Kaye)

Tuesday • March 8  7:00-9:00 pm  SHS Room 2030  $69
Randye Kaye has been teaching with Edge Studios for more than 3 years. Her credits include commercials, promos, audiobooks, phone systems, websites, and narrations (medical, industrial, educational). She has worked on-air in Connecticut radio for over 15 years. Visit www.edgestudio.com for more information.

#228 Teacher Substitute
10 Hour Training Program

Participate in this 10 hour training conducted by experienced professional educators. This program, developed by Utah State University, focuses on preparation for work as a substitute in public or private school settings. Topics to be covered: management of student behavior, approaches to teaching, fill-in activities, and more. The class will be interactive and include real life scenarios. A certificate will be given to those who attend at least 8 of the 10 hours. (Instructor, Sarah Lombard)

5 Sessions  Mar 1-29  SHS Room 2033
Tuesday 6:30-8:30 pm  $85

#303 Media/PR: Getting the Message Out About Your Business or Organization

Got News?? Wondering how to get your message out? Or how to get media coverage? Find out how in this hands-on workshop! Topics covered will include:
- media - list creation, management and contact
- news releases - writing, distribution and follow-up
- online/social media for businesses (Facebook, Twitter, blogs)
- website SEO (search engine optimization)
- web marketing and online branding
- crisis management – managing negatives
- media training and interviews – live, recorded, on camera, print

Each session will include time for discussion, questions and advice from the instructor on individual projects.
(Instructor, Ann Karrick)

4 Sessions  March 16-Apr 6  SHS Room 2028
Wednesday 7:00-9:00 pm  $60
Ann Karrick is a talk show host and news anchor/reporter on television and radio, as well as a marketing, media and public relations consultant who uses both traditional and online/social methods. Visit www.annkarick.com for more information about the instructor.

Register Early!

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, it may be cancelled.
So please register early!
#066 Introduction to Acrylic Painting
The most versatile medium in art, acrylic painting can take your creativity anywhere you want to go. Basic drawing, composition, and painting techniques are learned in a step by step process that builds confidence. Experiment with different styles as you paint still lifes, landscapes, and portraits. Relax and play with paints — what a great idea! Materials and supply list is available in the office and on our website. (Instructor, Steve Parton)
10 Sessions Jan 26-Apr 6* SHS Room 1004
Wednesday 7:00-9:30 pm $219
*no class Feb 23

#064 Watercolor Step by Step in the Afternoon
Learn or refresh the basic techniques that lead to successful paintings of flowers and landscapes. Tools and tricks will be demystified in a warm and friendly atmosphere. Materials list is available in our office and on our website. Additional supplies will be discussed at the first class. (Instructor, Steve Parton)
10 Sessions Jan 26-Apr 6* SHS Room 1004
Wednesday 3:00-5:00 pm $189
*no class Feb 23

#128 Drawing and Sketching in the Afternoon
Learning to draw is the most important basic skill for any artist. It is the process of seeing vs. looking-at. Everything is built on this foundation. Using charcoal, pen & ink, and pencils, you will learn a variety of techniques to help us experience the world around us. Bring to the first class: drawing pad (preferable Strathmore 400 series), pencils #2H, HB, and 2B, and a kneaded eraser. (Instructor, Steve Parton)
10 Sessions Jan 27-Apr 7* SHS Room 1004
Thursday 3:00-5:00 pm $189
*no class Feb 24

Steve Parton’s award winning portraits of animals and children are exhibited nationally. He was voted Best of the Gold Coast by Westport Magazine for his animal portraits. An experienced and supportive teacher, his classes draw on a career as an illustrator and designer for print, TV, Broadway, and film. To see his work, visit www.stevenparton.com

#079 Studio Time for Artists
Opportunity for artists to work on your own projects in any medium (charcoal, watercolors, oils, acrylic, pencils, pastels); receive support from fellow artists. Bring your own materials — no instruction will be provided. (Hosted by Rudy Brucato)
8 Sessions Mar 7-May 2* BMS Room 274
Monday 6:00-9:00 pm $50
*no class Apr 18

#289 Introduction to Mosaics
Enjoy an introductory class in creating your own fine art mosaic piece made from tile or glass. All materials including tile/glass, grout, cutting tools, and tiling surface will be provided. Cutting, shaping and patterns will be explained. If you have a surface you would like to decorate, feel free to bring it to class or there will be mirrors or frames for you to use. No art or mosaic experience necessary! Non-refundable materials fee of $25 included.
(Instructor, Sarah Martin)
4 Sessions SHS Room 1012 6:30-8:00 pm $89
#289a Thursday Jan 27-Feb 17
#289b Thursday Mar 24-Apr 14

#452 Sewing
New to sewing, just have a little experience, or have just forgotten how? In our two part course, first you will learn how to pin, cut material, layout and use a pattern, thread your machine, sew a perfect seam, and other basics. Then you will have two weeks off to practice your new techniques and work on your projects. In Part Two, we will cover more advanced skills including how to put in zippers and use velcro for closures, make a pillow with cording, grade around curved seams, make buttonholes, hemming, and other methods used to complete your project. Please bring your own sewing machine, cloth, and notions. A list of required materials and local sources will be emailed to students prior to the start of classes.
(Instructor, Barbara Hayden)
6 Sessions SHS Room 1012
Monday Mar 21, 28, Apr 4, 25, May 2, 9 7:00-9:00 pm $109
### Creative Arts

#### #421 Stained Glass (Beginners & Intermediate)
- Do you appreciate the beauty of stained glass? Join us for a fun-filled creative experience. Beginners will learn the basics by creating a sun catcher to learn the fundamentals and then go on to create a beautiful panel of their choice. We will cover a brief history, types of glass, pattern making, cutting techniques, soldering and framing. Tools will be provided. Intermediate students will challenge themselves with more complex patterns and improving their techniques. No experience necessary! **Non-refundable materials fee of $20 is included for board, frame, and pins. Sun catcher materials and materials for finished panel are not included.**
- Instructor, Joni Kollar
- 10 Sessions: Jan 31-Apr 11* SHS Room 1004
- Monday: 6:30-9:15 pm
- $205
- *no class Feb 21*

#### #432 Write for Children and Teens: A Workshop for Advanced Students
- Are you ready to move forward with your writing? This workshop-style class is for those who have learned the “basics” and want to sharpen your skills and polish specific stories for children or teens. We will discuss higher-level techniques for plotting, characterization, scene development, and writing style. The focus will be on helping you to revise your work and find suitable markets. Limit 8 students.
- Instructor, Victoria Sherrow
- 6 Sessions: Mar 17-Apr 28* SHS Room 1034
- Thursday: 7:00-9:00 pm
- $119
- *no class Apr 21*

### Creative Writing

#### #431 Learn to Write Stories for Children and Teens
- Would you like to write for children and/or teenagers? You may already have ideas you want to develop or stories you have written on your own, but you need guidance to polish your work. This class offers a solid basis for beginners, along with techniques to help more experienced writers improve their work. As we discuss plotting, viewpoint, characterization, dialogue, and scene development, we’ll study specific examples of effective writing and practice our skills. Learn more about children’s literature (and find great books for your children) as we look at well-written books for kids in our discussions about different themes and topics. Limit 10 students.
- Instructor, Victoria Sherrow
- 6 Sessions: Mar 9-Apr 13 SHS Room 2030
- Wednesday: 7:00-9:00 pm
- $119

#### #432 Write for Children and Teens
- Are you ready to move forward with your writing? This workshop-style class is for those who have learned the “basics” and want to sharpen your skills and polish specific stories for children or teens. We will discuss higher-level techniques for plotting, characterization, scene development, and writing style. The focus will be on helping you to revise your work and find suitable markets. Limit 8 students.
- Instructor, Victoria Sherrow
- 6 Sessions: Mar 17-Apr 28* SHS Room 1034
- Thursday: 7:00-9:00 pm
- $119
- *no class Apr 21*

Victoria Sherrow, has published over 80 books, as well as numerous short stories, poems, and articles. She teaches at The Institute of Children’s Literature.
Photography

#094  Basic Camera Operation (Digital, Program, and Manual Cameras)
Learn to use your camera so your images are well-exposed, sharply-focused, and compositionally balanced. Subjects covered will be basic camera operation, composition relating to the photographic masters and painters of the past, the use of flash and tripod, different film speeds and quality settings, white light and color balancing, lighting as related to portraiture and still life, and tips on photographing kids, families, pets, flowers, etc. Sharing of images and visual ideas is encouraged. The instruction will emphasize the basics while promoting your individual creativity. (Instructor, John Zappala)
8 Sessions  Feb 3-Mar 31*  SHS Room 1007
Thursday  7:30-9:30 pm  $135
*no class Feb 24
John Zappala has a degree in Graphic Design from Farmingdale State U. and a B.F.A. from St. John’s. He has practiced and exhibited advertising, fashion, and corporate photography for over 15 years.

#960  Creating Videos from Your Photos
Have a bunch of photos and wish to share them at a reunion, anniversary, or birthday? Create a video. Learn how to create a slide show with dissolves and special effects. Bring in digital images on a flash drive and if you have music, bring a file to add. Class will consist of a demonstration of creating a video from Windows Movie Maker and from Photoshop Elements. Learn how to upload your video to YouTube to share with friends! As movies take time to create, you’ll only be creating a short video in class. (Instructor, Alan Weaver)
Thursday • Apr 14  6:30-9:30 pm
SHS Room 2034  $45

#990  Developing Photographic Skills (Digital, Program, and Manual Cameras)
In photographing your favorite subjects - family, friends, pets, landscapes, portraiture or candid - you can always improve your basic skills. Learn to take better pictures, improve your knowledge of light readings, use of flash, composition, black and white versus color, different lenses, perspectives, and strategies in picture-taking. Share your photographs for an encouraging critique in which all can learn. (Instructor, John Zappala)
8 Sessions  Feb 1- Mar 29*  SHS Room 1007
Tuesday  7:30-9:30 pm  $135
*no class Feb 22

Culinary Arts

#168  Basics of Barbeque
Cooking at Bobby Q’s Barbeque & Grill
Join owner Bob LeRose, pitmaster Matt and their staff at Bobby Q’s Restaurant here in Westport for a memorable evening! Learn the basics of barbeque cooking including valuable tips on smoking and slow cooking ribs, brisket and pulled pork -- there will be demonstrations of a variety of rub and sauce preparations as well. Sample some delicious house specialties. Impress your friends at your next barbeque! Don’t wait to sign up – space is limited!  Class held at Bobby Q’s Barbeque & Grill, 42 Main Street, Westport, Ct.  Visit www.bobbyqsrestaurant.com for more information about Bob and Bobby Q’s.
Tuesday  7:00-9:00 pm  $60
#168a  Apr 26
#168b  May 17

#130  Cooking with Parents and Kids
(Children ages 7 & up)
Spend a Saturday morning on a culinary adventure with your child! Work with your child to create healthy recipes from scratch. Have fun working in a professional equipped kitchen. Learn new skills and recipes together. Please note that some of the dishes may contain dairy and nuts. (Instructor, Theresa Maraglino)
Saturday SHS Room 182  $99 per class/Parent & Child
#130a  Working with Puff Pastry – Feb. 12
(snow date March 5)  9:30-11:30 am
#130b  Soup and Sandwich – March 12
(snow date March 19)  11:30 am-1:30 pm
#130c  Pasta from Scratch – April 9  11:30 am-1:30 pm
See our website for more information about the foods that will be prepared each day.
Theresa Maraglino is a Culinary Arts teacher at Stratford High School.
Join Chef Alison Milwe-Grace for an enjoyable culinary experience. Sign up for one or more of her classes! All classes meet from 7:00-9:00 pm at SHS Room 184

#995a Chicken Again? $65
Wednesday • January 26
Create quick and easy exciting chicken dishes:
- Chicken Milanese
- Chicken Picatta
- Parmesan crusted chicken with sage sauce

#995b Hold The Beef . . .$65
Wednesday • February 16
Create hearty, delicious and healthy vegetarian dishes:
- White bean stuffed portobello mushrooms
- Vegetable curry
- Maple glazed tofu with spaghetti squash

#995c Straight From The Sea . . .$85
Wednesday • March 2
Chef Grace will discuss her personal cooking secrets about how to cook fish at home and make it taste like you are dining in a fine seafood restaurant, as you prepare:
- Halibut with sambal vinaigrette and wasabi cream
- Salt and pepper shrimp with blue cheese dip and celery stick
- Seared scallops with tarragon-dijon aioli

Throughout the past 20 years, Chef Grace has worked in every aspect of the food industry. Currently Chef Grace is a culinary arts chef/instructor at SHS and owner of AMG Catering and Events (www.amgcatering.com) which has been in business for over 15 years.

BAKING AT SONO BAKING COMPANY AND CAFÉ!

Join the friendly and talented staff of John Baricelli’s SoNo Baking Company for three inspirational sessions of baking. Take home the delicious desserts you create to enjoy with family and friends. Sign up for one or more classes!

Space is very limited, so register early!
All classes meet from 4:00-6:00 pm at SoNo Baking Company and Café
101 South Water Street, Norwalk, CT
(please arrive by 3:45 pm as class starts promptly at 4:00 pm)

#289 Breakfast Pastries
Learn how to make delicious breakfast pastries including muffins, scones and quick breads. All recipes will be from John’s baking book: “The SoNo Baking Company Cookbook.” Bring an apron and let the fun begin!
Monday • March 7 $90

#290 Tantalizing Spring Tarts
Amaze yourself by learning the basics of tart making in this fun class. With SoNo Baking’s talented staff, you will create Key Lime, Lemon Meringue and Fresh Fruit Tarts. Delicious! Bring a rolling pin and apron.
Monday • April 11 $90

Please Note: The classrooms/kitchens where our cooking classes are held are NOT food allergy free classrooms/kitchens. Nuts, shellfish, etc. are used frequently.
#290  Dog Obedience  
(for dogs at least 4 months old)  
Designed to teach the owner how to train his/her dog to be a well-mannered and obedient pet. Topics include: understanding your dog; communicating effectively; basic obedience commands-sit, down, stay, stand, come, and leash walking; and behavior modification - digging, jumping, chewing, barking, etc. Dogs must have a collar and a 6-foot leash. Limit 8. Please note: 1st session is Orientation WITHOUT dogs. (Instructor, Heather Witt)  
7 Sessions  Mar 7-Apr 25*  SHS Pool Lobby  
Monday 6:30-7:30 pm  $129  
*no class Apr 18  
Heather Witt is the owner of The Complete Canine Company.

#096  Beginner Bridge in the Afternoon  
Learn the basics of bidding, play of the hand and defensive play. Conventions will be introduced to aid in the bidding along with instructive handouts. Bridge provides a good opportunity to create an active social life either locally, on the internet or worldwide. Join us and meet new friends as you learn the basics of this challenging game. (Instructor, Nora Tkacz)  
8 Sessions  Mar 1-Apr 26*  SHS Room 2032  
Tuesday 3:00-5:00 pm  $129/Sr $105  
*no class Apr 19

#194  Beginner / Advanced Beginner Bridge  
This is the perfect opportunity for you to begin to learn the fascinating game of bridge or to brush up on those long forgotten rules and conventions. The beginner bridge class will introduce the language of bidding, scoring, guidelines for play, hand valuation, and some simple bridge conventions. Each class lesson will be followed by supervised play of preset hands. (Instructor, Jackie Fuchs)  
8 Sessions  Jan 27-Mar 24*  SHS Room 2033  
Thursday 7:00-9:00 pm  $129/Sr $105  
*no class Feb 24

#095  Intermediate Bridge  
Improve your bridge skills and expand your knowledge of planning card play. The class will review simple hand valuation and bridge conventions. New conventions such as Gerber, Stayman, balancing, overcalls, doubles, and weak two bids will be introduced. Each class lesson will be followed by supervised play of preset hands. (Instructor, Jackie Fuchs)  
8 Sessions  Apr 7-Jun 2*  SHS Room 2033  
Thursday 7:00-9:00 pm  $129/Sr $105  
*no class Apr 19

#033  Get Coupon Savvy and Save!  
Tired of seeing your expenses climb higher every month? Learn how to significantly cut costs on your grocery, personal care, and household items. You will walk away with the strategies and resources needed to "coupon" your way to real savings. If you think clipping coupons will only save you a few dollars a week on cat food and toilet paper, think again. Discover why Wall Street Journal columnist Brett Arends wrote that coupons are "back in fashion, with good reason. An hour spent cutting and clipping can yield $100's in savings. Time well spent." (Instructor, Lori Gazerro)  
Thursday  Apr 7  7:00-9:00 pm  SHS Room 2028  $29

#095a  Bridge – Play of the Hand  
Players with all levels of bridge experience will enjoy this course focusing on offensive and defensive play of the hand. Come ready to learn techniques to improve your play. Hands will be prepared and randomly dealt. (Instructor, Jackie Fuchs)  
8 Sessions  SHS Room 2033  
Wednesday  7:00-9:00 pm  $129/Sr $105  
Jan 26-Mar 23 (no class Feb 23)  
#095b  Apr 6-June 1 (no class Apr 20)

Get the classes you want – Register Early

No registration fee if you register online.
#207 Angels, Auras and Your Intuition
Increase your awareness in your life. Learn ways to connect to your guardian angels and how to do an Angelic Healing technique. Tap into your intuition through meditation and energy exercises. Learn about energy fields around your body, how to sense your aura and how to protect yourself from negative experiences. If students choose, pure essences of organic essential oils may be used during the class. We will end with a healing meditation which can include Reiki chair healing. Join us for this insightful and stress reducing evening. (Instructor, Gigi Benanti B.A., Certified Reiki Master)
Wednesday 7:00-9:00 pm  
SHS Room 2030  $49

#207a Monday • Mar 28
#207b Wednesday • Apr 27
Gigi Benanti, B.A. Certified Reiki Master, has been seeing Auras since childhood. She continues to attend various holistic workshops. She is an experienced Reiki teacher, offers private Reiki sessions, has been the owner of the Angelic Healing Center in Norwalk since 1995, is a Reiki volunteer therapist for Hospice Agency, and has educated thousands.

#208 Reiki Level One
Dr. Oz recommends Reiki and it was featured on his show in January 2010. Learn hands-on-healing in this first degree workshop including self-healing techniques and Reiki meditation. Reiki is a universal art of natural healing affecting the whole person in a positive way including body, emotions, mind and spirit. Learn how Reiki can help you in areas of stress management, pain reduction and healing. Reiki makes an excellent supplement to other forms of healing work and is used in hospitals, hospices, churches, and spas. After completing this class, you will be a Reiki first Degree Practitioner and will receive a certificate from the instructor. Wear comfortable clothing. Non-refundable materials fee of $12 included.  
(Instructor, Gigi Benanti B.A., Certified Reiki Master)
3 Sessions  April 6, 11 &12 SHS Library  
Wed, Mon, Tues  7:00-9:45 pm  $67

#302 Self-Hypnosis Can Lead To Better Golf Scores
Great golfers play the game in their minds. Jack Nicklaus says that 90% of golf is mental. Where is your mind when you play golf? Using self-hypnosis, you can harness the power of your mind to play golf better and gain a competitive edge. Learn how to utilize relaxation and guided imagery to boost your concentration, focus on your goals and enhance physical performance. After an introduction to hypnosis and the power of the mind, we will dispel the myths about hypnosis. Learn how to induce a hypnotic state – and then take your game to the next level – no matter what your specific golf challenges are. Non-refundable materials fee of $5 is included for a 20-minute relaxation CD.  
(Instructor, Meg Tocantins)
2 Sessions  March 9 & 16 SHS Library  
Wednesday  7:00-9:00 p.m.  $54

#304 Stop Dieting And Throw Away Your Scale – Lose Weight Safely and Effectively with Hypnosis!
Hypnosis is a powerful, proven, safe method to lose weight permanently – without pills, liquid diets, pre-packaged foods or surgery. Studies have shown that adding hypnosis to weight loss treatment increased weight loss by an average of 97% during treatment, and even more importantly, increased the effectiveness of post treatment by over 146%. Find out how to change your relationship with food and gain control of your compulsive eating habits and hormonal eating binges; increase your metabolism and motivation to exercise; and release stress that can cause you to eat. Learn how to write your own weight loss script so that you will be able to hypnotize yourself. Non-refundable materials fee of $10 is included for two weight loss CDs.  
(Instructor, Meg Tocantins)
3 Sessions  Feb 2-16 SHS Room 1052  
Wednesday  7:00-9:00 pm  $76

#908 Organizing Your Paperwork
Do you have mail piled up on your kitchen counter? Do you have years of paperwork but don’t know what to keep and what to get rid of? Would you like your desk and office organized? Paperwork is the #1 clutter problem. This class will teach your how to finally solve this problem. Learn a step-by-step plan to address daily paperwork, how, when and where to file papers, and how long papers should be kept. You can have a paper management system that is simple to set-up and easily maintained.  
(Instructor, Susan Lovable)  
Thursday • February 10  
7:00-9:00 pm  
SHS Room 1034  $29

#911 Getting Organized When You Have ADD
Do you struggle to get organized? Are you constantly misplacing things? Does your life feel overwhelming and chaotic? This class will address the special organizing needs of people with Attention Deficit Disorder. We will discuss strategies for remembering things, how to set up systems that are specialized to your individual needs, and how to get through years of accumulated clutter.  
(Instructor, Susan Lovable)
Thursday • February 17  
7:00-9:00 pm  
SHS Room 1034  $29

Susan Lovable, CPA, CPO is a Certified Public Accountant, Certified Professional Organizer and the owner of Clutter Solutions, LLC, a local company that focuses on organizing homes, offices, time and finances for individuals, families and businesses, as well as training in Quicken and QuickBooks.  
www.ClutterSolutions.com

www.relaxationsuite.com

www.westportcontinuinged.com  203•341•1209  conted@westport.k12.ct.us
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WITH CERTIFIED INSTRUCTORS
Co-Sponsored with Pilates for Every Body • A Place for Women to Build a Stronger Center
ALL CLASSES HELD AT 177 Post Rd. West (Nash’s Plaza), Westport CT
www.pilatesforeverybodywestport.com • All mats and equipment provided

If you have any question about which class is the best choice for you, please email or call before registering:
pilatesforeverybodywestport@yahoo.com or 203•226•1924

Due To The Popularity Of These Classes, We Strongly Urge You To Register Right Away.
Class Sizes Are Limited And Fill Quickly!

#984 Multi Level Pilates Mat Plus
A mat class to strengthen the abdominals and back with a weight training segment to increase muscular strength and bone density. A time-saving combination class for those who want to explore Pilates and strength training in one workout. Suitable for those with limited Pilates experience and for intermediate level experience. If you are a beginner, please contact us prior to the first class. (Instructor, Charlene Erwin)
15 Sessions
Jan 18-May 24 (no class 2/22, 3/29, 4/19, 5/17)*
Tuesday 10:30-11:30 am $345

#978 Intermediate Pilates Mat Challenge
For those who are ready to move through the repertoire at a quicker pace. We will use rollers, boxes, balls, bands, circles and bosus to add challenge to the matwork. A different class every week. (Instructor, Alison Bricken)
15 Sessions
Jan 20-May 26 (no class 2/24, 3/31, 4/21, 5/19)*
Thursday 10:30-11:30 am $345

#976 Modified Pilates Mat
A multi-level class designed for those whose current physical condition may keep them from maintaining the pace and range of movement normally expected in a regular class. It is the perfect choice for those with low bone density, joint replacement, or disk herniations in any part of the spine. Prerequisite: Ability to get down and up from the floor without another person’s assistance. (Instructor, Charlene Erwin)
15 Sessions
Jan 21-May 27 (no class 2/25, 4/1, 4/22, 5/20)*
Friday 10:30-11:30 am $345/Sr $299

#980 Strength Training Pilates Style
Use hand-held weights, ankle weights and rubberized resistance tubing to strengthen the upper and lower body. There will be special attention to alignment, posture and balance. An abdominal segment will be included in each class. (Instructor, Alison Bricken)
15 Sessions
Jan 21-May 27 (no class 2/25, 4/1, 4/22, 5/20)*
Friday 11:45 am-12:45 pm $345

#992 Yamuna Body Rolling and Abs
Combines fitness, injury-prevention and abdominal strengthening into a simple workout. The rolling routines help you stretch and release muscle tissue, freeing restrictions in all parts of the body while strengthening the abdominals and releasing the spine. No prior Pilates experience is needed for this class. If you are active in any form of fitness you will feel the results of Yamuna Body Rolling immediately. This class is not recommended for those with joint replacement of any kind. (Instructors, Alison Bricken and Charlene Erwin)
13 Sessions
Jan 24-May 23 (no class 2/21, 2/28, 3/28, 4/18, 5/16)*
Monday 12:00-1:00 pm $299

*Schedules are subject to modification to accommodate unexpected cancellations
#182 T’ai Chi
Taijiquan (T’ai Chi Ch’uan), the highest expression of the Chinese “internal martial arts,” develops awareness of the workings of both body and mind through slow movement, rounded forms, and the expression of various body energies, all of which require a combination of intention, concentration, and, ultimately, relaxation. This practice leads to strength, awareness, and general well-being. No prior background in T’ai Chi is required, and students at all levels of competence are welcome. (Instructor, Myles MacVane)
12 Sessions Jan 24-Apr 25* Aud. Balcony Lobby
Monday 7:00-8:15 pm $175/Sr $155
* no class Feb 21, Apr 18
Myles MacVane (http://myles.macvane.com) has been studying and practicing t’ai chi ch’uan since 1968.

#089 The Art of Belly Dancing– An Introduction
Come to this workshop for women and discover why this ancient form of dance has recently exploded in popularity. Learn the basic movements including undulations, shimmies and graceful arm movements. Emphasis will be placed on isolations and authentic technique. The goal of this workshop is to provide a supportive environment for self-expression through dance. Occasional live drumming and optional performance opportunity at end of session party. (Instructor, Tava Naiyin)
9 Sessions Feb 10-Apr 14* BMS Auxiliary Gym
Thursday 7:00-8:00 pm $169
* no class Feb 24
Tava Naiyin is a highly-regarded instructor, performer and choreographer of middle eastern (belly) dance in CT and NY. She has appeared on television and in print, with a focus on preserving the authenticity of the dance. Tava has a Masters in Counseling and uses bellydance as a tool for improving body image.

#212 Intro to Fly Fishing
(For adults or children age 12 & up)
Don’t believe the hype about this exciting outdoor sport – fly fishing is not the sport for the chosen few anymore. Costs have come down and barriers to entry are now non-existent. We will demystify the sport of fly fishing and get you started on this life long journey. You will learn about the history of the sport, differences between fresh/saltwater fly fishing, rod/reel weights, line differences and fly identification. We’ll discuss local hot spots where you can gain access to both fresh and saltwater fly fishing opportunities in Westport. You will also receive a hands-on casting demonstration and instruction. (Instructor, Eric Johnson)
2 Sessions Apr 28 & May 5 SHS Room 188
Thursday 7:00-8:30 pm $49
Eric Johnson is the owner of Westport Outfitters (see website at www.westportoutfitters.com). After spending nearly 10 years in corporate product development, Eric is passionate about sharing his expertise and knowledge about the exciting sport of fly fishing.

#998 Yoga for Beginners and Intermediates
Through physical postures, breathing, and relaxation techniques you will come to realize the many gifts of this ancient practice: increased flexibility, strength, clarity, serenity, weight loss, better concentration, stress reduction, overall good health, and a good work out. Please bring your own mat and a throw blanket. (Instructor, Maria Vailakis-Wippick, RYT)
Thursday 6:30-8:00 pm SC* $215/Sr $170

#998a 10 Sessions Jan 13-Mar 24 (no class Feb 24)
#998b 10 Sessions Apr 7-June 16 (no class Apr 21)

*Westport Center for Senior Activities, 21 Imperial Ave.
Maria Vailakis-Wippick, RYT, certified in the Kripalu yoga tradition, provides a human and loving approach towards teaching yoga. Maria operates the Agape Yoga Studio.

#177 Yoga ~ for Beginners and Experts Alike
A complete mind-body system for the attainment of wellness. You will learn techniques to loosen muscles that are causing tension and eliminate weaknesses that are causing pain. Leave every class feeling refreshed and at peace. All levels are welcome. Please bring a mat and towel. (Instructor, Sandy Adamczyk)
12 Sessions Jan 24-May 2* SHS 2nd Floor Mezz.
Monday 6:30-7:45 pm $215/Sr $170
* no class Feb 14, 21, Apr 18
Sandra Adamczyk has studied Yoga for 35 years. She offers alternative positions in yoga to accommodate the need and capabilities of individual students and teaches Yoga throughout CT and NY.

#995 Women’s Self Defense Clinic
You see the news - - women are frequent targets of violence and assaults. Fortunately, you can learn how to protect yourself, and your children can learn how to protect themselves, from unexpected moments of danger. It’s time to take matters into your own hands. At this safe introductory self-defense clinic, you will learn easy-to-use techniques to Defend Yourself…Stay Safe…Live Without Fear! The class is available to women age 18 and up - younger participants are allowed if they participate with a parent (separate registration and fee is required). All students must complete the online waiver form at the time of registration. Bring lots of energy and a smile, and wear loose workout clothes. (Instructor, Kempo Academy)
All classes are held from 8:00-9:00 pm at Kempo Academy, 374B Post Road East, Westport (behind Trader Joe’s mall)
#995a Mon and Tues, Mar 7 & 8 $50
#995b Wed and Thurs, Mar 23 & 24 $50

#177 Brazilian Reggae Cardio Workout and Ballroom Cardio Class
–See p 18

Brazilian Reggae Cardio Workout and Ballroom Cardio Class
–See p 10

Fitness • Health
ZUMBA

Zumba
Tone up, burn calories, relieve stress and have fun with Zumba, the dance based fitness program that is a great workout for women and men! In this Latin-inspired cardio workout, energize your entire body as we move to the simple steps of Merengue, Salsa, Samba, Cumbia, Flamenco and more. Whether you dance for fun or exercise, you will work muscles you never knew you had. Bring a towel and water. (Instructor, Sandy Adamczyk)

12 Sessions
Jan 27-May 5
2nd Floor Mezz.
Thursday 6:45-8:00 pm
$255

* no class Feb 17, 24, Apr 21

Tennis for Adults
Forehand, backhand, serve, volley, footwork and strategy will be covered. Beginner level is for players who have never played before or who have never had formal instruction. Advanced Beginner level is for players who have completed the beginner class or have had an introduction to grips and strokes and are starting to make contact with the ball on a regular basis. Low Intermediate is for players starting to keep the ball in play, are learning to serve and about court positioning, and can volley. Intermediate is for players who can keep the ball in play consistently, can hit with some spin and can serve and volley consistently. Low student/instructor ratio. (Instructor, Greg Sansonetti)

6 Sessions
May 3-June 7
SHS Tennis Courts
Tuesday
$149

Badminton ~ Coed
Looking for a great way to exercise and have fun at the same time? Beginning players as well as experienced players – this is the place to be. Meet and play with new friends. You’ll leave with a new appreciation for the sport of real Badminton. Sneakers and badminton racquet required. Racquets available, if needed. (Instructor, Peter Bartush)

9 Sessions
Mar 30-June 1
SHS Gym
Wednesday
7:30-9:30 pm
$109

* no class Apr 20

Adult Swimming ~ Beginner through Advanced
Learn how to swim or how to swim well! Swimming is one of the best overall exercise methods, and there is no stress on your joints. Treat yourself to the pleasure of swimming! Teaching is to your level and your pace. For first time learners or for those brushing up on long forgotten strokes. (Instructor, Bill Evans)

6 Sessions
Mar 2-Apr 6
SHS Pool
Wednesday
7:30-8:45 pm
$95/Sr $84

Organic Is the Way to Grow
Do you want to learn fine organic gardening? Nick will take you through a journey of collecting, sterilizing and starting your own seedlings and nurturing them into healthy plants, which will result in increased productivity for your vegetable/fruit garden and its harvest. Learn how sunlight, soil, nutrients, cleanliness and proper maintenance will affect the final results – when done correctly from the start, you can enjoy a trouble-free, environmentally sound garden for years. (Instructor, Nick Mancini)

4 Sessions
Feb 2-Mar 2
SHS Room 1012
Wednesday
7:00-9:30 pm
$89

* no class Feb 23

Nicholas Mancini is a Certified Master Gardener and former head Master Gardener of Organic Vegetables and Tree Fruit at Bartlett Arboretum. He teaches Organic Gardening at Norwalk Community College, lectures in libraries, garden clubs, and horticultural societies. He is a member of the Westport Community Garden, the Northeast Organic Farmers Association and an advisor of the newly established Organic Garden at Staples High School.

Landscape Design – The Anatomy of a Garden
Why pay a designer when you can have the tools to create a beautiful landscape on your own? Learn how to analyze your site and create your unique space. Using the analogy of the human body, the instructor will present a guide to planning and planting your landscape – from the “circulation” pathways, all the way to the “senses” flowers). Learn to incorporate structures, and colorful trees and shrubs so your landscape will be interesting throughout the year. The instructor will use PowerPoint presentations, lectures and handouts. You will receive a special kit to help you create designs using graph paper and templates. No gardening or drawing experience required. Non-refundable materials fee of $25 included. (Instructor, Cynthia Woodbyrne)

4 Sessions
Mar 16-Apr 6
SHS Room 1012
Wednesday
7:00-9:30 pm
$114

Nicholas Mancini

Cynthia Woodbyrne, B.A. is a landscape designer and owner of Woodbyrne Eden Arts. Prior to training at The New York Botanical Gardens, Cynthia worked in animation for Walt Disney, Steven Spielberg, and others. She approaches design with the same storytelling disciplines she used with artists in developing feature films.
Russian

This course is designed to provide you with basic vocabulary, pronunciation, and conversational skills of the Russian language. Sign up and enjoy your trip to Russia!

(Instructor, Galina Babkin)

10 Sessions  Jan 26-Apr 6*  SHS Room 1048
Wednesday 7:00-9:00 pm  $159/Sr $135

*no class Feb 23

Spanish

#949  Spanish ~ Intermediate
Building on Spanish for Beginners, this course goes into more advanced grammar, speech and cultural subjects and delves into exercises aimed to gain strong conversational and writing skills. Business communications skills are likewise emphasized. Cost of textbook and workbook for Spanish for Beginners and Spanish Intermediate is $60, payable to the instructor. (Instructor, Fernando Rincon)

10 Sessions  Jan 24-Apr 4*  SHS Room 1051
Monday 7:00-9:00 pm  $159

*no class Feb 21

#140  Curso Avanzado de Espanol
Este curso estara basado en conversacion avanzada. Usaremos eventos contemporaneos y discutiremos temas economicos, sociales, politicos y artisticos. Sera una gran oportunidad para mantener un alto nivel del Espanol hablado. Se sugiere que los participantes tengan la habilidad de mantener un ritmo avanzado del lenguaje. (Instructor, Horacio Ballesteros)

10 Sessions  Jan 25-Apr 5*  SHS Room 1054
Tuesday 7:00-9:00 pm  $169/Sr $139

*no class Feb 22

French

#131  Basic Conversational French
We will send you on a make-believe trip to France and you will learn to hold a conversation in French from the airport to your hotel, from taking a metro (subway) to getting your rental car serviced. We’ll discuss the names of French dishes and how to order them. You’ll be able to ask for directions to the cinema and museums. (Instructor, Nell Mednick)

10 Sessions  Jan 26-Apr 6*  SHS Room 2046
000Wednesday 7:00-9:00 pm  $159/Sr $135

*no class Feb 23

#865  French ~ Intermediate
We will continue with the second half of book 1, study the most commonly used tenses, learn French idioms and expressions. We will visit various French regions and learn about their culture and you will have the opportunity to test yourself with the help of interactive quizzes. (Instructor, Nell Mednick)

10 Sessions  Jan 24-Apr 4*  SHS Room 2046
Monday 7:00-9:00 pm  $159/Sr $135

*no class Feb 21

No registration fee if you register online.

Languages

www.westportcontinuinged.com  203•341•1209  conted@westport.k12.ct.us
#134 Italian ~ Level 1
This is a beginning course in Italian. Emphasis is on comprehension, core vocabulary, grammatical structure and elementary conversation. No previous knowledge of Italian is required. (Instructor, Bill Vuono)
10 Sessions Jan 26-Apr 6* SHS Room 1047
Wednesday 7:00-9:00 pm $159/Sr $135
*no class Feb 23

#143 Basic Italian ~ Parla italiano? Si, un poco!
Do you speak Italian? Yes, a little!
Come learn basic Italian and acquire a solid foundation of Italian language grammar and the ability to communicate in short, grammatically correct sentences. Role plays, individual and group activities will reinforce and speed up the learning process. "Il Mio Libro d’Italiano", first volume, the book used in class, was created by Lingua e Cucina™. Non-refundable book fee of $25 is included. Sign up and have fun while learning Italian! (Instructor, Lee DeMilo)
10 Sessions Jan 24-Apr 4* Monday 10:00 am-12:00 noon $184/Sr $160
*no class Feb 21
Location is 1 Canal Street, Westport (Westport Public Schools – Facilities Building)

#142 Intermediate Italian ~ Parla bene l’italiano?
Si, abbastanza bene! Do you speak Italian well? Yes, quite well!
If you understand the basic foundation of Italian language grammar, then sign up to build more advanced grammar skills, especially the use of verbs. Enjoy the fun of speaking the language through various activities while elevating your comprehension skills and developing a more advanced and sophisticated communication style. "Il Mio Libro d’Italiano", second volume, the book used in class, was created by Lingua e Cucina™. Non-refundable book fee of $25 is included. (Instructor, Lee DeMilo)
10 Sessions Jan 25-Apr 5* SHS Room 1047
Tuesday 7:00-9:00 pm $184/Sr $160
*no class Feb 22

#146 Advanced Italian ~ Parlo benissimo l’italiano!
E lei?
This course is designed for students who wish to review and apply their knowledge of Italian language grammar along with the completion of the use of all the moods of verbs. Through conversations and discussion of topics from notizie, attualita, arte, letteratura, articoli di giornale, libri, film, and critica, you will perfect your grammar skills and personal communication style. "Il Mio Libro d’Italiano", third volume, the book used in class, was created by Lingua e Cucina™. Non-refundable book fee of $25 is included. (Instructor, Lee DeMilo)
10 Sessions Jan 24-Apr 4* SHS Room 1047
Monday 7:00-9:00 pm $184/Sr $160
*no class Feb 21

#144 Italian for Tourists ~ Mi scusi, mi sa dire dov’è…? Pardon me, can you tell me where is…?
Whether you have already visited Italy, are about to or dream to, this course is for you! Experience and enjoy this imaginary trip to Italy right here at home! This fun course focuses on practicing the most common and useful Italian chit-chat through role plays in everyday situations—shopping, ordering food, renting a car, etc. No grammar! Just talking! No previous knowledge of the Italian language is required! Sign up soon and add more zest to your next Italian vacation or just enjoy the excitement of being able to speak Italian. "L’Italiano Per il Turista", the book used in class, was created by Lingua e Cucina™. Non-refundable book fee of $25 included. (Instructor, Lee DeMilo)
10 Sessions Jan 27-Apr 7* SHS Room 1047
Thursday 7:00-9:00 pm $184/Sr $160
*no class Feb 24
Lee DeMilo is a native Italian with a cultural and educational background acquired both in Italy and in the U.S. See our website for more information about Lee and Lingua e Cucina™ or visit www.linguaecucina.com

#147 Impariamo i verbi italiani!
Let’s learn the Italian verbs!
Solo verbi! Just verbs! This new and challenging Italian language course has been designed specifically for those students who wish to learn how to structure sentences in Italian with the correct use of verbs – conjugations, tenses and moods. Both written and oral formats, along with reading and conversations, will allow you to perfect your speaking skills of one of the most romantic languages in the world. (Instructor, Lee DeMilo)
10 Sessions Jan 25-Apr 5 (no class Feb 22)
Tuesday 10:00 am-12:00 noon $184
Location is 1 Canal Street, Westport (Westport Public Schools – Facilities Dept. Building)

#148 Italian, Language and Culture
For those of you who have had some prior exposure to the Italian language, the focus of this class will be to instill love, interest and curiosity for Italy, its ancient history and culture. With this in mind, you will be taught how to think and speak in Italian. Through lively interactions, and a full immersion into Italian life with the support of various media, you will find this experience fun and rewarding. (Instructor, Edda Gusman)
10 Sessions Jan 26-Apr 6 (no class Feb 23)
Wednesday 9:30-11:30 am $169
Location is 1 Canal Street, Westport (Westport Public Schools–Facilities Dept. Building)
**#143 Fundamentals of Investing**
Before you invest your money, you should know what you are buying and why you are buying it! Through discussion and class materials, we will demystify the world of investing. You will come to understand the meaning of cash equivalents, bonds, stocks, mutual funds, and annuities, and how each category can work for you. This is an excellent course for learning about the basic asset classes and simple strategies for a lifetime of investing.
(Instructor, Brenda Catugno)

2 Sessions  Mar 22 & 29  SHS Room 1052
Tuesday  7:00-8:30 pm  $29/Sr No Fee

Brenda Catugno, ChFC, CASL, is a Vice President – Investments with Chase Investment Services Corp. in Westport. She specializes in comprehensive financial planning and portfolio management and offers a wide variety of solutions to meet clients needs. She has been teaching this course with us for 11 years.

**#174 Passport to Retirement in an Uncertain Economy**
Worried about when - or if - you can retire? Concerned over your current investments performance? This comprehensive educational workshop will help you get answers to important questions: How much retirement money will I need? How should I be invested given market volatility? How can I better manage my taxes? What can I do to preserve my estate for my heirs? A local estate-planning attorney will address the class in session two. A 140-page retirement workbook and a personalized retirement plan are included. (Instructor, Greg Rodiger)

2 Sessions  May 4 & 11  SHS Room 1052
Wednesday  7:00-9:00 pm  $39

Greg Rodiger is a Certified Financial Planner with The Connecticut Group in Westport. He has a master’s degree in financial planning, is listed in “Who’s Who in Business and Industry,” and has over 20 years of advisory experience. He has been teaching this course with us for over 9 years.

**#162 Estate Planning**
This is a detailed seminar on estate planning techniques and estate administration, with an emphasis on reducing or avoiding transfer taxes and maximizing lifetime wealth. There will be an in-depth review of federal and state transfer tax laws, including what "repeal" means and what changes in the law we may see. Learn about the probate process and avoiding probate, how wills and trusts are used in estate planning, how to plan for incapacity, and the importance of re-titling assets and updating beneficiary designations. Class will also include retirement assets, gifting, Medicaid, life insurance, sophisticated planning, and more! Case studies will be included.
(Instructor, Patricia R. Beauregard, Esq.)

3 Sessions  Feb 2-16  SHS Room 1055
Wednesday  7:00-9:00 pm  $59/Sr $39

Patricia R. Beauregar is a partner at Pullman & Comley, LLC in the Trusts & Estates department. Her practice includes estate and tax planning, wills, trusts, probate, estate administration, trust administration, and tax exempt law, including formation of charitable entities.

**#196 Legal Documents: an Explanation of Documents that can Affect your Estate**
Will; Living Will; Power of Attorney; Health Care Agent; Conservator; Guardian; Revocable Trust; Living Trust; Irrevocable Trust. Confused? What are these documents? Who needs them? Do you need them? You will learn what each document is used for, understand the differences between them and recognize which one(s) are important to have to protect your assets. (Instructor, Victoria Koch)

Tuesday • Feb 15  7:00-9:00 pm  SHS Room 1036  $29

Victoria Koch, an attorney with an office in Fairfield, specializes in Elder Law, Real Estate, Estate Planning and Probate.

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**Money Matters**

*NOTE: Our instructors are hired to teach general concepts to groups of students, not to provide specific investment advice to individuals. Students should consult their own financial advisor or attorney before making any investment decisions based on specific examples used by our instructors.*

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**Register Early!**

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, it may be cancelled.

So please register early!

Want to teach a class for us?
Complete a course proposal packet at our website:
www.westportcontinuinged.com
#238  **Beginning Guitar**

The benefits of learning to play a musical instrument are well documented. You may already have a guitar in the house. Now you can learn what you need to get started — tuning, rudimentary technique and understanding of music notation and tablature — using familiar songs to make learning fun! Participants supply their own instrument (left-handed guitars are recommended for left-handed players) (Instructor, Gene Pino)

<table>
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<tr>
<th>Sessions</th>
<th>Mar 1 - Apr 5</th>
<th>BMS Room 210</th>
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<tr>
<td>Tuesday</td>
<td>8:00 - 9:00 pm</td>
<td>$199</td>
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Gene Pino studied under Chuck Wayne and Linc Chamberland, attended Berklee College of Music and The Manhattan School of Music. He teaches private lessons in his Westport Studio, has been teaching guitar for 30 years and has been teaching with us for 10 years. One grad of the prestigious University of Miami School of Music says, “Gene Pino is..... by far the best teacher player, and mentor of all of them.”

#240  **Guitar II**

In this continuation of Beginning Guitar, you will be playing songs in various styles and applying aspects and techniques started in Beginning Guitar including music notation, tablature, hand position technique, strumming, finger-picking, flat-picking, rhythms and chords. Open to students who have played in the past and would like to restart their interest and to previously enrolled participants who enjoy playing in a group with other guitar enthusiasts and would like to review and pick up a few tips. Participants supply their own instrument. (Instructor, Gene Pino)

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<tr>
<th>Sessions</th>
<th>Apr 26 - May 31</th>
<th>SHS Room 460</th>
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<tr>
<td>Tuesday</td>
<td>8:00 - 9:00 pm</td>
<td>$119</td>
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#242  **Brazilian Reggae Cardio Workout**

This is a great dance workout — the energetic music will inspire you! Sandy will warm you up, break down the moves, go over each step many times with music, add on and go from the top. It is so much fun you won’t even realize you are working out. A class not to miss! Bring water and a towel.

(Instructor, Sandy Adamczyk)

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<tr>
<th>Sessions</th>
<th>Jan 25 - May 3</th>
<th>2nd Floor Mezz.</th>
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<tr>
<td>Tuesday</td>
<td>6:30 - 7:45 pm</td>
<td>$255</td>
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*Sno class Feb 15, 22 or Apr 19

Sandy is an experienced, award winning professional dancer and dance instructor. She is dedicated to sharing the joy, energy and cultural beauty of dance.

#283  **Acting**

Join actor-writer-director-teacher Melody James in a relaxed, confidence-building, fun environment where you will exercise your imagination and the “magic IF” of acting. Experienced students mix with those new to acting. Enjoy tackling text and characters you always wanted to try in monologues and scene study. Exercise essential onstage skills of living “in the moment” with honest engagement. We’ll cover voice and movement warm-ups, sensory awareness, improvisation, playing objectives, approach to script and characterization. Come stretch your expressiveness, spontaneity and communication skills. (Instructor, Melody James)

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<tr>
<th>Sessions</th>
<th>Jan 27 - Apr 7</th>
<th>BMS Room 210</th>
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<tr>
<td>Thursday</td>
<td>7:00 - 9:00 pm</td>
<td>$199</td>
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*No class Feb 24

Melody James has taught theater at Vassar, Fordham, Muhlenberg, Housatonic Community College, and Playmaking Workshops throughout the USA, France, Mexico, and Canada. As a veteran company member of the Tony & Obie winning San Francisco Mime Troupe and New York’s award-winning Modern Times Theater, Ms. James brings experimental and political theatre techniques along with more traditional experiences with stage, film, and TV to the joy of acting and making theater for our times.

#951  **Ballroom Dancing for Everyone!**

The exciting class offers something for everyone. Learn fast dances, slow dances and Latin dances, like tango, swing, salsa and hustle. Perfect for any ability level. Dancing is great exercise and a proven mood lifter. Couples and singles welcome. The only requirement is come ready to dance and have fun! Smooth soled shoes are recommended.

(Instructors, Michael and Nicole Stavola)

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<tr>
<th>Sessions</th>
<th>Feb 2 - May 4</th>
<th>2nd Floor Mezz.</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>7:00 - 7:45 pm</td>
<td>$180</td>
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*No class Feb 23 or Apr 20

Location is Scandinavian Club – 1351 South Pine Creek Road, Fairfield CT

Michael and Nicole Stavola are the directors of Ballroom Dancesport and CT Kids Dance. They are professionally certified and have been dancing, teaching and competing in ballroom for over 30 years. Visit www.ballroomdancesportct.com for more information about the instructors.

#952  **Ballroom Cardio Class**

Let’s get moving! Dance your way into shape with this fun and effective class designed to use the basic steps of ballroom dance and Latin motion to get your heart pumping, strengthen core muscles and increase flexibility and control. All ability levels welcome. No partner needed.

(Instructors, Michael and Nicole Stavola)

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<tr>
<th>Sessions</th>
<th>Feb 2 - May 4</th>
<th>2nd Floor Mezz.</th>
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<tr>
<td>Wednesday</td>
<td>6:15 - 7:00 pm</td>
<td>$180</td>
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*No class Feb 23 or Apr 20

Location is Scandinavian Club – 1351 South Pine Creek Road, Fairfield CT

See Belly Dancing p 13 and Zumba p 14
### #131 Intro to PC Essentials
Have you had limited exposure to computers or want to improve your skills? In addition to learning the basics of understanding the Windows operating system (XP, Vista, 7), you will learn word processing basics, how to locate, name, and store files, how to load pictures from your digital camera onto a PC, and increase your comfort level with Internet/email by learning shortcuts and about useful websites. (Instructor, Alan Weaver)

3 Sessions 6:30-9:30 pm SHS Room 2034 $109

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<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>Feb 1-15</td>
<td>SHS Room 2034</td>
<td>$109</td>
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<tr>
<td>Thursday</td>
<td>May 5-19</td>
<td>SHS Room 2034</td>
<td>$109</td>
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Alan Weaver has been teaching technology, computer, and Photoshop classes for Westport Continuing Education for 14 years. Mr. Weaver’s business, the big picture, provides computer training in Microsoft Office and Photoshop products, and website design and marketing plans for small and medium sized businesses. Mr. Weaver is an adjunct professor at Housatonic Community College where he teaches computer and business courses.

### #121 Intro to MAC Operating System
Learn to use your Macintosh computer more efficiently and increase your productivity. Learn about the operating system, keyboard, desktop navigation, the internet, editing text, fonts, special characters, maintenance, viruses, keyboards, monitors, disks, sound and more. Prerequisite: familiarity with the keyboard.

5 Sessions March 2-30 SHS Room 1029 Wednesday 7:00-8:30 pm $89

### #135 Your Laptop
Computer or Netbook and you!
Discover what your laptop can do for you! Learn about the basic parts of the laptop, what all the buttons, sockets and slots are for, how to store your laptop, and how to connect to the internet. Bring your laptop and power cord to class. Class will cover laptops other than MACs.

(Instructor, Alan Weaver)

Tuesday • May 10 6:30-9:30 pm SHS Room 2034 $69

### #137 Quickbooks Pro 2006: Basics
Learn the fundamentals of QuickBooks Pro: how to setup a company, create accounts, do invoicing, enter and pay bills, and generate reports. This course is designed for the person who has not used QuickBooks Pro and has minimal accounting knowledge. The course will thoroughly cover the basics and be paced for the beginner. Classes will be taught on PCs.

4 Sessions March 8-29 SHS Room 1033 Tuesday 7:00-9:00 pm $159

### #117 Quicken 2009
With Quicken you can track your personal finances and organize your records: checking, savings, investments, loans, credit cards, and liabilities. Online banking, which is unique to each person, will also be discussed in general terms – class time and privacy issues do not allow for individual set-up of your accounts. Prerequisite: a basic understanding of the PC and understanding of paper based tracking of bank accounts and bank reconciliation. Classes will be taught on PCs.

3 Sessions April 6-27* SHS Room 1033 Wednesday 7:00-9:00 pm $179

*no class Apr 20

### #062 Launching a Website
For those of you who have a website or are considering creating one, we will discuss the processes including do-it-yourself or hiring a professional. If you want to do it on your own, learn about software and the skills you need to know. If hiring a firm, learn about the advantages and disadvantages of local freelancers, and local and off shore businesses. Learn about the value of SEO (search engine optimization). Class will be taught on PCs.

(Instructor, Alan Weaver)

Tuesday • Apr 12 6:30-9:30 pm SHS Room 2034 $69

### #060 Optimize Your Website – Increase Traffic and Effectiveness
Discover what does and does not work on your website. Tips will be provided to increase visibility in Google. Learn how to develop content that is picked up by the search engines and how to embed a gmail account into your website. Google Analytics and many other topics such as LinkedIn and email campaigns will be discussed. Fluency in html or any web authoring program is not required. Class outline is on our website. Class will be taught on PCs.

(Instructor, Alan Weaver)

2 Sessions May 18 & 25 SHS Room 2034 Wednesday 6:30-9:30 pm $89

### #911 Google and Beyond
Although nearly everyone has used this website, there is a lot more to Google than meets the eye. Learn techniques to improve your research. Discover many of the hidden features including word processing, spreadsheets, maps, and photo retouching. Learn which features should be avoided. Discover how you can analyze and improve traffic to your website. Discover other search engines that are less overwhelming. Prerequisite: familiarity with the keyboard and the Internet.

(Instructor, Alan Weaver)

Monday • Apr 11 6:30-9:30 pm SHS Room 1033 $49
#013 MS Excel 2003
Learn to design useful spreadsheets for business and home use and how to create formulas as well as format and learn basic database features as you sort lists. With the formulas, you will learn math, financial, and statistical functions. Learn how to create and customize charts. Other topics include mastering absolute references, formulas, and functions including financial, logical, lookup, linking and embedding data with other programs. Learn how to create templates. **Skills learned in this class are transferable to newer editions of the software.** **Prerequisite:** competency with the mouse and the keyboard. **Classes will be taught on PCs.**
(Instructor, Alan Weaver)
3 Sessions Mar 14-28 SHS Room 1033 Monday 6:30-9:30 pm $145

#014 MS Excel II 2003
Work with more complex formulas, learn how to manage large sheets of data in sorting and filtering, how to use shortcuts with large amounts of data, and how to link Excel files together. Learn how to track errors, work with time functions, multi-level if statements and more. Feel free to bring files to class on a flash drive so we can discuss student’s specific needs. **Skills learned in this class are transferable to newer editions of the software.** **Prerequisite:** knowledge of formulas and absolute references in Excel. **Classes will be taught on PCs.**
(Instructor, Alan Weaver)
2 Sessions May 2 & 9 SHS Room 1033 Monday 6:30-9:30 pm $99

#149 Word 2003 For Windows – Intermediate (Desktop Publishing) **NEW**
Once you have mastered the basics of MS Word, you are ready to refine your skills. Learn how to work with mail merge, data files and MS Outlook to create mass mailings, form letters, labels and envelopes of all sizes. Create and enhance flyers, reports and newsletters with WordArt and clipart. Learn how to create borders and shading; fonts, symbols, and bullets; headers and footers; custom tabs; tables; columns; inserting and resizing photos and images; text wrapping; and interface with MS Excel and PowerPoint. **Skills learned in this class are transferable to newer editions of the software.** **Prerequisite:** understanding of the basics of Word. **Classes will be taught on PCs.**
(Instructor, Don Kubie)
4 Sessions Mar 21-Apr 11 SHS Room 2034 Monday 7:00-9:00 pm $129

#619 Basic Photoshop
For photographers, hobbyists, and those who want to work with digital images. Through studio experience, hands-on work, and lecture, we'll explore the ins and outs of Adobe Photoshop. Topics include: selections and project montage, layer management, scans (reflective, transparent), image manipulation, retouching, and keyboard shortcuts. **Classes will be taught on PCs.**
(Instructor, Craig Burry)
5 Sessions Feb 10-Mar 17* SHS Room 1033 Thursday 7:00-9:00 pm $189
*no class Feb 24

Craig Burry is a freelance art director and owner of Cat and Mouse Design Group. He has been teaching for Westport Continuing Education for more than 7 years.

#890 Intermediate/Advanced Photoshop
Explore the complexities of digital retouching, filtering, and enhancing your photos! Learn how to eliminate scratches, blemishes, and red eye. Learn dodge, burn, saturation, adjustment levels, and curves. We’ll cover backgrounds, cropping, gradations, silhouettes, and low key, mid key, and high key. Learn how Bitmaped images and Pixels compare to halftone screening. Learn important functions, tools, methodology, and vocabulary, in applying Photoshop to your field of interest. **Prerequisite:** basic understanding of Photoshop. **Classes will be taught on PCs.**
(Instructor, Craig Burry)
5 Sessions Mar 31-May 5* SHS Room 1033 Thursday 7:00-9:00 pm $199
*no class Apr 21

#626 Introduction to Photoshop Elements
For photography novices or those on a limited budget, this highly rated and inexpensive program is ideal. Learn the basics to improve photos: adjusting color, removing red eye, cropping, working with and creating layers, and adding special effects. Printing methods, types of papers, and types of printers will be discussed. **Skills learned in this class apply to any level of the program you may own.** You may bring your own laptop that has Photoshop Elements installed on it, along with your mouse, or use our computers. **Prerequisite:** ability to work with a mouse. **Classes will be taught on PCs.**
(Instructor, Alan Weaver)
3 Sessions May 17-31 SHS Room 1033 Tuesday 6:30-9:30 pm $145
Westport Continuing Education has partnered with ed2go to offer a wide range of highly interactive courses that you can take entirely over the internet.

Our online courses are affordable, fun, fast and convenient. All of the courses are taught by expert instructors. Take courses from the comfort of your home or office at the times that are most convenient for you. You can ask questions and give or receive advice at any time during the course. Upon successful completion of the course, you will be able to download a certificate of completion.

Among the categories of course offerings are:
- Computer Applications
- The Internet
- Networking
- Web Page Design
- Graphic Design
- Career Ideas
- Personal Finance
- Personal Enrichment
- Arts/Music
- Writing & Publishing
- ... and much more!!

For more information about our online course offerings, visit our website at www.westportcontinuinged.com and click on the ed2go link.

Westport Center for Senior Activities • 21 Imperial Avenue

Please visit us online at: www.westportct.gov

Center Hours:
Monday – Friday 8:30 am – 4:30 pm
Thursday 8:30 am – 8:00 pm
Saturday 8:30 am – 12:30 pm

Among the courses taught at the Center are:
- Computer Class Offerings – Absolute Beginner, Word, Introduction to Email, Excel, Using a Scanner, PowerPoint, Intro to eBay, Intro to Digital Photography, Intro to the Internet, Searching on the Internet, Photoshop Elements, Using Technology to Manage Investments, Mail Merge, Google and more
- Sunday Socials
- Movies with dinner
- Mind-Body-Spirit, Health & Healing
- Culinary Classes
- Yoga & Pilates
- Foreign Language Instruction
- Watercolor, Sculpture, Beading, Stained Glass
- Fitness Center, Strength Training, Aerobic Chair, Pilates
- Support Groups, Blood Pressure & Hearing Screening
- Meditation, Tai Chi, Yogalates
- Saturday Socials
- Botanical Watercolor Techniques
- Drawing/Watercolor
- Dance & Stretch
- Current Events
- Let’s Talk
- Nutrition Education
- Yogalates
- Core Strength Training
- College Level Courses

ALL CLASSES require pre-registration and will be filled on a first come basis.

TO REGISTER call 203•341•5099
Registration begins Dec 13
Classes begin Jan 3

Please visit us online at: www.westportcontinuinged.com
203•341•1209
conted@westport.k12.ct.us
KID’S CLASSES follow the Westport Public School calendar.
Our classes do not meet on Westport Public School Holidays, Staff Development Days, or Shortened School Days.
Unless otherwise noted,
elementary students do not have classes during teacher conferences, T., W. & Th., Apr 12, 13, 14

PLEASE MARK CLASS DATES ON YOUR CALENDAR!
Note that dates listed below do not take into account any unforeseen school closings.

PLEASE BE PROMPT IN PICKING UP YOUR CHILD TO AVOID LATE FEES
Please understand that our instructors have commitments after class.
Late fees will apply for children picked up more than 5 minutes after class.
Late fees are: $10 for 5 minutes after class; $20 for each 15 minute increment thereafter.

#836  Sports and Homework Clubs (Gr. 2-5)
Are you looking for fun and excitement after school? This is the club for you! Benefit from teacher directed homework/tutoring sessions and enjoy an hour of fun filled sports and activities! Play sports and activities such as basketball, soccer, flag football, wiffleball, kickball, capture the flag and much more! Gain a strong sense of satisfaction and achievement in a non-competitive atmosphere. Develop physical skills, complete your homework, meet new friends and have fun participating! Be a part of our team this school year!

When you register for a 4 week session, please select the three letter school code and the # code for the session you want.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>KHS</td>
<td>3:25-5:00 pm</td>
<td>$99</td>
<td>Carol Dalton</td>
</tr>
<tr>
<td>SES</td>
<td>3:05-5:00 pm</td>
<td>$115</td>
<td>Daniel Barbiero</td>
</tr>
<tr>
<td>GFS</td>
<td>3:05-5:00 pm</td>
<td>$115</td>
<td>Melanie Carroll</td>
</tr>
<tr>
<td>LLS</td>
<td>3:25-5:00 pm</td>
<td>$99</td>
<td>Andrew McLoughlin</td>
</tr>
<tr>
<td>CES</td>
<td>3:40-5:00 pm</td>
<td>$79</td>
<td>Lauren Pedrotty or Mandy Pun</td>
</tr>
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</table>

Tuesday – available at
KHS Room 32 & Gym (Carol Dalton)
SES Room 153 & Gym (Andrew McLoughlin)
GFS Room 204 & Gym (Courtney Krzyzek)
CES Library & Gym (Lauren Pedrotty or Mandy Pun)

#836a  Jan 11-Feb 1
#836b  Feb 8-Mar 8 (no class Feb 22)
#836c  Mar 15-Apr 5
#836d  Apr 26-May 17
#836e  May 24-June 14

Wednesday – available at
KHS Room 32 & Gym (Carol Dalton)
SES Room 153 & Gym (Daniel Barbiero)
LLS Room 9 & Gym (Melanie Carroll)

#836f  Jan 12-Feb 2
#836g  Feb 9-Mar 9 (no class Feb 23)
#836h  Mar 16-Apr 6
#836i  Apr 27-May 18
#836j  May 25-June 15

Thursday – available at
KHS Room 32 & Gym (Carol Dalton)
SES Room 153 & Gym (Andrew McLoughlin)
GFS Room 204 & Gym (Jon Herbst or Sarah Stefans)
LLS Room 9 & Gym (Melanie Carroll)
CES Library & Gym (Lauren Pedrotty or Mandy Pun)

#836k  Jan 13-Feb 3
#836l  Feb 10-Mar 10 (no class Feb 24)
#836m  Mar 17-Apr 7
#836n  Apr 28-May 19
#836o  May 26-June 16

#840  Just Sports (Gr. 2-5)
Wondering what to do after school on Fridays? Come join us for TWO hours of sports and activities! Participate in games such as proball, pirates gold, sink the ship, crossover, pinball, basketball, wiffleball, team handball, kickball, tag games, scooters, volleyball, badminton and floor hockey and much more! Make new friends and have fun in an environment that is safe. All sports and activities are taught by a certified Physical Education teacher. (Instructor, Andrew McLoughlin)

<table>
<thead>
<tr>
<th>Code</th>
<th>Date Range</th>
<th>Location</th>
<th>Instructor(s)</th>
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<td>3:00-5:00 pm</td>
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<tr>
<td>#840b  Feb 18-Mar 18 (no class Feb 25)</td>
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NEW

www.westportcontinuinged.com  (203) 341-1209  conted@westport.k12.ct.us
**Tennis**

**Kindergarten Tennis**
Learn tennis the way we all wish we had! Basic eye-hand coordination, ball handling, court familiarity, movement/agility, general physical fitness, and pre-tennis exercises just for kids. These skills apply to most sports. Taught by instructors with training in “pre-tennis fun” for kindergarten aged children. (Instructor, Connie Goodman)

**WINTER**

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<tr>
<td>#828a</td>
<td>Tuesday</td>
<td>Jan. 4-Feb. 15</td>
<td>4:00-5:00 p.m.</td>
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<tr>
<td>#828b</td>
<td>Thursday</td>
<td>Jan. 6-Feb. 17</td>
<td>4:00-5:00 p.m.</td>
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**EARLY SPRING**

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<td>Tuesday</td>
<td>Mar 8-Apr 12*</td>
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<tr>
<td>#828d</td>
<td>Thursday</td>
<td>Mar 10-Apr 14**</td>
<td>4:00-5:00 pm</td>
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*Tennis will be held Apr 12
**Tennis will be held Apr 14

**LATE SPRING**

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<tbody>
<tr>
<td>#828e</td>
<td>Tuesday</td>
<td>Apr 26-June 7</td>
<td>4:00-5:00 pm</td>
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<tr>
<td>#828f</td>
<td>Thursday</td>
<td>Apr 28-June 9</td>
<td>4:00-5:00 pm</td>
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</table>

**Tennis for Grades 1-8**
Learn the basic fundamentals: proper grips, forehand, backhand, serve, volley, rules and etiquette. Bring your own racquet. Low student/teacher ratio. Teaching pro Connie Goodman is a USPTR instructor and CT licensed coach whose enthusiasm for the game is contagious.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Sessions</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tr>
<td>#321A2</td>
<td>1-2</td>
<td>6</td>
<td>Mon, Jan 3-Feb 14*</td>
<td>4:00-5:00 pm</td>
<td>GFS Gym</td>
</tr>
<tr>
<td>#321A3</td>
<td>3-5</td>
<td>6</td>
<td>Mon, Jan 3-Feb 14*</td>
<td>5:00-6:00 pm</td>
<td>GFS Gym</td>
</tr>
<tr>
<td>#321B2</td>
<td>1-2</td>
<td>7</td>
<td>Wed, Jan 5-Feb 16</td>
<td>4:00-5:00 pm</td>
<td>SES Gym</td>
</tr>
<tr>
<td>#321B3</td>
<td>3-5</td>
<td>7</td>
<td>Wed, Jan 5-Feb 16</td>
<td>5:00-6:00 pm</td>
<td>SES Gym</td>
</tr>
<tr>
<td>#321C1</td>
<td>6-8</td>
<td>6</td>
<td>Fri, Jan 7-Feb 18**</td>
<td>3:00-4:00 pm</td>
<td>BMS Gym</td>
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<tr>
<td>#321C2</td>
<td>1-2</td>
<td>6</td>
<td>Fri, Jan 7-Feb 18**</td>
<td>4:00-5:00 pm</td>
<td>BMS Gym</td>
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<tr>
<td>#321C3</td>
<td>3-5</td>
<td>6</td>
<td>Fri, Jan 7-Feb 18**</td>
<td>5:00-6:00 pm</td>
<td>BMS Gym</td>
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<td>*no class Jan 17</td>
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<td>EARLY SPRING</td>
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<td>#323A2</td>
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<td>Mon, Mar 7-Apr 11</td>
<td>4:00-5:00 pm</td>
<td>GFS Gym</td>
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<td>GFS Gym</td>
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<td>6</td>
<td>Wed, Mar 9-Apr 13</td>
<td>5:00-6:00 pm</td>
<td>SES Gym</td>
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<td>#323C1</td>
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<td>Fri, Mar 11-Apr 15</td>
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<td>BMS Gym</td>
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<td>BMS Gym</td>
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<td>#323C3</td>
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<td>Fri, Mar 11-Apr 15</td>
<td>5:00-6:00 pm</td>
<td>BMS Gym</td>
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<td>*no class Jan 17</td>
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<td>LATE SPRING</td>
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<tr>
<td>#324A2</td>
<td>1-2</td>
<td>6</td>
<td>Mon, Apr 25-June 6*</td>
<td>4:00-5:00 pm</td>
<td>GFS Gym</td>
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<tr>
<td>#324A3</td>
<td>3-5</td>
<td>6</td>
<td>Mon, Apr 25-June 6*</td>
<td>5:00-6:00 pm</td>
<td>GFS Gym</td>
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<tr>
<td>#324B2</td>
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<td>7</td>
<td>Wed, Apr 27-June 8</td>
<td>4:00-5:00 pm</td>
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<td>5:00-6:00 pm</td>
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<td>#324C1</td>
<td>6-8</td>
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<td>Fri, Apr 29-June 10</td>
<td>3:00-4:00 pm</td>
<td>BMS Gym</td>
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<td>Fri, Apr 29-June 10</td>
<td>4:00-5:00 pm</td>
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<td>#324C3</td>
<td>3-5</td>
<td>7</td>
<td>Fri, Apr 29-June 10</td>
<td>5:00-6:00 pm</td>
<td>BMS Gym</td>
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<td>*no class May 30</td>
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www.westportcontinuinged.com    (203) 341-1209    conted@westport.k12.ct.us
#306  TGA Premier Junior Golf (Gr. 1-2, 3 & up)
Learn how to play golf in a safe and fun environment. Learn swing fundamentals along with basic rules and etiquette. This TGA Golf Enrichment Program is designed to develop each child’s passion for golf while developing and improving their motor skills and coordination, helping with focus and concentration, and boosting self confidence. All golf equipment is provided including softer practice balls. Over time TGA’s 5-level-program will advance children through all aspects of the game and prepare them to go out and play on the course. (Instructor, Total Golf Adventures (TGA) of Fairfield, http://fairfield.golftga.com)

WINTER  8 Sessions  $189
#306d Monday  Jan 24-Mar 28 (no class Feb 21, 28)  CES Gym  3:05-4:05 pm
#306e Monday  Jan 24-Mar 28 (no class Feb 21, 28)  CES Gym  3:40-4:40 pm
#306f Wednesday  Jan 26-Mar 23 (no class Feb 23)  LLS Gym  3:20-4:20 pm
#306g Friday  Jan 28-Mar 25 (no class Feb 25)  GFS Gym  3:05-4:05 pm

SPRING
Mon, 7 Sessions  $165  Wed & Fri, 8 Sessions  $189
#306h Monday  Apr 11-June 6 (no class Apr 18, May 30)  SES Gym  3:05-4:05 pm
#306i Monday  Apr 11-June 6 (no class Apr 18, May 30)  CES Gym  3:40-4:40 pm
#306j Wednesday  Apr 6-June 8 (no class Apr 13, 20)  LLS Gym  3:20-4:20 pm
#306k Friday  Apr 8-June 3 (no class Apr 22)  GFS Gym  3:05-4:05 pm

#303  Kempo Karate (Gr. 1-5)
Through highly successful teaching techniques that incorporate character building philosophies with traditional martial arts training methods, you will learn to understand and use martial arts to develop self discipline, self control, and respect for others. Learn a series of punches, kicks, and blocks in a fun yet controlled environment. Martial arts concepts will be used to build your confidence while improving your focus, self-discipline and respect for others. No contact or fighting involved. Wear comfortable clothes -- you will receive a white belt. Students will have option to purchase a GI (uniform pants and shirt for $42) and to test for belt advancement at the Kempo Academy of Martial Arts studio in Westport at the conclusion of the program (test fee is $45). All students must submit a completed waiver form to our office prior to the first class meeting; the form is available in our office and on our website (Instructor, Sensei Douglas DeBarger, Kempo Academy of Martial Arts www.kempoacademy.com)

10 Sessions  $139
#303e Monday  Jan 24-Apr 11 (no class Feb 21, 28)  KHS Gym  3:25-4:25 pm
#303f Tuesday  Jan 25-Apr 5 (no class Feb 22)  LLS Gym  3:25-4:25 pm
#303g Wednesday  Jan 26-Apr 6 (no class Feb 23)  GFS Gym  3:05-4:05 pm
#303h Friday  Jan 28-Apr 8 (no class Feb 25)  SES Cafeteria  3:05-4:05 pm

#886  Yoga (Gr. 6 & up)
Yoga promotes unification of the body and mind. You will gain strength, flexibility, balance and coordination. You will develop the ability to look within, think for yourself and trust the knowledge inside. Yoga will teach you patience, self-acceptance, breathing, relaxation and stress-relieving techniques. The classes will also help you build your confidence level, focus, concentration and self-esteem. (Instructors, Sandy Adamczyk at CMS, Maria Vailakis-Wippick at BMS)

12 Sessions  Jan 24-May 9*  CMS Room 211  Monday 2:45-3:45 pm  $175
*no class Feb 14, 21, 28, Apr 18

12 Sessions  Jan 26-Apr 27**  BMS Aux Gym  Wednesday 3:00-4:00 pm  $175
**no class Feb 23, Apr 20

#984  Badminton (Gr. 4 & up)
Come learn this fun and exciting fast paced Olympic sport. This is the real sport. Beginners to advanced players welcome. Meet and play with new friends, get exercise and have lots of fun. Sneakers and badminton racquets required. Racquets available if needed. (Instructor, Peter Bartush)
11 Sessions  Mar 16-June 1*  BMS Gym  Wednesday 4:30-6:00 pm  $99
*class will be held Apr 13; no class Apr 20

Bus transportation from CMS to BMS is available through the Norwalk Transit District. Call 852-0000 for bus information
**Arts and Crafts**

**#362 Fun with Art (Gr. 2-5)**
Come to the art room and let’s experiment! Using many different techniques and materials, but most importantly, your imagination, you’ll create unique works of art and sculpture to express yourself and have fun! Please bring an old shirt or smock and dress for mess! New and returning students are welcome – we’ll have new projects.

(Instructors, Sarah Martin at KHS; Mary Jo Lombardo at CES)

**#362a** 9 Sessions Jan 27-Mar 31 (no class Feb 24)
CES Room 19 $189

**#362b** 10 Sessions Jan 27-Apr 7 (no class Feb 24)
KHS Art Room $209

**#334 Young Sculptors (Gr. 3-5)**
Enjoy hand building and sculpting! We will be using a variety of hand techniques to make vases and other free form objects. There will be individualized instruction. Completed pieces will be fired and glazed. Limit 12. (Instructor, Mary Jo Lombardo)

9 Sessions Jan 25-Mar 29* CES Room 19 $209
Tuesday 3:30-5:00 pm
*no class Feb 22

**Dance**

**#328 Irish Step Dance (Gr. K-3)**
Learn the basic steps and techniques of Irish Step dancing in this introductory class for first time students as we dance to lively Irish music known as “reels” and “jigs”. Whether you wish to compete or to dance for the love of it, this beautiful art form is a great way for children to develop strength, coordination, rhythm and balance, as well as to learn something fun and unique. You can wear Irish dance shoes or ballet slippers, jazz shoes, socks or even bare feet will do!

10 Sessions Jan 31-Apr 25* LLS Auditorium $89
Monday 3:20-4:05 pm
*no class Feb 21, 28, Apr 18

**#400 Dancing for Kids (Gr. 4-5, 6-8)**
Ballroom dancing is for kids too! Dancing is a great activity to get kids moving, build self-confidence and make new friends. Not only is dancing fun but kids will discover teamwork, develop mutual respect, increase coordination and interact with peers. Optional performance opportunity at the end of session for your family and friends. Wear sneakers.

(Instructors, Michael and Nicole Stavola, directors of Ballroom DanceSport and CT Kids Dance)

12 Sessions Feb 4-May 6 (no class Feb 25, Apr 22)
Friday $180

**#400a** Gr. 4-5 GFS Music Room 3:20-4:20 pm
**#400b** Gr. 4-5 CES Cafeteria 3:35-4:35 pm
**#400c** Gr. 6-8 BMS Room 280 3:00-4:00 pm

**#451 Introduction to Mosaics (Gr. 2-5, 6-8)**
Create your own art mosaic using tiles. All materials including tile, grout, cutting tools, and tiling surfaces such as frames or mirrors will be provided. Cutting, shaping and patterns will be explained. No art or mosaic experience necessary! Non-refundable materials fee of $20 included. (Instructor, Sarah Martin)

4 Sessions $99

**#451a** Wednesday Jan 26-Feb 16
KHS Art Room 3:30-5:00 pm

**#451b** Wednesday Mar 9-30
CMS Room 231 2:30-4:00 pm

**#981 Acrylic Painting (Gr. 6 & up)**
“Every master knows that the material teaches the artist.” Ilya Ehrenberg (1892-1967) Every student should know that painting has its own set of unique characteristics. This course offers serious middle school students the opportunity to expand their knowledge of painting with acrylic paints. Students will learn about color mixing, painting techniques and processes, as well as creating artwork that draws upon their individual creativity. Materials included. (Instructor, Peter DiFranco)

8 Sessions Feb 1-Mar 29* BMS Room 272
Tuesday 3:00-4:30 pm $189
*no class Feb 22

**#981a** Friday Feb 4-May 6
12 Sessions Jan 26-May 4* SHS Cafeteria
Tuesday 6:00-7:00 pm $180
*no class Feb 22

**#1000 Ballroom Dancing for Teens (Gr. 9 & up)**
Would you like to dance like the stars? You don’t have to be a star to try. Meet new friends, get fit and have fun while learning to ballroom dance. Dancing helps overcome shyness, build confidence and improve overall health and wellness. Impress your friends at prom or your next formal with your new moves! Singles welcome. Optional performance opportunity at the end of session for your family and friends.

(Instructors, Michael and Nicole Stavola)

12 Sessions Feb 1-May 3* SHS Cafeteria
Tuesday 6:00-7:00 pm $180
*no class Feb 22, Apr 19

* Michael Stavola is a certified dance professional who has been dancing, teaching and competing in ballroom for over 30 years and Nicole Stavola is a professionally trained, certified dance instructor. Michael is responsible for ballroom dancing clubs at many local universities and colleges, and has brought his CT Kids Dance program for children to many schools throughout Connecticut. Visit www.ballroomdancesportct.com for more information.

www.westportcontinuinged.com (203) 341-1209 conted@westport.k12.ct.us
Enrichment

#330 Chinese for Children – Beginning
Join us and have an exciting time speaking and writing Chinese and learning about Chinese culture. Learn how to write characters, speak in Chinese, and about this rich culture through games, songs, and fun classroom handouts. The pronunciation system used is Hanyu Pinyin. This is the best time in your life to learn a new language! (Instructor, Yen-Ting Chi)

10 Sessions  Feb 8-May 3*  Tuesday
LLS Room 6  $165

#330a  Gr. K-3  3:30-4:30 pm
#330b  Gr. 4 & up  4:30-5:30 pm

*no class Feb 22, Apr 12, 19

#367 Writing Wizards Workshops (Gr. 1-2)
Come write your own stories and whole group stories. You’ll learn many strategies to become a better writing wizard. Some of the strategies will be brainstorming, revising, and editing your own special writing. The instructor will confer with students individually and in small groups to help build confidence as a writer. At the end of the workshop, you will have created your own writing portfolio! (Instructor, Jamie Pacuk)

6 Sessions  Feb 2-Mar 16*  CES Room 21
Wednesday  3:40-4:40 pm  $75

*no class Feb 23

#841 Junior Genie’s Magic Club ~ featuring Nisan Eventoff, internationally known Master Magician (Gr. 1-5)
Learn the secrets of the professional magician and experience the wonder of magic! In this critically acclaimed program, you’ll learn presentation skills, leadership skills, and speaking skills. You will build self-confidence and poise, improve body coordination and communication skills, and learn creative planning and stage presence. In addition, each week you will receive magic tricks and materials to take home with you! Any students repeating this class will receive new tricks to take home and will assist as magic aides for new students. A truly MAGICAL experience awaits you! Non-refundable materials fee of $60 included. (Instructor, Nisan Eventoff)

12 Sessions  $215

#841a  Wed  Jan 26-May 4 (no class Feb 23, Apr 13, 20)  CES Room 14  3:45-4:45 pm
#841b  Thur Jan 27-May 5 (no class Feb 24, Apr 14, 21)  LLS Room 1  3:30-4:30 pm

#318 Chess Class (Gr. 1-5)
For children who are ready and able to focus on chess in a structured setting.
Beginners will learn the rules, how to checkmate, see several moves ahead, and how to write down their moves. Advanced students will learn strategy, openings, endings, and the history of the game. Limited class size. (Instructors, National Educational Chess Association – Alex Eydelman, Sergey Kudrin, Sebastian Lazar)

WINTER  8 Sessions  $145

#318i  Mon  Jan 10-Mar 21  (no class Jan 17, Feb 21, 28)
LLS Cafeteria  3:20-4:20 pm

#318j  Wed  Jan 12-Mar 9 (no class Feb 23)
KHS Library  3:20-4:20 pm

#318k  Fri  Jan 21-Mar 18 (no class Feb 25)
SES Library  3:05-4:05 pm

SPRING  8 Sessions  $145

#318l  Mon  Apr 4-June 6 (no class Apr 18, May 30)
LLS Cafeteria  3:20-4:20 pm

#318m  Wed  Mar 23-May 25 (no class Apr 13, 20)
KHS Library  3:20-4:20 pm

#318n  Fri  Apr 1-May 27 (no class Apr 22)
SES Library  3:05-4:05 pm

#523 Math-Letes (Gr. 2-4)
Do you love math? Do you like games? Join the Math-letes! We will learn and play math games that will help us improve our math skills. (Instructor, Katie Bloom)

8 Sessions  Feb 3-Mar 31*  SES Room 159
Thursday  3:05-4:15 pm  $125

*no class Feb 24

#664 Drama Club (Gr. 2-5)
Do you like acting? Have you ever dreamed of performing in front of a live audience? Join the Drama Club! This session we will work together to create our own play! We will conclude our experience with a performance in front of our family and friends. (Instructor, Katie Bloom)

12 Sessions  Feb 1-May 10*  SES Cafeteria
Tuesday  3:05-4:35 pm  $169

*no class Feb 22, Apr 12, 19

February and April Vacation Adventures – see p 28
#522 Lego Computers – Learn with LEGO Build Series (Gr. 3-5)

If you like LEGOS or computers don’t miss this chance to become a LEGO Technical Engineer! You will build with LEGOS and program your creations through the computer. This class promotes teamwork, collaborative learning, strategic planning, and problem solving. Most of all, children will learn by using two of the things they like best: toys and computers. Bring a peanut free snack. Hope to see you on the mission. (Instructor, Jason Bedient)

5 Sessions 3:15-4:30 pm Monday SES Room 300 $55

#522a Intro to Basic ROBOlab Programming
Jan 24-Mar 7 (no class Feb 21, 28) $55

#522b Mars Explorer
Mar 21-Apr 25 (no class Apr 18) $55

#531 Catch the Scratch Fever (Gr. 3-5)

Have you wondered how designers create games and animated stories? Learn basic computer programming techniques and skills using Scratch, a program developed at MIT. Create your own animated stories or interactive games with this fun and user-friendly program. Catch the Scratch fever! Bring a flash drive to store your work. (Instructor, Michael Brownstein)

6 Sessions April 27-June 1 LLS Library Lab Wednesday 3:30-5:00 pm $92

#663 Lights, Camera, Action! (Gr. 4-6)

Learn how to create your own movies using video cameras and iMovie software. Our lessons on lighting, camera angles, sound and editing will give you the tools you need to create a movie from script to final production. All materials will be provided. Enrollment is limited. (Instructors, Barbara Eilertsen and Becky Laus)

8 Sessions Feb 2-Mar 30* LLS TV Studio Wednesday 3:30-4:30 pm $99

*no class Feb 23

#850 Exercise for Learning (Gr. 6-8)

Exercising the body exercises the brain. Research has shown time and again that students participating in an exercise program before school have all experienced significant gains in their reading ability and comprehension as well as improvement in math and other courses. Starting your day with physical workouts helps to wake up your brain. This class will help students find fun and exciting ways to exercise their bodies before school so that their brains are ready to learn! Wear comfortable PE clothes. (Instructor, Jeff Doornweerd)

2 weeks Mon-Fri CMS Gym 6:45-7:30 am $60

#850a March 21-April 1

#850b April 4-15

#270 Cooking Adventures II (Gr. 6-8)

Learn about basic kitchen skills, kitchen equipment, and cooking techniques. On the menu will be breakfast, lunch, and dinner foods. We will also do some baking – participant ideas are welcome. Classes will be hands on as we introduce new techniques and build upon past skills. New participants will fit right in as you learn many new recipes. Please note the kitchen contains nut products although they are not a part of our menus. (Instructor, Barbara Rourke)

6 Sessions March 4-Apr 8 SHS Room 184 Friday 3:15-5:15 pm $225

Barbara Rourke teaches family and consumer science in Stratford. She loves teaching students to cook and to be creative in the process.

Please Note: The classrooms/kitchens where our cooking classes are held are NOT food allergy free classrooms/kitchens. Nuts, shellfish, etc. are used frequently.

#130 Cooking with Parents and Kids (Children ages 7 & up)

Spend a Saturday morning on a culinary adventure with your child! Work with your child to create healthy recipes from scratch. Have fun working in a professional equipped kitchen. Learn new skills and recipes together. Please note that some of the dishes may contain dairy and nuts. (Instructor, Theresa Maraglino)

Saturday SHS Room 182 $99 per class/Parent & Child

#130a Working with Puff Pastry – Feb 12
(snow date March 5) 9:30-11:30 am

#130b Soup and Sandwich – March 12
(snow date March 19) 11:30 am-1:30 pm

#130c Pasta from Scratch – April 9 11:30 am-1:30 pm

See our website for more information about the foods that will be prepared each day.

Theresa Maraglino is a Culinary Arts teacher at Stratford High School.
#369 Study Skills/Organization Course (Gr. 6-8)
Gain an understanding of the importance of good organization and study skills. After assessing your current study skills and organization habits, you will learn how to keep your materials, notes, homework, and binders organized. Learn strategies to help break down long-term projects, prepare for midterms, create a personalized study routine, and plan out your time, so you can be successful throughout the year!
(Instructor, Jamie Pacuk)
6 Sessions Jan 11-Feb 15 CMS Room 216
Tuesday 2:45-3:45 pm $85

#370 Advanced Study Skills (Gr. 6-8)
A follow-up course to the Study Skills/Organization Course, this class will build on previous strategies students have learned. Share and discuss strategies you have implemented, as well as share routines you have developed. This course will focus on long-term projects, preparing for tests and final exams, as well as organization.
(Instructor, Jamie Pacuk)
3 Sessions Apr 5-26* CMS Room 216
Tuesday 2:45-3:45 pm $42
*no class Apr 19

#367 American Red Cross Babysitters Course (Age 11 & up)
Earn Red Cross Babysitters Certification while learning the knowledge and skills associated with leadership, safety, age-appropriate safe play, basic care, first-aid, and professionalism. Babysitters will learn how to prevent accidents and decide appropriate steps in response to an emergency.
(Instructor, Gloria Allen)
3 Sessions $145
Thursday Feb 3-17 BMS Room 235
3:00-5:15 pm
Saturday Mar 12 & 19 SHS Room 188
9:00 am-12:30 pm
Tuesday May 3-17 CMS Room 118
3:00-5:15 pm

#304 TGA Premier Vacation Junior Golf (Gr. 1-5)
Join us at the safe and fun-filled junior Golf Vacation Camp. Under the watchful eye of TGA certified instructors, practice different aspects of your game - putting, chipping, pitching and full swing. Golf specific fitness and balance exercises will be introduced. We will have friendly competitions like closest-to-pin, straightest drive and chipping around the world. Learn the basic rules of golf as well as golf trivia. All equipment is provided including softer practice balls. Join us for this opportunity to learn this lifelong sport and make new friends. All levels are welcome.
(Instructor, Total Golf Adventure (TGA) of Fairfield)
4 Sessions Jan 19-Feb 25 BMS Gym
10:00 am-12:00 noon $160

#838 Sports and Fun Adventures (Gr. 1-5)
Are you wondering what to do during your February and April vacation break? Come join us and experience a sports camp taught by certified Physical Education teachers with twenty years of teaching experience! Participate in age appropriate activities that are safe physically, mentally and emotionally! Rock climbing, rollerblading, snowshoeing (only offered in February), tennis (only offered in April), proball, pirates gold, sink the ship, crossover, pinball, basketball, wiffleball, team handball, tag games, scooters, volleyball, badminton, floor hockey and much more! Rollerblading and snowshoeing are only offered for students in grades 3-5. Please make sure to bring drinks, peanut free snacks and lunch!
4 Sessions Tues-Fri Feb 22-25 SES Gym
Instructors, Andrew McLoughlin and Lisa Thomas
#838a 8:30 am-3:00 pm $140
#838b 8:30-11:30 am $70
#838c 12:00-3:00 pm $70

4 Sessions Mon-Thurs Apr 18-21 SES Gym
Instructors, Andrew McLoughlin and Christopher Scholz
#838d 8:30 am-3:00 pm $140
#838e 8:30-11:30 am $70
#838f 12:00-3:00 pm $70

#838a 8:30 am-3:00 pm $140
#838b 8:30-11:30 am $70
#838c 12:00-3:00 pm $70

NEW FEBRUARY AND APRIL VACATION ADVENTURES

NEW SUMMER 2011
Look for our catalog in March!
Club BEdford MIDDLE SCHOOL AFTER SCHOOL PROGRAM

Join CLUB BED...the all-inclusive middle school educational after school “resort”...accommodations include homework support, refreshments, friends, sports, games, crafts, flexible hours and caring educators. At Club BED we will provide a quiet study and reading space, along with project materials. We communicate with teachers to facilitate daily, long term projects and missing work. When the homework is done we have a variety of games, crafts and activities to entertain our students.
Club BED takes place at Bedford Middle School Room 274, Monday-Friday from 3:00-6:00 pm when school is in session.

Register by calling us at 203•341•1209

Bus transportation from CMS to BMS
is available through the
Norwalk Transit District (203•852•0000)

Any 2 days  Any 3 days  4 or 5 days
Any 1 week $40  $60  $80
Jan. 24-Feb 18 $145 $215 $270
March 1-March 25 $145 $215 $270
March 28-April 29 $145 $215 $270
May 2-May 27 $145 $215 $270
May 31-June 10 $70  $100 $125

High School

#344 How To Prepare For A College Or Job Interview For The High School Student
Have the competitive edge walking in the door! Your appearance and non-verbal communication play an important role in whether you will get the job or the recommendation into the college of your choice. First impressions are formed based on your appearance and body language and, to a lesser degree, on what you say. Learn about the most basic aspects of interviewing including proper dress and body language, and the importance of non-verbal communication including the handshake, eye contact, gestures and posture. Dressing appropriately is crucial to your success in both your personal and professional lives - learn how to dress for success!
(Instructor, Dianne Boras)
Wednesday • March 23 2:30-4:00 pm
SHS Room 1055 $15
Dianne Boras, founder and President of Vada Image Consulting, attended the world renowned Image Resource Center of New York, and is a member of the Association of Image Consultants International. Visit www.vadaimage.com

#950 Practice PSAT for Staples High School Sophomores
Take a timed practice PSAT under realistic conditions. Learn about your strengths and weaknesses on this important test. Test results will be mailed to the home of the students. Limited enrollment.
Saturday • March 12 8:30 am-12:00 noon
Check in at SHS Lobby
$35 if you sign up by Feb 25  $40 thereafter

#304 SAT Prep – Critical Reading/Writing
Prepare for the Critical Reading and Writing sections of the SAT test. In this seven session course, you will learn test-taking strategies, review fundamentals in reading comprehension, sentence completion and essay writing. Teaching strategies include large group instruction, practice exams and individual student instruction. Increase your vocabulary, learn to become a better writer and improve your SAT scores!!!
7 Sessions  Mar 7-Apr 25*  SHS Room 1036
Monday 6:00-8:00 pm $175
*no class Apr 18

#305 SAT Prep – Math
Prepare for the Math section of the SAT test. In this seven session course, you will learn test-taking strategies, review fundamentals in arithmetic, algebra, and geometry. Teaching strategies include large group instruction, practice exams and individual student instruction. Build up your confidence and improve your SAT scores!!!
7 Sessions  Mar 9-Apr 27*  SHS Room 1036
Wednesday 6:00-8:00 pm $175
*no class Apr 20

Summer 2011
Now’s the Time to Consider –
High School Academic Classes
Acceleration & Enrichment Programs
Fitness Programs ~ Theater ~ Film ~ Sports Camps
Driver’s Ed ~ Arts ~ Technology & More!!
Programs for Kids and Adults
Check our website for more information!

www.westportcontinuinged.com  (203) 341-1209  conted@westport.k12.ct.us

See Ballroom Dancing for Teens on p 25
STATE CERTIFIED DRIVER’S EDUCATION

Eligible students ~ 16-18 year old high school students who attend Staples High School or reside in Westport. Our affordable program is taught by experienced certified Connecticut public school administrators and teachers with over 70 years of combined experience working exclusively with Staples High School students.

Registration/permission forms with additional details available in our office and on our website.
You cannot register online for Driver’s Education.

#306 Driver and Traffic Safety Education • (1/4 credit toward graduation)
Thirty (30) hours of classroom instruction (includes 8 hours of Safe Driving and Alcohol and Drug Education). Course is completed only when the student has taken all 30 hours of class and a parent or legal guardian and their child have attended a 2-hour Mandatory Safe Driving Practices Class (see below).* Perfect attendance and punctuality are required.

<table>
<thead>
<tr>
<th>15 Sessions</th>
<th>Monday &amp; Tuesday</th>
<th>SHS Room 1034</th>
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<tr>
<td>#306e</td>
<td>Jan 10-Mar 8</td>
<td>3:00-5:00 pm</td>
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<td>#306f</td>
<td>Mar 15-May 9</td>
<td>3:00-5:00 pm</td>
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<td>#306g</td>
<td>Apr 4-May 31</td>
<td>6:30-8:30 pm</td>
<td>(MUST ALSO SIGN UP FOR #307m OR #307n)</td>
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Instructors: Frank Weiss (#306e, #306f) and John Horrigan (#306g)

#307 *2 Hour Parent and Child Mandatory Safe Driving Practices Classes
As part of the state-mandated 8 hour Safe Driving and Alcohol and Drug Education, a parent or legal guardian and their child must together attend one of the following sessions which must be registered for in advance. Enrollment is limited in all of these classes.

| #307i    | Jan 26 Wed 6:00-8:00 pm | Room 1034 | ONLY AVAILABLE TO THOSE TAKING #306e |
| #307j    | Feb 16 Wed 6:00-8:00 pm  | Room 1034 | ONLY AVAILABLE TO THOSE TAKING #306e |
| #307k    | Mar 30 Wed 6:00-8:00 pm  | Room 1034 | ONLY AVAILABLE TO THOSE TAKING #306f |
| #307l    | Apr 27 Wed 6:00-8:00 pm  | Room 1034 | ONLY AVAILABLE TO THOSE TAKING #306f |
| #307m    | Apr 5 Tues 6:30-8:30 pm  | Room 1034 | ONLY AVAILABLE TO THOSE TAKING #306g |
| #307n    | Apr 9 Sat 9:00-11:00 am  | Room 1034 | ONLY AVAILABLE TO THOSE TAKING #306g |

#304 Behind-the-Wheel Instruction (Learner’s Permit required)  
(Instructors, Frank Weiss, John Horrigan and Amedeo Cannone)  $400
Driving hours (8) are scheduled by appointment at mutually agreeable times after school and/or on weekends. Student/teacher ratio is 1/1. Begin the driving instruction well in advance of the testing date. You can begin Behind-The-Wheel instruction after you have started your 30 hours of classroom instruction. Lessons usually are scheduled for 1 hour, but may be scheduled in 1/2, 1, 1 1/2, or 2 hour increments. Instruction includes local driving in commercial and residential areas, and parking skills. Vehicles are dual-brake controlled. As a follow-up to each structured lesson, additional hours of practice driving with a parent is required by the state of Connecticut to total 40 hours of instruction. For the student who has completed the 30 hour Driver and Traffic Safety Education course, the learner’s permit must be in effect for at least 120 days (180 days otherwise) before the student can take the road test to obtain a driver’s license. Please note: If a student needs to cancel a lesson, the student is responsible for contacting the instructor at least one day in advance. Failure to do so will result in the student being charged for the lesson.

#305 Safe Driving and Alcohol and Drug Education • 8 hours • SHS • $125
Required for home trained or private driving school trained students under 18. Call our office for the dates offered. (Note: These hours are included in 30 hour Driver and Traffic Safety Education.)
I have previously attended your program.

WESTPORT CONTINUING EDUCATION
REGISTRATION FORM • WINTER/SPRING 2011

Home Address___________________________________________________________________________________

Work Phone______________________ Home Phone_____________________  Cell Phone_____________________

Email address__________________________________________________    Senior Citizen (62 or older)  YES____

List Health Problems ____________  Allergies ____________________  Medications______________________

Child’s Doctor’s Name_____________________________________  Phone ________________________________

Name Phone Relationship to child

Name Phone Relationship to child

Names of Parents or Guardians__________________________________________________________________

Emergency Contact Person_____________________________________________________________________

List Health Problems ____________  Allergies ____________________  Medications______________________

Child’s Doctor’s Name_____________________________________ Phone ________________________________

Name Phone Relationship to child

Names of Parents or Guardians__________________________________________________________________

Emergency Contact Person_____________________________________________________________________

List Health Problems ____________  Allergies ____________________  Medications______________________

Child’s Doctor’s Name_____________________________________ Phone ________________________________

Name Phone Relationship to child

Names of Parents or Guardians__________________________________________________________________

Emergency Contact Person_____________________________________________________________________

List Health Problems ____________  Allergies ____________________  Medications______________________

Child’s Doctor’s Name_____________________________________ Phone ________________________________

Name Phone Relationship to child

Names of Parents or Guardians__________________________________________________________________

Emergency Contact Person_____________________________________________________________________
Registration Form • WINTER/SPRING 2011
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*Registration fees do not apply to one session courses. Registration fees are payable once per semester. No Registration fee for online registration.

Make checks payable to:

Westport Continuing Education
70 North Avenue, Westport, CT 06880

Payment by: Check _____ # ___________________ MasterCard _____ VISA _____

Account # _____________________________ Expiration Date_______ AVS ______

Print Name as it appears on the card ____________________________________________

Please share your suggestions and/or comments. ____________________________________________

Registration Fee $10* ($5 for Westport Seniors)

Total $
**WELCOME!**

**KIDS K-12 • ADULTS**

**REGISTER EARLY**

Try to register at least one week in advance. Classes must have sufficient enrollment. We will notify you if your class is cancelled.

**HOW TO REGISTER**

- **ONLINE**: www.westportcontinuinged.com
  Your registration fee is waived if you register online. An online registration is confirmed by email.
- **MAIL**: 70 North Avenue, Westport, CT 06880
- **IN PERSON**: Staples High School, Room 1040, 70 North Avenue, Westport, CT
- **FAX**: 203-341-1218
- **PHONE**: 203-341-1209

We accept MasterCard, VISA and checks. Payment in full must accompany your registration. Please note that all registrations must be made in advance — no walk-in registrations can be accepted by any instructor for any class.

**CLASS LOCATIONS**

See inside front cover for your building address.

**ROOM ASSIGNMENTS FOR ADULT CLASSES**

Posted nightly in the main entrance

**PROGRAM COSTS**

Tuition and fees for each course are listed in each course offering. Any additional books and materials will be acquired by students at their own expense.

**REGISTRATION FEE OF $10** payable only once per catalog ($5 for Westport Seniors)

- **No registration fee if you register online**
- **No registration fee if your class is only one session**

**ADULT Classes will NOT meet on**

- Jan 17, Feb 19-27, Apr 16-24, May 30

**KIDS Classes (K-12) will NOT meet on**

- Staff Development Days: Jan 14, Feb 28
- Unless otherwise noted, classes for elementary students will not meet on Teacher Conference Days: Apr 12, 13, 14

**INCLEMENT WEATHER/EMERGENCY CLOSING INFORMATION**

- If the Westport Public Schools are closed for inclement weather or an emergency or there is an “early dismissal,” Westport Continuing Education courses are automatically cancelled. Cancellations will be announced on our website (www.westportcontinuinged.com). To find out about school closings, please listen to local radio stations (107.9 FM, 600 AM, 99.9 FM) and local news on television (News 12 CT, WTNH 8 TV, WFSB TV, channel 3, WNBC channel 4, NBC channel 30).
- If inclement weather starts in the late afternoon and you are uncertain whether classes will be held, check your email for a message from our office, call our office at 203-341-1209, or check our website.

**OUR REFUND POLICY**

- If we cancel a course, all tuition and fees will be refunded.
- There are no refunds or credits for withdrawal from single session courses.
- If you withdraw in writing at least four weeks before the start of a program, your tuition only will be refunded less a $25 processing fee per class. **No refunds or credits thereafter.**
- Withdrawal requests must be in writing and may be emailed, faxed or mailed to us. Our email address is conted@westport.k12.ct.us

**WESTPORT SENIORS** (62+)

- “Sr.$” indicates a reduced fee for that class.
- “Sr. No Fee” indicates a tuition free class.
- Any other fees apply.

**REGISTER ONLINE!** • www.westportcontinuinged.com
WESTPORT
CONTINUING EDUCATION

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Westport, CT 06880-2799
www.westportcontinuinged.com

Postal Patron
CAR-RT Sort

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CLASSES FOR EVERYONE!

WINTER * 2011 * SPRING