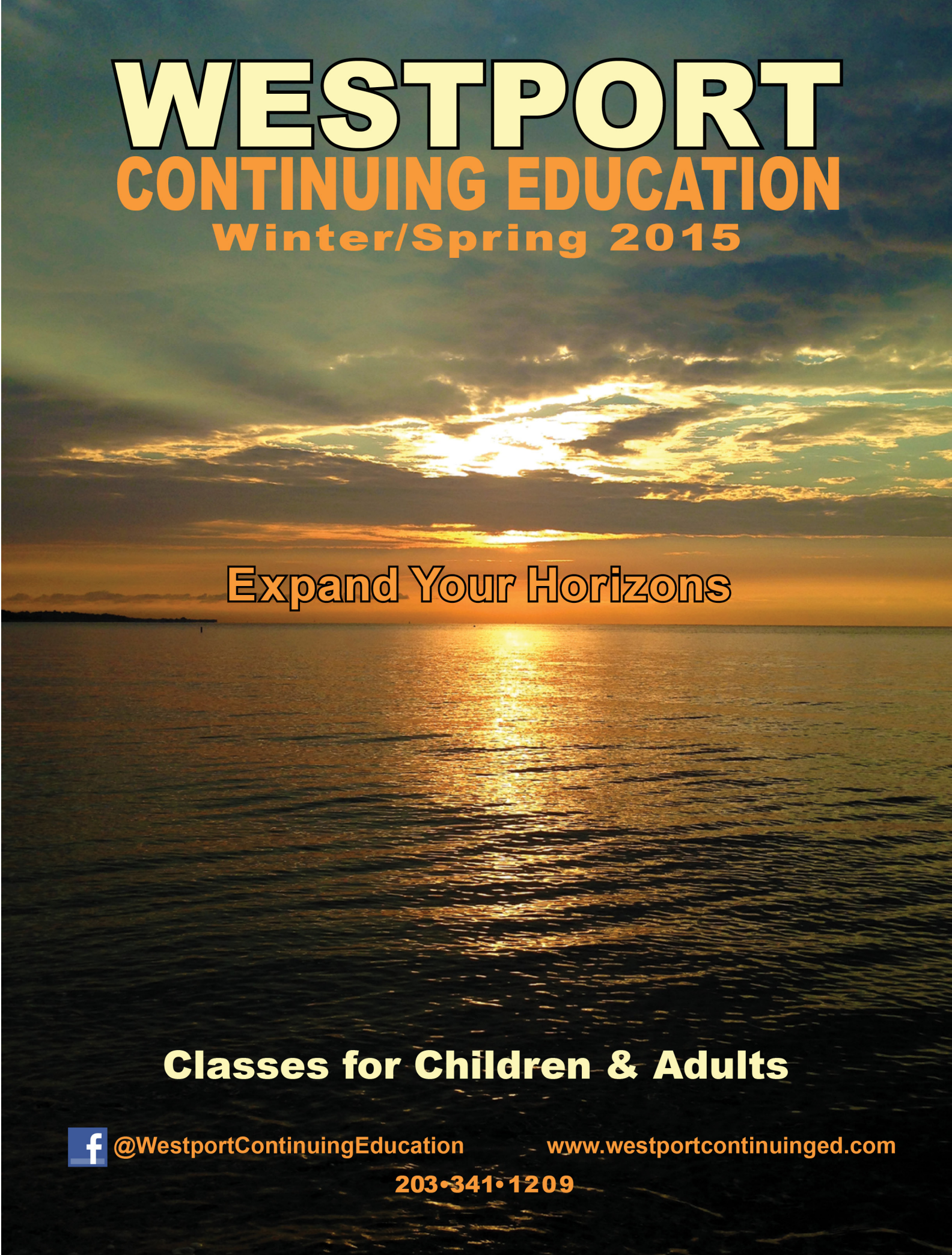
WESTPORT
CONTINUING EDUCATION
Winter/Spring 2015
Expand Your Horizons
Classes for Children & Adults
@WestportContinuingEducation
www.westportcontinuinged.com
203•341•1209

Westport Continuing Education • Winter/Spring 2015 Catalog

Westport Continuing Education
Serving you for over 50 years
Staples High School • Room 1040
70 North Avenue
Westport, CT 06880

ADULTS AND KIDS K-12

WELCOME!
Residents and non-residents are welcome to register for our programs.

REGISTRATION PROCEDURES
GENERAL INFORMATION
POLICIES:
See inside back cover.

OFFICE PHONE: 203•341•1209
EMAIL ADDRESS:
conted@westport.k12.ct.us
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Facebook:
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Mark Mathias
Brett Aronow
Karen Kleine
Paul Block

Watch for all of our CATALOGS!
- **Summer –** in March
- **Fall –** in August
- **Winter/Spring –** in December

Our website has up to date information on classes, including some that may have been added after the printing of our catalog.

This Catalog is available in large print upon request.

Welcome to Westport's Winter/Spring 2015 Continuing Education Programs!

*On behalf of the Westport Continuing Education staff, I invite you to "**Expand Your Horizons**" through the exceptional programs and classes offered during the winter/spring 2015 session. As the beautiful sunrise over Westport's Compo Beach that graces this catalog's cover symbolizes, each new day brings limitless opportunities to each of us. Our offerings provide the means for you to begin your pursuit of a new interest or sustain you on a path you have already chosen.*

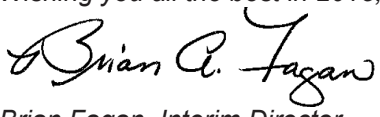
For both children and adults, this catalog is filled with offerings designed to expand skills and knowledge while enjoying the company of others with a similar interest and interacting with a highly qualified instructor.

An especially important group of our Continuing Education programs provide residents of Westport, Weston and Wilton the opportunity to study toward becoming an American citizen, improve their skills in reading, writing and mathematics through our Adult Basic Education (ABE) classes, or prepare to earn a high school diploma by taking our GED® preparation classes. Classes in English as a Second Language (ESL) welcome residents who wish to improve their skill in speaking and reading English. If you know someone who might benefit from one or more of these programs, please bring the information in this catalog to their attention.

We encourage you to use the information in this catalog as you plan your winter and spring activities. Join us on Facebook or visit our website (www.westportcontinuinged.com) for class offerings added or expanded after the catalog print deadline.

Please let us know if we can do anything to enhance your experience with us. We look forward to your participation!

Wishing you all the best in 2015,



Brian Fagan, Interim Director

CLASS LOCATIONS

SHS	Staples High School, 70 North Avenue
BMS	Bedford Middle School, 88 North Avenue
CMS	Coleytown Middle School, 255 North Avenue
CES	Coleytown Elementary School, 65 Easton Road
GFS	Greens Farms Elementary School, 17 Morningside Drive South
KHS	King's Highway Elementary School, 125 Post Road West
LLS	Long Lots Elementary School, 13 Hyde Lane
SES	Saugatuck Elementary School, 170 Riverside Avenue
SC	Westport Center for Senior Activities, 21 Imperial Avenue
CS	1 Canal Street (Westport Public Schools - Facilities Dept.)
WL	Wilton Library, 137 Old Ridgefield Road, Wilton, CT

Welcome to Our Winter/Spring 2015 Catalog!

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GIFT CERTIFICATES

For any holiday, birthday or other special occasion, consider giving a gift certificate for classes at Westport Continuing Education

call 203•341•1209 for further information

Ed2go Online Courses

see p 19

Follow us on Facebook @ WestportContinuingEducation

Check our website www.westportcontinuinged.com for additional course offerings that may be added after the catalog is printed.

Adult Basic Education (ABE)
General Education Development (GED®)
English as a Second Language (ESL)
American Citizenship

~ Classes and Materials are free ~

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 <u>will not</u> be eligible to register** for the mandated programs.

You may take our GED® classes if you are 17 years old and no longer enrolled in school.

PROCEDURE:

You must register in-person for ABE, GED®, ESL and American Citizenship. <u>New Students</u>: Please plan on 2 hours for registration, appraisal testing and orientation.

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 & PROGRAMS	LOCATIONS
Jan 21, 2015 Wednesday	9:30-11:00 am ESL	Wilton Library 137 Old Ridgefield Rd, Wilton
Jan 21, 2015 Wednesday	6:30-8:30 pm ABE/GED®/ESL	Staples High School 70 North Ave, Westport
Jan 22, 2015 Thursday	9:30-11:00 am ESL	1 Canal Street Westport
Jan 22, 2015 Thursday	6:30-8:30 pm ABE/GED®/ESL	Staples High School 70 North Ave, Westport

REGISTRATION REQUIREMENTS:

- Each registrant must provide proof of age (birth certificate, passport, or CT ID)
- Adult Basic Education and GED® registrants who are under 18 years of age must also provide proof of withdrawal ("Acknowledgement of Option to Withdraw") from their previous high school
- Residents of Westport, Weston or Wilton must submit proof of residency as evidenced by the following:

  <u>Owner:</u>
  - Copy of the deed, mortgage, or sales contract
  - Current driver's license or passport
  - Two current utility bills (gas, electric, oil or cable)

  <u>Tenant:</u>
  - 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

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

Did you know . . .
our ESL students represent more than 24 countries!

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 on page 2) may enroll at any time during the semester.

English – Tuesday and Thursday (begin Tue • Jan 27) • 6:30-7:45 pm • Staples High School Room 2038
No class Jan 29, Feb 5, 12, 17, 19, Apr 14, 16
Math – Monday and Wednesday (begin Wed • Jan 28) • 6:30-7:45 pm • Staples High School Room 2038
No class Feb 16, 18, Apr 13, 15

General Education Development (GED®) Exam

General Education Development (GED®) Classes
This program prepares students to pass the 4-part computer based GED® 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 – Tuesday and Thursday (begin Tue • Jan 27)
7:45-9:00 pm
Staples High School Room 2038
No class Jan 29, Feb 5, 12, 17, 19, Apr 14, 16
Math – Monday and Wednesday (begin Wed • Jan 28)
7:45-9:00 pm
Staples High School Room 2038
No class Feb 16, 18, April 13, 15
Multi-Subject (including Social Studies and Science)
GED® Computer Learning Lab
Tuesday (begin Tue • Feb 3)
7:30-9:15 pm
Staples High School Room 2040
No class Feb 17, April 14

English as a Second Language (ESL)

English as a Second Language (ESL) Classes: 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 Wednesday (begin Wed • Jan 28) from 7:15-9:15 pm**
  - **Beginner – Room 1051**
  - **Intermediate – Room 1052**
  - **Advanced – Room 1054**

No class Feb 16, 18, April 13, 15

Daytime Classes ~ Beginner, Intermediate and Advanced
- **Wilton Library - Monday and Wednesday (begin Wed • Jan 28) from 9:30-11:30 am - Presidents' Rm**
  No class Feb 16, 18, 23, April 13, 15
- **One Canal Street, Westport - Tuesday and Thursday (begin Thur • Jan 29) from 9:30-11:30 am**
  No class Feb 17, 19, Apr 14, 16

GED® Test Accommodations/Transcript
Accommodations on the GED® test are available for qualified individuals with a disability. For more information, contact Sabrina Mancini, Connecticut State Department of Education, Bureau of Career and Adult Education at (860) 807-2110 or email at ged@ct.gov. Students who would like a copy of their transcript must submit a transcript request form to:

Sabrina Mancini
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. Call (203) 341-1209 to make an appointment to meet with the registrar and receive counseling regarding preparedness for the GED® computer-based test. 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 includes 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.

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.

11 Sessions **Feb 3-Apr 28*** **SHS Room 2028**
Tuesday **6:00-7:30 pm**
***no class Feb 17, Apr 14**

Accessibility and Accommodation

Those needing assistance to gain access to classrooms or any part of our facilities should contact Brian A. Fagan, Interim Director of Adult and Continuing Education at 203•341•1209 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 –

Elio Longo Jr., Director of School Business Operations
203•341•1001

Regarding Programs and Title VI, Title VII, Section 504 –
Michael Rizzo, 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 Brian A. Fagan, Interim Director of Adult and Continuing Education, 203•341•1209, or one of the coordinators listed above, in compliance with Board of Education policy.

Nondiscrimination

In compliance with Titles VI and VII of Civil Rights Act of 1964, Title IX of the Educational Amendments of 1972, and Section 504 of Rehabilitation Act of 1973, THE WESTPORT PUBLIC SCHOOLS shall exclude no person from participation in, denied benefits of, or be otherwise discriminated against in employment or in educational opportunity in the basis of sex, sexual orientation, disability, past or present history of mental disorder, mental retardation, race, color, creed, religion, national origin, ancestry, age or marital status.

Careers

#274 Finding Your Future: Strategies & Techniques for a Successful Job Search

Looking to explore new job opportunities? Recent college or high school graduate? Been out of the workforce for a while? There is an appropriate job out there for everybody. Learn how to pursue the search strategically, what it takes to be considered for a position, and how to present yourself most effectively. Issues associated with age, absence from the workforce while raising a family, and long-term unemployment will also be addressed. The focus will be on the basics of locating opportunities, using social media to facilitate the search, making a positive first impression, developing appropriate marketing materials and closing the deal! (Instructor, Stan Witkow)

Wednesday • May 20 **7:00-9:00 pm** **SHS Room 1036** **$39**

Stanley Witkow is a lawyer, entrepreneur, career counselor and consultant to small businesses and for the past five years has been helping job hunters successfully land new positions.

Creative Arts

#850 Pottery

This beginner/intermediate pottery class will take you through the steps of understanding clay and the process to produce pottery. Learn how to use associated tools and materials, and the basics of how to hand build pottery and how to center on the wheel. You will potentially create both hand built slab pottery and wheel thrown pottery. Projects may include mugs, pots, plates, bowls and other small vessels. Working with clay is messy so dress appropriately! Returning students welcome! (Instructor, Cassie Bourgeois)

8 Sessions **Mar 2-Apr 27*** **SHS Room 1008** **Monday** **6:45-9:00 pm** **$199**
***no class April 13**

#168 Introduction to Drawing and Acrylic Painting

Learn the fundamentals of drawing, composition, and painting techniques in a step by step process that builds confidence. Acrylic painting is the most versatile medium in art and can take your creativity anywhere you want to go. Experiment with different styles as you paint still lifes, landscapes, and portraits. Learn to design in a simple clear manner from drawing to finished painting. Those who wish to draw exclusively or whose main interest is painting are equally welcome. Demonstrations and discussions will help you achieve your goals. Materials list is available in the office and on our website.
(Instructor, Steve Parton)

10 Sessions **Jan 27-Apr 7*** **SHS Room 1004**
Tuesday **7:00-9:30 pm** **$235**
***no class Feb 17**

Steve Parton is an award winning artist whose works are exhibited nationally. He is known for his insightful portraits of people and animals. Visit www.stevenparton.com for more information about Steve and to view his work.

#166 Advanced Acrylic Painting

Do you have experience with acrylics and want to stretch your wings? Personal projects are encouraged. Materials and techniques useful to enhance your vision will be discussed and demonstrated. Take your painting further while having fun in a supportive atmosphere. Materials list is available in the office and on our website. (Instructor, Steve Parton)

10 Sessions **Jan 28-Apr 8*** **SHS Room 1004**
Wednesday **7:00-9:30 pm** **$235**
***no class Feb 18**

#113 Exploring the World's Landscape with Pastels: An Introductory Course in Pastel Painting

Discover the art of pastels – it is not mere chalk; it is a beautiful and versatile medium of pure pigment in every color you can imagine. Explore the various types of pastels, surfaces, application methods and underpainting techniques. Design, composition, color and values will also be explored through hands-on demonstrations. Learn how to get what you see onto your painting surface! Experience in painting or an artistic background is not required – just a willingness to experiment, explore and be creative! Materials list is available in the office and on our website. (Instructor, Christa Forrest)

8 Sessions **Feb 26-Apr 23*** **SHS Room 1004**
Thursday **6:45-9:00 pm** **$175**
***no class Apr 16**

Christa Forrest has studied with numerous prized pastel artists and studied at the Art Student's League and the Grand Central Academy. Her work has been exhibited throughout Connecticut and New York. Visit www.christaforrest.com for more information about Christa and to view her work.

#064 Watercolor

Are you a beginner or intermediate painter who wishes to become more comfortable with the freedom of watercolor? Basic drawing, composition skills, and watercolor techniques will be demonstrated each week. Still life, landscape and figures will be explored in a step-by-step manner that encourages confidence. A comfortable, relaxing atmosphere will help your creative juices flow. Materials list is available in the office and on our website. (Instructor, Steve Parton)

10 Sessions **Jan 26-Apr 6*** **SHS Room 1004**
Monday **3:00-5:30 pm** **$235**
***no class Feb 16**

#170 Knitting for Beginners

Led by professionals at Westport Yarns, you will learn all the basics of knitting, from casting on, knitting and purling, and then binding off. Also learn about yarn and what fibers and weight work best for different projects. When you are finished you should be well on your way to knitting your first project! You will purchase your yarn and needles at the first class. **Class held at Westport Yarns, 582 Post Road East.** (Instructor, Westport Yarns)

2 Sessions **March 7 & 14**
Saturday **9:00-11:00 am** **$69**

#171 Beginner Crochet

Learn how to make a foundation chain, slip stitch and single crochet. Pam Grushkin, of Westport Yarns, will teach you the basics of crochet and get you started on your first project. It is also a great class for knitters who want to learn how to crochet edgings around your work and learn finishing using crochet techniques. **Class held at Westport Yarns, 582 Post Road East.** (Instructor, Westport Yarns)

2 Sessions **May 9 & 16**
Saturday **9:00-11:00 am** **$69**

#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. Part Two 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 **Mar 2-Apr 20*** **SHS Room 1007**
Monday **7:00-9:00 pm** **$125**
***no class Mar 23, Apr 13**

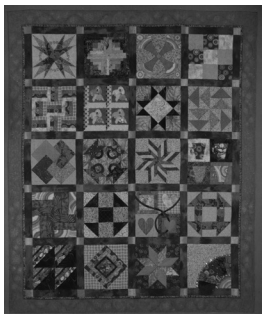
Creative Arts

#921 Quilting: Mastering the Basics

Would you like to make a quilt but don't know how to begin? Expand your sewing skills and create a beautiful quilt top. Learn the fundamentals beginning with color and fabric selection. You'll learn how to make templates, do rotary cutting, quick and strip piecing, set-ins, machine piece, appliqué and hand quilt. Your quilt top will include sashing and borders -- finishing steps will be discussed. Supply list will be emailed to you prior to the first class. (Instructor, Alice Garrard)

8 Sessions **Mar 4-Apr 29*** **SHS Room 1007**
Wednesday **6:45-9:00 pm** **$159**
***no class April 15**

Alice Garrard, a national and international recognized and award winning quilter, has been quilting for over 25 years.



#922 Machine Quilting Basics NEW

Bring your unfinished quilt tops and learn how to finish it. Straight lines, in the ditch, curves, and free motion designs will be taught. You will work on many exercises and take home a quilted sampler for future reference. **Bring your own sewing machine** (familiarity with your own machine is necessary). Optional text and reference book is "*Guide to Machine Quilting"* by Diane Gaudynski which can be purchased online. You may take this class in conjunction with Alice's *Quilting: Mastering the Basics* class. (Instructor, Alice Garrard)

3 Sessions **Apr 9-30*** **SHS Room 1007**
Thursday **7:00-9:00 pm** **$75**
***no class April 16**

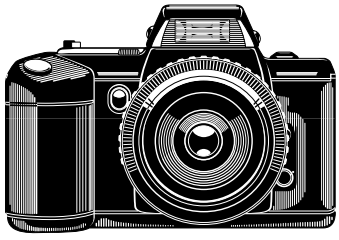
#455 Jewelry Making

This structured introductory course will take you through the concepts of designing as well as making attractive jewelry. Create pendants, earrings, brooches, and necklaces working with various wires, metals, semi-precious stones and beads (i.e., soldering, wiring and buffing). **A non-refundable materials fee of $20 is included which covers basic projects – additional fees may apply when using more expensive materials.** (Instructor, Susan Bishop)

7 Sessions **6:45-9:15 pm** **SHS Room 1012** **$189**

#455a **Tuesday** **Feb 24-Apr 7**
#455b **Wednesday** **Mar 25-May 13 (no class Apr 15)**

Photography



#094 DSLR Basic Digital Camera Operation

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. Bring your camera and manual. (Instructor, John Zappala)

8 Sessions **Feb 2-Mar 30*** **SHS Room 1036**
Monday **7:00-9:00 pm** **$149**
***no class Feb 16**

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 25 years.

Learn how to use your iPhone Camera – see p 17

NEW

Cooking with Chef Cecily Gans

NEW

Classes meet at SHS Room 182 • 7:00-9:00 pm

Your kids have been raving about Chef Gans – now is your chance to experience her culinary wonder!

#267 Heartwarming Foods for February Festivities

Wednesday Feb 4 $59

Create a heart-healthy and heartwarming meal to chase away the winter blues. Focusing on healthier comfort foods (and a little decadence for dessert), in this hands-on class you will create a meal and dessert utilizing sumptuous and bold flavors, while improving your culinary repertoire.

Baby Greens and Kales Salad with Winter Fruits Sweet Shallots and Blush Pink Dressing
Seared Chicken Scallopini with Cranberry-Balsamic Compote
Gingered Apple & Sweet Potato Purée
Spiced Dark Chocolate Pot de Crème

#268 The Main Course returns: April Showers Yields Edible Flowers!

Wednesday April 22 & 29 $119

Join us for a 2-class hands-on series to welcome spring with light and refreshing menus to start your season out right. Re-energize your palate creating two meals emphasizing everything spring brings to us, fresh from the garden and more.

Menu for April 22

Almost Spring Salad with Herb Buttermilk Dressing and Edible Flowers
Roasted Salmon with Orange Gremolata
Sauteed New Asparagus, Spring Peas and Chive Blossoms
Rose and Pistachio Panna Cotta

Menu for April 29

Lentil and Herb Salad with Lemon Dressing
Grilled Lamb and Spring Vegetables with Tahini Sauce
Soon Enough to be Summer Berry Crisp

#310 Gluten Free Baking – Pizza

NEW

Learn the art and science of making delicious and nutritious thin-crust gluten-free pizza through hands-on preparation of your own pizza, complete with toppings. Discussion topics will cover gluten-free baking particularly how ingredients, equipment, techniques, temperature and even toppings can affect texture in gluten-free pizza dough; comparison of gluten-free flour brands and where to purchase those brands; storage and reheating of gluten-free baked goods; additional food restrictions and substitutions; and quality and contamination issues in restaurant pizza. Take home numerous recipes and handouts. **Non-refundable materials fee of $10 is included.** (Instructor, Emily Lehrman)

Tuesday • Feb 24 (storm date March 3)
6:30-9:00 pm SHS Room 182 $35

Emily Lehrman has been baking for over 30 years, with the past few years dedicated exclusively to baking and cooking gluten-free. She has done extensive research regarding gluten-free diets, and is eager to share with you how to adapt favorite recipes to be gluten-free. Emily's website (www.exquisitedish.com) is dedicated to gourmet gluten-free living.

#311 Gluten Free Baking – Baguettes

NEW

Unlock the secrets of making authentic French baguettes - gluten-free! Prepare bread so convincing, so crusty on the outside and tender on the inside, that even those who eat "regular" baguettes will have a hard time telling the difference. With the proper pan, recipe and techniques, it is easy to create this gourmet treat at home. Discussions will cover information on the role of gluten in baking; how to compensate for its absence; gluten-free flours; time-saving efficiencies; the importance of matching the correct pan to a gluten-free bread recipe; and avoiding cross-contamination at home. Alternate uses of the same dough recipe will also be covered. **Non-refundable materials fee of $27 included (includes a baguette pan for you to keep).**
(Instructor, Emily Lehrman)

Tuesday • March 24 (storm date March 31)
6:30-9:00 pm SHS Room 182 $55

SHS Cooking Class Location

When you arrive at Staples High School drive to the left side of the building until you are facing the Lou Nistico Sports Complex – South Entrance. Enter in that door, make a left, go down the hallway and the culinary room will be on your left.

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

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 • May 19 **7:00-9:00 pm** **$75**

#305 Perfect Pairings: Cheese & Wine ~ Presented by Fairfield Cheese Company

Every so often, we find pairings of cheeses and wines that go above and beyond, complementing each other in a way that can only be described as "Marriages-Made-in-Heaven." In this class, with the help of our friends at Harry's Wine & Liquor, we will pair the perfect cheese with its perfect wine match and discuss the basics of pairing cheese with wine. **Class held at Fairfield Cheese Company, 2090 Post Road, Fairfield, CT. Materials fee of $25 per person (for wine & cheese) is payable to the instructor.**

Monday ● March 2 **7:00-9:00 pm** **$29**

#133 Cooking With Mom/Dad (or Grandparents) and Me! (Children ages 7 & up)
Enjoy a culinary adventure with your child! See page 25 for details.

Diverse Interests

#930 Being on Time, Getting Things Done NEW

- Do you often rush and still arrive to appointments late and frazzled?
- Do you have a long to do list but don't get that much done?
- Do you often miss important deadlines?

In our personal and business lives there is much to do, many places to go, many people to see. How do you fit it all in? Learn strategies for how to arrive on time, focus on your priorities, handle email, paperwork and work more efficiently, and stay organized throughout your day. (Instructor, Susan Lovallo)

Thursday ● Feb 26 **7:00-9:00 pm** **SHS Room 1052** **$29**

Susan Lovallo is a CPA, 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

No Registration Fee if you register online

Register Early – offerings depend on minimum enrollment

#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 2-Apr 20*** **SHS Pool Lobby**
Monday **6:30-7:30 pm** **$145**
***no class April 13**

Heather Witt is the owner of The Complete Canine Company.

BRIDGE

#194 Beginner / Advanced Beginner Bridge

Begin to learn the fascinating game of bridge or brush up on those long forgotten rules and conventions. You will be introduced to the language of bidding, scoring, guidelines for play, hand valuation, and some simple bridge conventions. Lessons will be followed by supervised play of preset hands. (Instructor, Jackie Fuchs)

8 Sessions **Jan 28-Mar 25*** **SHS Room 2057**
Wednesday **7:00-9:00 pm** **$159/Wspt Sr $130**
***no class Feb 18**

#195 Intermediate Bridge

Improve your bridge skills and expand your knowledge of planning card play. After reviewing simple hand valuation and bridge conventions, new conventions such as Gerber, Stayman, balancing, overcalls, doubles, and weak two bids will be introduced. Lessons will be followed by supervised play of preset hands. (Instructor, Jackie Fuchs)

Thursday **7:00-9:00 pm** **SHS Room 2057**
#195a **5 Sessions Feb 26-Mar 26** **$99/Wspt Sr $79**
#195b **8 Sessions Apr 9-June 4 (no class Apr 16)** **$159/Wspt Sr $130**

#095 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 **Apr 8-June 3*** **SHS Room 2057**
Wednesday **7:00-9:00 pm** **$159/Wspt Sr $130**
***no class Apr 15**

#096 Beginner Bridge in the Afternoon

Learn the basics of bidding and play of the hand. 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, Paul Miller)

8 Sessions **3:00-5:00 pm**
SHS Room 2057 **$159/Wspt Sr $130**
#096a **Monday** **Jan 26-Mar 23 (no class Feb 16)**
#096b **Monday** **Apr 6-June 8 (no class Apr 13, May 25)**

Paul Miller is an accredited American Contract Bridge League teacher and Silver Life Master.

#097 Intermediate Bridge in the Afternoon

Focus will be on declarer play, defensive play and carding, further use of conventions, weak two, pre-emptive and slam bids. (Instructor, Paul Miller)

8 Sessions **3:00-5:00 pm**
SHS Room 2057 **$159/Wspt Sr $130**
#097a **Wednesday Jan 28-Mar 25 (no class Feb 18)**
#097b **Wednesday Apr 8-June 3 (no class Apr 15)**

#931 Fingerprints: Your Life Purpose at Your Fingertips! **NEW**

Learn to read your life purpose in your fingerprints. Kathleen Deyo is a professional palm reader who will teach you the secrets of the trade and give you several readings as well. You will learn the fundamentals of reading fingerprints and palms and most important, how the information reveals your life purpose. We will discuss the challenges and benefits you will encounter in life as revealed in your palm. The course is punctuated by discussion and examples of palms of famous people to add to the fun. (Instructor, Kathleen Deyo)

3 Sessions **March 5-19** **SHS Room 1034** **Thursday** **7:00-9:00 pm** **$45**

Kathleen Deyo does hypnosis and past life regression, and is co-author of "The Hidden Truth of Your Name".

#177 Yoga ~ for Beginners and Experts Alike

A complete mind-body system for the attainment of wellness. Learn techniques to loosen muscles causing tension and eliminate weaknesses that are causing pain. Leave every class feeling refreshed and at peace. All levels welcome. Bring a mat and towel. (Instructor, Sandy Adamczyk)

12 Sessions 6:30-7:45 pm $222/Wspt Sr $192

#177a Monday Jan 26-Apr 27*
SHS Area Outside Library
***no class Feb 16, Apr 13**

#177b Thursday Jan 29-Apr 30 (no class Feb 19, Apr 16)
Westport Center for Senior Activities,
21 Imperial Ave.

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.

#226 Gentle Yoga

If you are working through chronic issues, feeling stiff, losing strength and agility throughout your body or are just looking for a slower paced yoga class, join us. Gentle Yoga uses postures to rejuvenate and heal the body. Class is held at a slower pace and focuses on your body alignment bringing awareness to your breathing patterns that hold habitual tensions in your joints and muscles. Gain flexibility and strength from the inside out. No prior yoga experience necessary. Bring a mat and towel. (Instructor, Sandy Adamczyk)

12 Sessions Jan 29-Apr 30* SHS 2nd Floor Mezz
Thursday 4:30-5:45 pm $222/Wspt Sr $192
***no class Feb 19, Apr 16**

Dance Your Way to Fitness and Fun – p 16

PILATES MAT, TRX AND FITNESS CLASSES

With Certified Instructors

Co-Sponsored with Pilates for Every Body • www.pilatesforeverybodywestport.com

CLASSES HELD AT 177 Post Rd. West (Nash's Plaza), Westport CT • Mats and equipment provided

Questions about which class is right for you? Email pilatesforeverybodywestport@yahoo.com or call 203-226-1924

#970 Extreme Extremities and Killer Core NEW

Get a great workout for your arms, legs, chest, upper back and shoulders using resistance tubing to improve muscular strength and endurance. Then we will go to the physioball for pushups, planks and lots of ab work to live up to the name of this class!

(Instructors, Alison Bricken and Charlene Erwin)

10 Sessions Feb 2-May 18
(no class Feb 16, 23, March 2, April 6, 13, May 4)
Monday 11:35-12:35 pm $255

#971 Pilates Mat/Yamuna Body Rolling Fusion NEW

This Pilates mat class will include the Yamuna Body Rolling technique to assist you in achieving greater flexibility, release of the muscles and fascia, and even bone stimulation. Learn self-help routines to do at home. A mat class with more! Appropriate for all levels.

(Instructor, Charlene Erwin)

12 Sessions Feb 3-June 2
(no class Feb 17, March 3, 31, Apr 14, May 5, 26)
Tuesday 10:30-11:30 am $306

Register Early – classes fill quickly!

#978 Intermediate Mat Challenge

Class is geared for the advanced beginner-intermediate level exerciser with some prior matwork experience. A variety of small equipment and props will be used including bands, balls, circles, Bosu and foam rollers! *Note: if you are not already familiar with Pilates we strongly recommend a private session with us first to acquaint yourself with the repertoire.*

(Instructor, Alison Bricken)

12 Sessions Feb 5-June 4
(no class Feb 19, March 5, April 2, 16, May 7, 28)
Thursday 10:30-11:30 am $306

#965 TRX Suspension Training for Core and Strength

A perfect complement to Pilates, TRX Suspension Training uses bodyweight and gravity for a strength training workout focused on core muscles. Every exercise builds functional strength, balance and core stability at the same time! TRX training gives you an edge over conventional strength training - the benefits are not just for elite athletes, but for anyone who wants to improve their fitness level safely and rapidly with a fun and fast paced workout. *Note: class not appropriate for those with shoulder injuries. Sneakers required.*

(Instructors, Alison Bricken and Charlene Erwin)

12 Sessions 10:30-11:30 am $306

#965a Wednesday Feb 4-June 3
(no class Feb 18, Mar 4, Apr 1, 15, May 6, 27)

#965b Friday Feb 6-June 5
(no class Feb 20, Mar 6, Apr 3, 17, May 8, 29)

#172 Walk Aerobics Fitness

Walk Aerobics is more than exercise for your heart (and spirit) -- it brings walking to a whole new level. This ultimate health program offers a total body workout for everyone – beginner, intermediate and advanced - by using upper and lower body movements set to music. As the pace of the music increases, the simple to follow choreographed walk moves bring a dramatic change in body and attitude in a very short time. You can't do it wrong! Walking is the safest and most natural form of exercise. Walk with your friends or loved ones – this **indoor** walk program can be done any time of year so "staying with the program" has never been easier. (Instructor, Leslie Kerr)

16 Sessions **Jan 12-May 18*** **SHS 2nd Floor Mezz**
Monday **6:30-7:30 pm** **$160**
***no class Jan 19, Feb 16, Apr 13**

Leslie Kerr is a former Rockette and professional dancer, teacher and choreographer; she has a national certification as a Walk Trainer (Leslie Sansome Program)

#175 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 **Apr 1-June 3*** **SHS Gym**
Wednesday **7:40-9:40 pm** **$99**
***no class Apr 15**

Peter Bartush is an award winning badminton player who has been coaching badminton to adults and children in Fairfield County for over 19 years.

#141 Tennis for Adults

See our website for details about these **Beginner/Advanced Beginner** and **Low Intermediate/Intermediate** classes. (Instructor, Greg Sansonetti)

5 Sessions **May 12-June 9** **Tuesday**
SHS Tennis Courts **$129**
#141a **Beginner/Advanced Beginner** **6:00-7:00 pm**
#141b **Low Intermediate/Intermediate** **7:00-8:00 pm**

#192 Adult Swimming – Beginner to 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, Phil Walklet)

6 Sessions **Wednesday** **7:30-8:45 pm** **SHS Pool**
#192a **Jan 28-Mar 11 (no class Feb 18) $99/Wspt Sr $89**
#192b **Mar 25-May 6 (no class Apr 15) $99/Wspt Sr $89**

#216 First Aid/ CPR/ AED

Training meets OSHA Guidelines for First Aid Programs. Lifesavings skills covered will include:

- **First Aid:** learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies
- **CPR Adult:** learn how to perform CPR and care for breathing and cardiac emergencies in adults
- **CPR Child and Infant:** learn how to prevent, recognize and respond to cardiac and breathing emergencies in infants and children under 12
- **AED:** learn how to use automatic external defibrillators

Students must be present for entire class time to receive certification. (Instructor, Corey Iamonico)

3 Sessions **March 18-Apr 1** **SHS Room 1049**
Wednesday **7:00-9:15 pm** **$149**

#932 Mindfulness Meditation and Stress Reduction NEW

Through discussion, sharing, group support and learning the mind-body skills of meditation and stress reduction, this interactive class will help you focus on learning how to face stress, pain and illness, and live life in the present moment and find joy, peace, happiness and serenity in the midst of life's inevitable ups and downs. (Instructor, Dr. Paul Epstein)

3 Sessions **March 3-17** **SHS Room 1034**
Tuesday **7:30-9:00 pm** **$55**

As a naturopathic physician for 30 years, Dr. Epstein specializes in mind-body medicine and supporting patients with stress-related illness. He has spoken worldwide, and teaches, about mindfulness mediation. Visit www.drpaulepstein.com

No registration fee if you register online

Fitness • Health

#164 **Improve your workout, reduce your pain: Introduction to MELT Method Soft Foam Roller Techniques** NEW

Have difficulty falling asleep or staying asleep? Feel exhausted by afternoon? Feel bloated or struggle with your weight? Feel stiff when you wake up? This is NOT simply the effects of aging -- this is YOUR BODY trying to get your attention! You CAN feel energized, strong and pain free at any age. The MELT Method® is an innovative self-treatment program to help you get out and stay out of pain and reduce the effects of aging in just minutes a day. Bring an exercise mat and water. Participants should be able to get on and off the floor with little difficulty. (Instructor, Kristen Hallett Rzasa, Certified MELT Method Instructor)

Tuesday ● Feb 10 **7:00-8:30 pm**
SHS Area Outside Library **$25**

Kristen Hallett Rzasa is the owner of InterPlay Health, a whole-life wellness company focused on fitness, nutrition and fun for women. She is a Jazzercise instructor, Health Coach and MELT Method instructor, best known in the industry for her radio show "A Matter of Balance: A Woman's Quest for Health, Harmony & Kick Ass Heels". Visit www.interplayhealth.com

#165 **MELT Method for Chronic Back Pain** NEW

Learn how to reduce chronic back pain with this simple self-treatment technique. Using positive compression and tension techniques, you will rehydrate your connective tissue and rebalance your nervous system resulting in improved alignment, muscle timing, and balance while reducing inflammation, joint compression and pain. If you feel stiff in the morning, have neck, back, or shoulder pain, trouble sleeping, or feel great and want to stay that way, this class is for you. Bring an exercise mat and water. Participants should be able to get on and off the floor with little difficulty. (Instructor, Kristen Hallett Rzasa, Certified MELT Method Instructor)

Tuesday ● March 24 **7:00-8:30 pm**
SHS Area Outside Library **$25**

Kristen is also offering two additional MELT Workshops:
#166 **- April 21 - MELT Method for Arthritis, Fibromyalgia and Sensitive Bodies**
#167 **- May 12 - Aging Gracefully with the MELT Method**
Visit our website to see the full course descriptions and to register.

Home

#117 **How to Avoid Costly Pitfalls when Selling Your Home** NEW

How can you best prepare for selling your home and avoiding common mistakes in the process (and fetch the maximum return for your investment)? Join Rob Grodman, a Westport realtor for almost 20 years, and a variety of speakers including professional stagers and a professional organizer, who will discuss what you should start doing to prepare for selling your home. There will be a panel discussion by a building inspector, real estate attorney, accountant, mortgage broker, appraiser and family attorney to answer questions about various aspects of the process.

2 Sessions **Feb 4 & 11** **SHS Room 1036**
Wednesday **7:00-9:00 pm** **$35**

Kathy Engstrom, owner of *A Fresh Eye, LLC*, will be teaching the following classes. See our website for course descriptions and to register.

#112 **Room Transformations**
Feb 10 ● 3:00-5:00 pm

#111 **Stage Your Home**
Mar 3 ● 3:00-5:00 pm

#116 **Instant Interior Design with Olga Adler ~ Learn the Tricks of the Trade and Become Your Own Decorator**

A hands-on introduction to the basics of home decorating, this course will teach you how to give your home that "designer look". Learn how to enhance your space using the tricks of the trade in furniture placement, color schemes, window treatments, floor coverings and the art of accessorizing. Bring your own decorating dilemmas (pictures, floor plans, etc.) to share with the group and get your questions answered! (Instructor, Olga Adler)

2 Sessions **Mar 11 & 18** **SHS Room 1036**
Wednesday **7:00-9:00 pm** **$39**

Olga Adler is an award-winning interior designer and creative director of Olga Adler Interiors in Westport, Connecticut. Her work and expertise as both a designer and style maker have been featured in numerous magazines and in designer show houses. She is the winner of "Best of Houzz" award in 2012, 2013 and 2014 for both her designs and for customer satisfaction. See our website for more information about the instructor.

Register Early – Offerings depend on minimum enrollment

Italian

#154 Basic Italian in the Morning

I am in love with Italy but I can't speak the language… Sound familiar? Then join this class. Learn how to express your feelings and passion about Italy, its language and culture through real-life scenarios, writing, reading and speaking the language, including role-play. Enjoy an optional live experience at a local restaurant at an additional fee. This course is perfect for students who are traveling to Italy but cannot register for Italian for Tourists evening course. *A presto!* See you soon! (Instructor, Lee DeMilo)

10 Sessions Mar 2-May 11 (no class Apr 13)
Monday 10:30 am-12:30 pm $174/Wspt Sr $150
Class location is 1 Canal Street, Westport
(Westport Public Schools - Facilities Building)

#144 Italian for Tourists

Whether you are planning a trip to Italy or are looking to practice conversational Italian through real-life situations without studying grammar, this course was designed by Lingua e Cucina with you in mind. This course is for everyone, whether you already speak some Italian or if this is your first time. Enjoy an optional live-learning experience at a local Italian restaurant at an additional fee. Audio lessons pertaining to this course can be purchased separately and downloaded on your iPad, iPhone or Mac. Visit www.italianfortourist.com or www.linguaecucina.com (Instructor, Lee DeMilo)

10 Sessions Mar 5-May 14* SHS Room 1047
Thursday 7:00-9:00 pm $174/Wspt Sr $150
***no class Apr 16**

#156 Cinema e Italiano – Movie and Italian! **NEW**

In a relaxed and entertaining atmosphere, develop your Italian language skills while watching Italian films that reflect Italian culture and society. Enhance your romantic vocabulary in time for Valentine's Day. Learn how to order dinner and drinks in Italian. *Lo scontrino, per favore*! The ticket, please! (Instructor, Lee DeMilo)

4 Sessions Feb 4-Mar 4* SHS Room 1034 Wednesday 3:00-5:00 pm $69/Wspt Sr $59
***no class Feb 18**

Lee DeMilo is the founder of Lingua e Cucina, a private Italian language company in Silvermine which promotes the Italian language, culture and organic cuisine. Lingua e Cucina has been named the best Italian language school in CT in 2013 by CT Magazine and has been featured on CT News 12, CBS Radio 1880 and in several newspapers and magazines.

German

#163 Conversational German – Part 1

Learn basic conversational German concentrating on vocabulary, pronunciation and a little grammar while picking up some German customs and idioms. Students should bring to class the following books: *Themen Aktuell: 1: Kursbuch and Workbook* by Hartmut Aufderstrasse (available on Amazon and Ebay). (Instructor, Robert Kibel)

8 Sessions Feb 3-Mar 31* SHS Room 1054
Tuesday 7:00-9:00 pm $129/Wspt Sr $109
***no class Feb 17**

#164 Conversational German – Part 2

Building on what you learned in Conversational German Part 1, this class will strive for a higher conversational level and expansion of your knowledge of German culture and customs. Students must bring these 2 books: *Themen Aktuell 1: Kursbuch and Workbook* by Hartmut Aufderstrasse (available on Amazon and Ebay). (Instructor, Robert Kibel)

6 Sessions Apr 21-May 26 SHS Room 1054
Tuesday 7:00-9:00 pm $99/Wspt Sr $79

Robert Kibel has been teaching German at the German School of CT for many years, and has also taught at Sacred Heart University, Berlitz and Norwalk Community College.

There is an additional fee for language text/materials

Languages

French

#863 French for Tourists

Go on a make-believe trip to France. Learn phrases and expressions so you will feel confident on your trip to any French speaking country. We will discuss holding a conversation in French from the airport to your hotel, asking for directions, greeting someone, going on a shopping spree, taking a metro (subway), getting your rental car serviced, French cuisine and ordering food. Learn about French culture. Make your trip easy and more enjoyable! (Instructor, Nell Mednick)

8 Sessions Mar 18-May 13* SHS Room 2032 Wednesday 6:30-8:30 pm $139/Wspt Sr $119
***no class Apr 15**

Spanish

#967 Basic Conversational Spanish

Whether for travel, family conversation or business purposes, learn basic vocabulary and phrases using a conversational approach. Gain confidence in speaking at home, work or abroad about food, travel, directions, lodging, shopping, and more. Learn about Spanish culture. (Instructor, Horacio Ballesteros)

10 Sessions Jan 27-Apr 7* SHS Room 1055
Tuesday 6:45-8:45 pm $174/Wspt Sr $150
***no class Feb 17**

#947 Beginning Spanish NEW

This basic Spanish grammar course will give you the skills to use the Spanish language correctly. Knowing the correct way to express yourself in another language will give you the confidence to communicate accurately with Spanish speakers. This course is also recommended for those who can use Spanish at work. (Instructor, Horacio Ballesteros)

10 Sessions Jan 28-Apr 8* SHS Room 1055
Wednesday 6:45-8:45 pm $174/Wspt Sr $150
***no class Feb 18**

Chinese

#136 Beginning Conversational Chinese NEW

Many students find learning Mandarin Chinese rewarding and full of surprises. The focus will be on listening and speaking skills on topics of practical conversation - greeting, introducing oneself and one's family, asking directions, counting time and money, ordering food. We will also experience Chinese culture through tasting tea and watching video clips from various Chinese media sources. (Instructor, Lili Yang)

10 Sessions Feb 26-May 7* SHS Room 1055 Thursday 6:30-8:30 pm $174/Wspt Sr $150
***no class Apr 16**

We offer
English as a
Second Language
~ daytime and evening classes ~
see pages 2-3

Visit us online
by scanning the QR code
with your smartphone or iPhone
(with appropriate app)

No registration fee if you register online

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.

#143 Fundamentals of Investing

Through discussion and class materials, we will demystify the world of investing. 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 31 & Apr 7 SHS Room 1047
Tuesday 7:00-9:00 pm $29/Wspt Sr No Fee

Brenda Catugno, ChFC®, CDFA™, CASL®, is President at BPC, LLC in Fairfield, CT. She specializes in financial planning, portfolio management, divorce financial analysis, and creating individual action plans that meet her client's financial needs. She has been teaching with us since 2000.

#144 Gaining Financial Control of Your Divorce

Are you going to be financially ok after a divorce? This course answers questions your attorney may not cover including sources of income, insurance and spousal support, different types of property and assets, retirement accounts, social security and the short and long term effects, including tax effects, of a divorce proposal settlement. Before you make any financial decisions regarding your divorce, get empowered – learn about potential pitfalls to avoid and smart questions you should be asking. (Instructor, Brenda Catugno)

Wednesday • Mar 18 7:00-9:00 pm SHS Room 1047 $25

#278 Tax Preparation: The Basics

In this **demonstration class**, you'll learn the basics for preparing your income tax return using the tax preparation program Turbo Tax as well as learn how to manage and organize your finances using the financial management program Quicken. Reduce the stress involved in preparing your tax return. (Instructor, Tom Olson)

Wednesday • Feb 4 7:00-9:00 pm SHS Room 1033 $39

#142 Reverse Mortgages – Separating Fact from Fiction NEW

Whether you are considering a reverse mortgage for yourself or a family member or are just curious, this course will provide in-depth information you should know. What is a reverse mortgage? How is it different from a standard home equity loan? Why are reverse mortgages recently so popular? How do you select a reverse mortgage lender? How do you evaluate if it's right for you? Myths about reverse mortgages will be debunked. (Instructor, Sara A. Cornwall)

Monday • March 9 7:00-8:30 pm SHS Room 1047 $19

Sara Cornwall is a reverse mortgage advisor for Security 1 Lending which specializes in reverse mortgage loans.

#200 New Federal Benefits for Same Sex Couples NEW

Because of a 2013 Supreme Court ruling, legally married same-sex couples are now allowed to receive federal benefits and protections, including vital financial, property ownership, and health benefits. Topics to be covered will include Social Security, pensions, retirement plans, property ownership, and health insurance. (Instructor, John Brenkovich)

Tuesday • February 24 (storm date March 3) 7:00-8:30 pm
SHS Room 2032 $19

John Brenkovich, CFP, ChFC, AAMS, is owner of Brenkovich Financial Management, Inc. and is a Certified Financial Planner Professional, Financial Advisor & Registered Principal and Licensed Life Insurance Agent.

#199 Maximizing Your Social Security

Prepare for your retirement and learn how to get the most out of your social security benefits. Learn to manage longevity risk and strategies to maximize the amount of money you receive throughout retirement. Topics to be covered will include spousal benefits, the impact of divorce, death, delaying benefits, early retirement, and taxation. You'll receive the guides: *"Myths and Facts about Social Security"* and *"Social Security: What Should You Do at Age 62"*. (Instructor, John Brenkovich)

Tuesday • April 21 (storm date April 28) 7:00-8:30 pm
SHS Room 2032 $19

#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 why now is the best time to prepare or update an estate plan. Learn about the probate process and the truth about 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, life insurance, digital assets, sophisticated planning, and more! Case studies will be included.
(Instructor, Patricia R. Beauregard, Esq.)

3 Sessions Feb 25-Mar 11 SHS Room 2032
Wednesday 7:00-9:00 pm $75/Wspt Sr $49

Patricia R. Beauregard is a partner at Pullman & Comley, LLC. Her practice includes estate and tax planning, wills, trusts, probate, estate administration, trust administration, and tax exempt law, including endowments, governing boards and formation of charitable entities.

REGISTER EARLY

#238 Beginning Guitar

Learn what you need to get started ... tuning, rudimentary technique and understanding of music notation and tablature ... using familiar songs to make learning fun! Bring your own instrument. (Instructor, Gene Pino)

6 Sessions **Mar 2-Apr 6** **SHS Room 460**
Monday **7:00-8:00 pm** **$99**

Gene Pino studied under Chuck Wayne and Linc Chamberland, attended Berklee College of Music and The Manhattan School of Music. He has been teaching guitar for over 30 years.

#277 Dance Your Way to Fitness and Fun

Develop style, balance and a better understanding and feel of music and dance. Learn different rhythms and basic dance moves to music ranging from Spanish melodies to rock and roll and dance to the classical Waltz. Get a great aerobic workout while having fun. No partner required.

(Instructor Sandra Adamczyk)

12 Sessions **Jan 27-Apr 28*** **SHS 2nd Floor Mezz.**
Tuesday **6:30-7:45 pm** **$222/Wspt Sr $192**
***no class Feb 17, Apr 14**

Sandra Adamczyk is an experienced, award winning professional dancer and dance instructor.

#951 Ballroom Dancing for Everyone!

Dancing is great exercise and a proven mood lifter. Couples and singles welcome. Smooth soled shoes recommended. **Class location is St. Francis of Assisi Church, 35 Norfield Road, Weston, CT (just over the border from Westport)**

(Instructors, Michael and Nicole Stavola)

8 Sessions **Feb 24-Apr 21*** **Tuesday** **$125**
***no class Apr 14**

#951a Beginner level - **7:00-7:45 pm** - Learn fast dances, slow dances and Latin dances, like tango, swing, salsa and hustle. Perfect for any ability level.

#951b Intermediate Ballroom Dancing - **7:45-8:30 pm** - Move beyond the basics in all areas – footwork, timing, leading and following. Learn new steps and variations that will add more excitement to your dancing.

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

Check out our outstanding NEW Adult classes!

Cooking with Chef Cecily Gans (p 7)
Gluten Free Pizza and Baguettes (p 7)
Time Management (p 8)
Reading Fingerprints and Palms (p 9)
Extreme Extremities and Killer Core (p 10)
Mindfulness Meditation (p 11)
MELT Method Workshops (p 12)
Pitfalls to Avoid when Selling your Home (p 12)
Movie and Italian! (p 13)
Beginning Spanish (p 14)
Chinese (p 14)
Federal Benefits for Same Sex Couples (p 15)
Reverse Mortgages (p 15)
iPhone Camera (p 17)

#121 Intro to MAC

In this basic intro to Mac class, we will take a walk around the computer, learning what the ports are for, how to customize the dock and the desktop, how to create, name and find folders and documents. We will look at the apps that come loaded on the Mac such as calendar and safari. *Bring your own Macbook or use one of our iMacs. Prerequisite: familiarity with the keyboard.*
(Instructor, Terri Piekara)

2 Sessions **Mar 3 & 10** **SHS Room 1029**
Tuesday **4:00-6:00 pm** **$59**

#637 iPad Basics

Getting the most from your Apple iPad? In this hands-on class you will take a walk around the Apple iPad, learning about its basic features. You will practice the basic finger gestures and explore the apps that come with your iPad. *Bring your fully charged iPad.* (Instructor, Terri Piekara)

2 Sessions **SHS Room 1049** **7:00-9:00 pm** **$59**
#637a **Tuesday Jan 27 & Feb 3**
#637b **Thursday Feb 26 & Mar 5**

#638 iPad Beyond the Basics

Have you mastered the basics of your Apple iPad and are looking for more you can do with it? In this hands-on class, you will explore a variety of apps and we will have a question and discovery period. *Bring your fully charged iPad and please know your Apple ID and password.* (Instructor, Terri Piekara)

Wednesday **Mar 18 (storm date Mar 25)** **7:00-9:00 pm**
SHS Room 2028 **$29**

#652 iPhone Basics

Are you wondering about all the other functions of your Apple iPhone beyond calling? In this hands-on class, you will explore the native apps that come with your Apple iPhone, including Messages, Calendar, Reminders, Maps, Camera, App Store, and more. *Bring your fully charged iPhone.*
(Instructor, Terri Piekara)

Monday **Feb 9 (storm date Feb 23)** **7:00-9:00 pm**
SHS Room 1049 **$29**

#222 iPhone as Your Camera NEW

Learn how to use your Apple iPhone's camera! We will explore the various settings of the Apple iPhone camera, learning how to edit, enhance and share photos through a variety of apps. *Bring your fully charged iPhone and please know your Apple ID and password.*

Wednesday **Feb 25 (storm date March 4)** **7:00-9:00 pm**
SHS Room 1049 **$29**

#619 Basic Photoshop CS6

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. *Class will be taught on PCs.* (Instructor, Craig Burry)

5 Sessions **Feb 26-Mar 26** **SHS Room 1033**
Thursday **7:00-9:00 pm** **$159**

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 CS6

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 Bitmapped 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. Class will be taught on PCs.*
(Instructor, Craig Burry)

5 Sessions **Apr 9-May 14*** **SHS Room 1033**
Thursday **7:00-9:00 pm** **$159**
***no class Apr 16**

Teaching Opportunities

Have an idea for a course?
We are always looking for great course ideas and instructors!
Please go to our website (www.westportcontinuinged.com) and fill out a course proposal packet!

Technology • Computers

The classes on pages 18-19 will be taught on PCs. Skills learned are transferable to MAC computers. Students should bring a flash drive (minimum 2G) to class to save your work on.
The instructor for these classes is Alan Weaver who has been teaching computer, technology, and Photoshop classes for Westport Continuing Education for 18 years. See our website for more information about Mr. Weaver.

#655 Improve your MS Word Skills

Discover many time saving features in Word that will increase your efficiency -- multi-page documents with page numbering, creating bibliographies/footnotes, working with tables, SmartArt, charts, graphics, screenshots, and more will be covered. MS Word 2013 updates will be reviewed in class. *Prerequisite: basic knowledge of Word.*

2 Sessions **March 30 & April 6** **SHS Room 1033**
Monday **6:45-9:15 pm** **$69**

#644 File Management - Ways to Keep Your Documents and Files organized in Windows

Do you spend a lot of time looking for documents and files on your computer? It's time to take control and take advantage of the organizational capabilities of your computer. Learn how to name, save and organize files; create new folders; and develop a system to keep the files and folders organized.

Wednesday • April 29 **6:45-9:15 pm**
SHS Room 1033 **$39**

#653 Intro to Windows 8 (for Laptop, Tablet or PC users)

Do you have Windows 8 on your laptop, PC or Surface Tablet? Build up your comfort zone as you learn basic functions, use Windows 8 apps, explore the tiled screen, and more. Whether your device has a touch screen or not, Windows 8 operates the same, either with a touch or a click of a mouse. **Bring your fully charged laptop or Surface Tablet to this demonstration session** so you can follow along on your device (instructor will have one extra laptop and tablet).

Wednesday • March 18 **6:45-9:15 pm**
SHS Room 1033 **$39**

#118 MS Powerpoint 2010

Learn to create impressive and effective presentations, complete with graphics, charts, visual effects, logos, data linked to spreadsheets and more.

2 Sessions **May 18 & 19** **SHS Room 1033**
Mon & Tues **6:45-9:15 pm** **$69**

#142 MS Publisher 2010

With Publisher, you can create professional-looking publications and documents including brochures, newsletters, business cards, greeting cards, menus, flyers and more. Customize templates or create your own designs. Learn the advantages to using Publisher rather than Word. This class will be very helpful regardless of which software version you have - MS Publisher 2013 updates will be reviewed.

2 Sessions **April 6 & 8** **SHS Room 1033**
Mon & Wed **3:30-5:30 pm** **$59**

#013 MS Excel 2010

Learn to design and use spreadsheets for business and home use - create formulas and functions; format, sort and manipulate data; prepare charts; and other features including working with large spreadsheets. Optional Text: *Microsoft Office 2010 Simplified* by Kate Shoup. *Prerequisite: familiarity with the mouse and keyboard.* MS Excel 2013 updates will be reviewed.

4 Sessions **Feb 3-Mar 3*** **SHS Room 1033**
Tuesday **6:45-9:15 pm** **$139**
***no class Feb 17 (storm date March 10)**

#014 Intermediate MS Excel 2010

For those of you familiar with the Excel basics – topics covered will include working with advanced formulas; shortcuts with large amounts of data; managing large sheets of data in sorting and filtering; linking Excel files together; performing mail merge with Word to create letters, labels, and envelopes. Learn how to track errors, work with time functions, multi-level if statements and more. Bring files to class on a flash drive if you would like to discuss your specific needs (time permitting). Optional Text: *Microsoft Office 2010 Simplified* by Kate Shoup. *Prerequisite: basic knowledge of Excel.* MS Excel 2013 updates will be reviewed.

2 Sessions **April 20 & 27** **SHS Room 1033**
Monday **6:45-9:15 pm** **$69**

#654 Everything You Want to Know About Social Networking But May Be Afraid to Ask

Discover how social networking sites such as Facebook, YouTube, Twitter, Google, Instagram, and LinkedIn allow you to connect both socially and professionally. In this **demonstration class**, learn how to interact, what to share and about security and privacy issues.

Tuesday • March 24 6:45-9:15 pm SHS Room 1033 $39

#640 Advance Your Career using LinkedIn

LinkedIn is a powerful social network for sharing your professional credentials. Its networking capabilities allow you to sell yourself, market your business, and strengthen business relationships. Learn how to create a strong profile to raise your visibility, and discover tools you can use to research a company, find a job, new clients or business opportunities.

Tuesday • March 31 6:45-9:15 pm SHS Room 1033 $39

#656 Launch and Streamline your Business' Online Presence

If you have, or are going to create, an online presence for your business, it is important to go beyond just creating a website. Learn how and why to expand your business network through Facebook, Twitter, Instagram, LinkedIn, YouTube, Pinterest, Yelp, etc. Create content that will be found by search engines and increase traffic to your website.

Wednesday • April 1 6:30-9:30 pm SHS Room 1033 $45

Register Early

If there are not enough registrations by the week before the class, it may be cancelled

#636 Buying and Selling on eBay

Learn how to buy and sell goods on eBay. Demonstration will cover how to open a seller and buyer account, do research, create listings with effective descriptions and photographs, set pricing, use PayPal payment service, compete with other bidders, decide on shipping options, manage your listings, build your business on eBay, as well as cellphone and tablet eBay apps.

Monday • May 4 6:30-9:30 pm SHS Room 1033 $45

ONLINE COURSES WITH ed2go

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 and 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. New classes are added frequently.

Among the categories of course offerings are:

Computer Applications • Internet • Web and Computer Programming

Graphic Design • Creating Websites • Career Training • Personal Finance

Starting a Business • Writing • Singapore Math Strategies • Health and Wellness

Job Search • Business and Management

SAT/ACT Test Prep • Languages • Teaching and Education • Marketing

Certification Prep • Health Care

Personal Development … and hundreds more!!

For more information about our online course offerings,

go to www.westportcontinuinged.com and click on the **ed2go** link.

KID'S CLASSES follow the Westport Public School calendar. Unless otherwise noted, our classes do not meet on Westport Public School Holidays, Staff Development Days, or Shortened School Days and Elementary students do not have classes during teacher conferences, W, Th, F Mar 18, 19, 20

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 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, do your homework, meet new friends and have fun participating! Be a part of our team this school year! Staffing levels depend on enrollment.

KHS Room 33 & Gym		**Michael Quiricone, Katelyn Kawejsza**	**3:15-5:00 pm**
#836j	**Thursday**	**Jan 22-Mar 26 (no class Feb 19, Mar 19)**	**8 Sessions-$189**
#836k	**Thursday**	**Apr 9-June 4 (no class Apr 16)**	**8 Sessions-$189**
CES Library & Gym		**Don Savage**	**3:15-5:00 pm**
#836l	**Tuesday**	**Jan 27-Mar 24 (no class Feb 17)**	**8 Sessions-$189**
#836m	**Tuesday**	**Apr 7-June 2 (no class Apr 14)**	**8 Sessions-$189**
LLS Library & Gym		**Amanda Sharkey**	**3:15-5:00 pm**
#836n	**Tuesday**	**Jan 27-Mar 24 (no class Feb 17)**	**8 Sessions-$189**
#836o	**Tuesday**	**Apr 7-June 2 (no class Apr 14)**	**8 Sessions-$189**
SES Library & Gym		**David Evans, Heidi Keyes**	**2:45-4:30 pm**
#836p	**Tuesday**	**Jan 27-Mar 24 (no class Feb 17)**	**8 Sessions-$189**
#836q	**Tuesday**	**Apr 7-June 2 (no class Apr 14)**	**8 Sessions-$189**
#836r	**Thursday**	**Jan 22-Mar 26 (no class Feb 19, Mar 19)**	**8 Sessions-$189**
#836s	**Thursday**	**Apr 9-June 4 (no class Apr 16)**	**8 Sessions-$189**

Sign up for both sessions of Sports and Homework and Just Sports NOW so you do not forget or get closed out!

#840 Just Sports (Gr. 1-4)

Join us for 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, floor hockey and much more! Make new friends, have fun in a safe environment and improve your sports skills and fitness. Staffing levels depend on enrollment.

GFS Gym		**Lisa Thomas, Jon Herbst**	**3:15-5:00 pm**
#840m	**Thursday**	**Jan 22-Mar 26 (no class Feb 19, Mar 19)**	**8 Sessions- $189**
#840n	**Friday**	**Jan 23-Mar 27 (no class Feb 20, Mar 20)**	**8 Sessions- $189**
#840o	**Friday**	**Apr 24-May 29**	**6 Sessions- $145**
KHS Gym		**Michael Quiricone, Elizabeth Miller**	**3:15-5:00 pm**
#840p	**Monday**	**Jan 26-Mar 30 (no class Feb 16, 23)**	**8 Sessions- $189**
#840q	**Monday**	**Apr 20-June 1 (no class May 25)**	**6 Sessions- $145**

Sign up for Sports and Fun Adventures over February and April breaks – see page 27

Kindergarten Tennis with Connie Goodman

- Smaller **QuickStart** courts, smaller racquets, low-compression balls
- Eye-hand coordination, ball handling, court familiarity, movement/agility
- General physical fitness and pre-tennis exercises perfect for young beginners
- Supervised by Professional Tennis Registry (PTR) certified instructor with special training in "pre-tennis fun" for kindergarten-aged children

#828a	**Tues, Jan 6-Feb 24 (no class 2/17)**	**4:00-5:00 pm**	**GFS gym**	**7 sessions-$265**
#828b	**Thurs, Jan 8-Feb 26 (no class 2/19)**	**4:00-5:00 pm**	**LLS gym**	**7 sessions-$265**
#828c	**Tues, Mar 10-Apr 21 (no class 4/14)**	**4:00-5:00 pm**	**GFS gym**	**6 sessions-$229**
#828d	**Thurs, Mar 12-Apr 23 (no class 4/16)**	**4:00-5:00 pm**	**LLS gym**	**6 sessions-$229**
#828e	**Tues, Apr 28-June 2**	**4:00-5:00 pm**	**GFS gym**	**6 sessions-$229**
#828f	**Thurs, Apr 30-June 4**	**4:00-5:00 pm**	**LLS gym**	**6 sessions-$229**

Tennis for Grades 1-5 with Connie Goodman

- **QuickStart Tennis** – a new and better approach to introducing kids to the game
- Smaller courts, smaller racquets, lower-compression balls
- Allows kids time to get to the ball and helps them develop proper swing patterns
- More fun and less frustration!

Grades 1-2

#321A2	**Mon, Jan 5-Feb 9 (no class 1/19)**	**4:00-5:00 pm**	**GFS gym**	**5 sessions-$195**
#321B2	**Wed, Jan 7-Feb 25 (no class 2/18)**	**4:00-5:00 pm**	**SES gym**	**7 sessions-$265**
#321C2	**Fri, Jan 9-Feb 27 (no class 1/16, 2/20)**	**4:00-5:00 pm**	**BMS gym**	**6 sessions-$229**
#323A2	**Mon, Mar 9-Apr 20 (no class 4/13)**	**4:00-5:00 pm**	**GFS gym**	**6 sessions-$229**
#323B2	**Wed, Mar 11-Apr 22 (no class 4/15)**	**4:00-5:00 pm**	**SES gym**	**6 sessions-$229**
#323C2	**Fri, Mar 13- May 1 (no class 4/3, 4/17)**	**4:00-5:00 pm**	**BMS gym**	**6 sessions-$229**
#324A2	**Mon, Apr 27-June 1 (no class 5/25)**	**4:00-5:00 pm**	**GFS gym**	**5 sessions-$195**
#324B2	**Wed, Apr 29-June 3**	**4:00-5:00 pm**	**LLS gym**	**6 sessions-$229**
#324C2	**Fri, May 8-June 5**	**4:00-5:00 pm**	**BMS gym**	**5 sessions-$195**

Grades 3-5

#321A3	**Mon, Jan 5-Feb 9 (no class 1/19)**	**5:00-6:00 pm**	**GFS gym**	**5 sessions-$195**
#321B3	**Wed, Jan 7-Feb 25 (no class 2/18)**	**5:00-6:00 pm**	**SES gym**	**7 sessions-$265**
#321C3	**Fri, Jan 9-Feb 27 (no class 1/16, 2/20)**	**5:00-6:00 pm**	**BMS gym**	**6 sessions-$229**
#323A3	**Mon, Mar 9-Apr 20 (no class 4/13)**	**5:00-6:00 pm**	**GFS gym**	**6 sessions-$229**
#323B3	**Wed, Mar 11-Apr 22 (no class 4/15)**	**5:00-6:00 pm**	**SES gym**	**6 sessions-$229**
#323C3	**Fri, Mar 13- May 1 (no class 4/3, 4/17)**	**5:00-6:00 pm**	**BMS gym**	**6 sessions-$229**
#324A3	**Mon, Apr 27-June 1 (no class 5/25)**	**5:00-6:00 pm**	**GFS gym**	**5 sessions-$195**
#324B3	**Wed, Apr 29-June 3**	**5:00-6:00 pm**	**LLS gym**	**6 sessions-$229**
#324C3	**Fri, May 8-June 5**	**5:00-6:00 pm**	**BMS gym**	**5 sessions-$195**

Tennis for Grades 6-8 with Connie Goodman

- Beginners and intermediate players
- Cover all the basics -- grip, footwork, strokes, rules, strategy and court etiquette
- Limited enrollment, low student/pro ratio, personalized attention
- Opportunity to hit hundreds of balls

#321C1	**Fri, Jan 9-Feb 27 (no class 1/16, 2/20)**	**3:00-4:00 pm**	**BMS gym**	**6 sessions-$229**
#323C1	**Fri, Mar 13-May 1 (no class 4/3, 4/17)**	**3:00-4:00 pm**	**BMS gym**	**6 sessions-$229**
#324C1	**Fri, May 8-June 5**	**3:00-4:00 pm**	**BMS gym**	**5 sessions-$195**

#303 Kempo Karate - Introduction to Martial Arts (Gr. K-5)

Through highly successful teaching techniques that incorporate character building philosophies within traditional martial arts training methods, you will learn to understand and use martial arts to develop self confidence, self discipline, self control, focus, and respect for others. Learn a series of punches, kicks, and blocks in a fun yet controlled environment – there is no fighting or contact. Wear comfortable clothes and gym shoes. You will receive a white belt and have the option to purchase a Gi (Uniform Shirt and Pants for $42). All eligible students will be invited to do optional belt rank testing at the Kempo Academy of Martial Arts studio in Westport at the conclusion of the program (test fee is $50). 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.kempokaratect.com)

10 Sessions		**$139**
#303a	**Monday**	**Jan 26-Apr 20 (no class Feb 16, 23, Apr 13)**
	CES Gym	**3:20-4:20 pm**
#303b	**Tues**	**Jan 27-Apr 7 (no class Feb 17)**
	KHS Gym	**3:20-4:20 pm**
#303c	**Wednesday**	**Jan 28-Apr 22 (no class Feb 18, Mar 18, Apr 15)**
	GFS Cafeteria	**3:20-4:20 pm**
#303d	**Fri**	**Jan 30-May 1 (no class Feb 20, Mar 20, Apr 3, 17)**
	SES Gym	**2:50-3:50 pm**

Summer 2015

Opportunities Abound!
High School Academic Classes
Enrichment Programs
Fitness Programs - Theater - Film
Sports Camps
Driver Education - Art & More!
Programs for Kids and Adults
Look for our Summer Catalog in March!
Check our website for more information!

#984 Intermediate to Advanced Badminton (Gr. 4-12)

For the intermediate to advanced junior player looking to take your badminton skills to the next level - game played is the Olympic sport, not your summer backyard game. Some participants may be invited to play in the Connecticut State Junior Badminton Tournament. There have been several state champions in the past from Westport. Sneakers and badminton racquet required. If you have questions about a racquet, contact the instructor at PeterPPPP@aol.com (Instructor, Peter Bartush)

9 Sessions	**Mar 31-June 2***	**SHS Gym**
Tuesday	**7:30-9:30 pm**	**$99**

***no class Apr 14**

Why take our Kids after school programs?

– fun, stimulating & relaxing classes

– safe environment

– all staff have passed background checks

– Inclement Weather –
– School Closings –
See inside back cover

#469 Artistic Adventures (Gr. K-3)

Join us as we go on Artistic Adventures! You will have the opportunity to work with a variety of different materials in a variety of different ways as you explore and create art that lets you express yourself and your ideas through printmaking, drawing, painting, collage and more! This class is the perfect class for curious young artists who love adventures!
(Instructor, Amanda Sharkey)

8 Sessions **Jan 28-Apr 1*** **LLS Art Room 6**
Wednesday **3:20-5:00 pm** **$229**
***no class Feb 18, Mar 18**

#467 Art Exploration (Gr. K-3)

Have fun -- mix, splatter, and sculpt with a variety of 2-3 dimensional art materials! Open up your imagination and creativity to make beautiful artworks and crafts. We'll explore techniques, including, but not limited to drawing, printmaking, painting, collaging, and sculpting. We'll draw inspiration from works of famous artists, modern designs, and our own lives. Possible projects include Picasso self-portraits, Warhol printmaking, Gaudi recycled city, and Giacometti figure sculptures. Returning students will work on new projects!
(Instructors, Lili Yang - #467a; Staff - #467b)

8 Sessions **$229**
#467a **Tuesday** **Jan 27-Mar 24 (no class Feb 17)**
KHS Art Room 108 **3:20-5:00 pm**
#467b **Thursday Jan 29-Apr 2 (no class Feb 19, Mar 19)**
GFS Art Room 130 **3:20-5:00 pm**

#330 Chinese for Children – Beginning (Gr. K-3, 4 & up)

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 **Jan 27-Apr 7*** **Tuesday**
LLS Art Room 6 **$159**
#330a **Gr. K-3** **3:20-4:20 pm**
#330b **Gr. 4 & up (and those who have taken Beginning Chinese)** **4:25-5:25 pm**
***no class Feb 17**

#907 BRICKS 4 KIDZ® presents Gadgets and Gizmos (Gr. K-3) NEW

In these hands-on programs, you will build structures out of LEGO® bricks, using one-of-a-kind model plans designed by engineers and architects. While exploring STEM principles, you will develop problem solving and critical thinking skills. You'll love our interactive Bricks 4 Kidz® models.

This unit is all about the fun of doing something with what you've built. From a spinning top to a spin art model, you'll love playing with your creations! But don't worry, we sneak in lots of learning too such as understanding probability in the "3-in-a-row" game model and learning about friction and symmetry with the spinning top lesson. New projects will be covered in Part 2. Limited enrollment - don't miss out! (Instructor, BRICKS 4 KIDZ®)

Gadgets and Gizmos Part 1

8 Sessions **3:20-5:00 pm** **$205**
#907a **Monday** **GFS Cafeteria** **Jan 26-Mar 30 (no class Feb 16 & 23)**
#907b **Friday** **KHS Art Room 108** **Jan 23-Mar 27 (no class Feb 20 & Mar 20)**

Gadgets and Gizmos Part 2

6 Sessions **3:20-5:00 pm** **$150**
#907c **Monday** **GFS Cafeteria** **Apr 20-June 1 (no class May 25)**
#907d **Friday** **KHS Art Room 108** **Apr 24-May 29**

Enjoy BRICKS 4 KIDZ®
on School Breaks and Staff Development Days
- see p 27

#841 Magic Club ~ featuring Nisan Eventoff, internationally known Master Magician (Gr. K-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. 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! 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 $5 per week included. (Instructor, Nisan Eventoff)

12 Sessions **$215**

#841a	**Wednesday**	**Jan 21-Apr 29 (no class Feb 18, Mar 18, Apr 15)**	**GFS Music Room**	**3:20-4:20 pm**
#841b	**Thursday**	**Jan 22-Apr 30 (no class Feb 19, Mar 19, Apr 16)**	**LLS Music Room**	**3:20-4:20 pm**

#916 MAD SCIENCE presents Academy of Future Space Explorers - NASA (Gr. 1-4)

Explore the farthest reaches of our solar system and create a lunar eclipse in a "Mad" planetary tour. Journey through a soapy galaxy as you investigate the life cycle of stars. Race a balloon rocket and design your own car engine as you learn about thrust. Investigate the four forces of flight with the help of a unique flying object! Build your own *Skyblazer II* rocket plus other cool experiments that you can take home. A special focus on STEM learning makes these classes out of this world!
(Instructor, Mad Science)

8 Sessions **$205**

#916a **Mon** **Jan 26-Mar 30 (no class Feb 16, 23)**
SES Room 126 **2:50-3:50 pm**

#916b **Tues** **Jan 27-Mar 24 (no class Feb 17)**
GFS Art Room 130 **3:20-4:20 pm**

#916c **Wed** **Jan 28-Apr 1 (no class Feb 18, Mar 18)**
KHS Room 1 **3:20-4:20 pm**

#916d **Fri** **Jan 23-Mar 27 (no class Feb 20, Mar 20)**
LLS Art Room 6 **3:20-4:20 pm**

#916e **Fri** **Jan 23-Mar 27 (no class Feb 20, Mar 20)**
CES Room 37 **3:20-4:20 pm**

#917 MAD SCIENCE presents Secret Agent Lab I: Spy Academy (Gr. 1-4)

Look out 007 - the Mad Science Spy Academy is in session! From decoding messages to metal detectors and night vision, you will have the opportunity to check out equipment and create your own edible message! You will use the Secret Code Breaker to communicate stealthily, like real spies. With the Undercover Observer, you'll step into the shoes of a spy in action. The viewer allows you to observe visually, while the spy ear enhances your hearing. These tools provide a complete undercover kit for you to take home. (Instructor, Mad Science)

6 Sessions **$145**

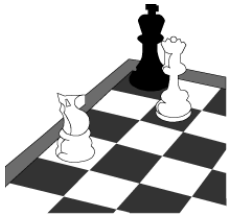
#917a **Mon** **Apr 20-June 1 (no class May 25)**
SES Room 126 **2:50-3:50 pm**

#917b **Tues** **Apr 21-May 26**
GFS Room 1 (Staff Lounge) **3:20-4:20 pm**

#917c **Wed** **Apr 22-May 27**
KHS Room 1 **3:20-4:20 pm**

#917d **Fri** **Apr 24-May 29**
LLS Art Room 6 **3:20-4:20 pm**

#917e **Fri** **Apr 24-May 29**
CES Room 37 **3:20-4:20 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)

10 Sessions **$180**

#318a **Monday Jan 26-Apr 20 (no class Feb 16, 23, Apr 13)**
LLS Cafeteria **3:20-4:20 pm**

#318b **Tuesday** **Jan 20-Mar 31 (no class Feb 17)**
KHS Room 13 **3:20-4:20 pm**

#318c **Wed** **Jan 21-Apr 8 (no class Feb 18, Mar 18)**
SES Room 168 **2:50-3:50 pm**

#318d **Thur** **Jan 22-Apr 9 (no class Feb 19, Mar 19)**
CES Room 43 **3:20-4:20 pm**

#318e **Fri** **Jan 23-Apr 24**
(no class Feb 20, Mar 20, Apr 3, 17)
GFS Cafeteria **3:20-4:20 pm**

#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. (Instructor, Barbara Eilertsen)

8 Sessions **Jan 29-Apr 2*** **LLS LMC**
Thursday **3:20-4:20 pm** **$115**
***no class Feb 19, Mar 19**

#470 Ceramics (Gr. 4-12) **NEW**

This beginner to intermediate ceramics course will include hand-building skills such as slab, coil and extrusion. You will produce both functional and non-traditional pieces. You will also have the opportunity to experiment on the wheel to learn how to center and throw a bowl, mug or plate. Middle school and high school kids are welcome – everyone works at their own pace and on their own projects. (Instructor, Cassie Bourgeois)

8 Sessions **Mar 2-Apr 27*** **GFS Art Room**
Monday **4:00-6:00 pm** **$169**
***no class Apr 13**

KIDS

#133 **Cooking – Mom/Dad (Or Grandparents) and Me! (Children ages 7 And up)** NEW MENUS

Enjoy a culinary adventure with your child or grandchild preparing recipes from start to finish! Have fun in a professional kitchen and learn new recipes for a delicious entree (stir fry chicken wraps) and dessert (black bottom cupcakes). (Instructor, Barbara Rourke)

Wednesday • Apr 1 3:30-5:30 pm SHS Room 182
$99 per class/adult & child

#273 **Top Chefs in Training (Gr. 6-8)** NEW

Enjoy a culinary adventure to beat the doldrums of March! Each week our chefs-in-training will be introduced to a bevy of new and intriguing ingredients, as well as their preparation and presentation, as you create a feast inspired by healthy dishes from around the globe. Prepare the recipes from start to finish and complete the afternoon with a tasting of each dish the class prepares. As a unique introduction to our always sold-out summer Culinary Camps – or a way to explore the art of cooking even further for our former campers - these sessions will include new recipes, taught in a similar format to our camps, so everyone, whether novice or experienced, will have the opportunity to learn new skills and techniques. (Instructor, Chef Cecily Gans, Chef and Culinary Arts instructor at Staples High School)

4 Sessions March 3, 17, 24, 31 SHS Room 182
Tuesday 3:00-5:00 pm $199

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

#449 **Rocketry (Gr. 6-8)**

Build your own rocket from a kit, add your own unique touches, and launch your rocket hundreds or maybe even a thousand feet into the sky! Each week you'll work on constructing your rocket with the last day dedicated to launching the rockets. (Instructor, Lou Kitchner)

6 Sessions Feb 27-Apr 10* BMS Room 272
Friday 3:00-4:30 pm $135
***no class Apr 3**

#367 **American Red Cross Babysitters Course (Age 11 to 15)**

Learn the skills you need to be a safe and responsible babysitter! Learn how to care for children and infants, be a good leader and role model, make good decisions, solve problems, handle emergencies such as injuries, illnesses and household accidents, and more. Earn your Red Cross Babysitters Certification. **You must be present for entire class time to receive Babysitters Certification – no makeup classes are available.** (Instructors, Don Savage)

3 Sessions Wednesday 3:00-5:00 pm $155

#367a **Jan 28, Feb 4, 11 SHS Room 1047**
#367b **Mar 18, 25, Apr 1 SHS Room 1047**
#367c **May 13, 20, 27 SHS Room 1047**

Register Early!

Club BEDford MIDDLE SCHOOL AFTER SCHOOL PROGRAM

Join CLUB BED...the middle school educational after school program: includes homework support, 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 3:00-5:30 pm** when school is in session.

	Any 2 days	Any 3 days	4 or 5 days
Any 1 week	$45	$65	$85
Jan 5-30 (no class Jan 16, 19)	$155	$225	$280
Feb 2-Mar 6 (no class Feb 16-23)	$155	$225	$280
Mar 9-Apr 2	$155	$225	$280
Apr 6-May 8 (no class Apr 13-17)	$155	$225	$280
May 11-June 12 (no class May 25)	$199	$289	$365

Register by calling us at 203•341•1209

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

#681 Study Skills Workshop (Gr. 6-8)
Gain an understanding of the importance of good organization and study skills. Regain control over your binders and notebooks. 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, create a personalized study routine, and plan out your time, so you can be successful for the rest of the year! (Instructor, Bryan Davis)

4 Sessions	**3:00-4:30 pm**	**$65**
#681a Tuesday	**Jan 27-Feb 24 (no class Feb 17)**	**CMS Room 217**
#681b Wednesday	**Jan 28-Feb 25 (no class Feb 18)**	**BMS Room 235**

#450 Introduction to Woodworking: Building Your Own Project (Gr. 7-12)
Create your own unique masterpiece (instructor approved). Learn or further enhance existing woodworking skills with hands-on instruction of tools and machines. This is a great learning experience and you can advance to detailed machine work such as turning a pen on a lathe. Course is also open to returning students who would like to do a more advanced project. **Non-refundable materials fee of $35 included.** (Instructor, Michael Sansur)

8 Sessions	**Jan 28-Mar 25***	**SHS Room 192**
Wednesday	**3:00-4:00 pm**	**$129**

***no class Feb 18**

Michael Sansur is a Technology Education teacher at Staples High School.

High School

S4 Study Skills

skills for school, tools for life™

Workshops for High School Students

#685 Study Skills 100
S4's foundational study skills workshop will teach you how to use and apply evidence-based strategies, systems and study skills, for time management, organization, and effective and efficient studying. Includes note-taking, test-taking, and memorization techniques. Workshop includes all in-class materials, post-session emails to parents, and original **S4** teach sheets for each skill taught for at-home reference. Call **S4** Study Skills (203-418-2003) with any questions. Limited enrollment. **Register online with S4 Study Skills at http://bit.ly/1Q15-Westport** (Instructor, **S4** Study Skills)

5 Sessions	**Jan 20-Feb 24***	**SHS Room 1047**
Tuesday	**2:30-4:00 pm**	**$395**

***no class Feb 17**

#686 Study Skills 200
The **S4 200** program expands to cover assessing and understanding one's learning style, methods to stay focused and eliminate distractions, motivation techniques, critical-thinking strategies, and scientific-based methodologies to increase information retention while decreasing stress. Workshop includes all in-class materials, post-session emails to parents, and original **S4** teach sheets for each skill taught for at-home reference. Call **S4** Study Skills (203-418-2003) with any questions. Limited enrollment. **Register online with S4 Study Skills at http://bit.ly/1Q15-Westport** (Instructor, **S4** Study Skills)

5 Sessions	**Mar 10-Apr 7**	**SHS Room 1047**
Tuesday	**2:30-4:00 pm**	**$395**

No registration fee if you register online

STAYCATIONS
ON STAFF DEVELOPMENT DAYS AND SCHOOL BREAKS

#838 Sports and Fun Adventures (Gr. 1-5)

Are you wondering what to do during your school breaks? 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 if you are staying all day bring lunch! (Instructors, Christopher Scholz and Lisa Thomas)

4 Sessions	Tues-Fri	Feb 17-20	SES Gym
#838a	8:15 am-3:15 pm		$159
#838b	8:15-11:30 am		$85
#838c	12:00-3:15 pm		$85

5 Sessions	Mon-Fri	Apr 13-17	SES Gym
#838d	8:15 am-3:15 pm		$199
#838e	8:15-11:30 am		$109
#838f	12:00-3:15 pm		$109

BRICKS 4 KIDZ®

NEW

In these hands-on programs, you will build structures out of LEGO® bricks, using one-of-a-kind model plans designed by engineers and architects. While exploring STEM principles, you will develop problem solving and critical thinking skills.

#903 BRICKS 4 KIDZ® presents Animal Grossology (Gr. 2-5)

(Held on January 16th Staff Development Day)

If you're fascinated by the weird but true, wild and wacky, gross and yucky, then this is the program for you! Spend time discovering the zany biology of our animal friends. Explore fascinating facts about the animal kingdom, focusing on a "creature of the class". Build a different animal model in the morning and afternoon, and fill your very own "Animal Grossology" booklet with crazy and cool facts you learn, complete with a picture of each model, to become a certified Bricks 4 Kidz® Grossologist. Bring a peanut-free snack and if you are staying all day bring lunch.

(Instructor, BRICKS 4 KIDZ®)

Friday	January 16	SHS Room 1004
#903a	8:30-3:00 pm	$119
#903b	8:30-11:30 am	$59
#903c	12:00-3:00 pm	$59

#905 BRICKS 4 KIDZ® presents Winter Fun Camp (Gr. K-3)

Don't get left out in the cold! Bring winter fun indoors with interactive Bricks 4 Kidz® models of some popular winter activities from the hair-raising thrill of the luge to the more relaxing pace of a horse and sleigh. We'll build the all-business snowplow as well as the all-fun snow mobile. And our winter theme wouldn't be complete without ice hockey and skiing. No snow? No problem – all you need to create these winter memories are our bricks and your imagination. Bring a peanut-free snack.

(Instructor, BRICKS 4 KIDZ®)

4 Sessions	Feb 17-20	SHS Room 1004
Tues-Fri	8:30-11:30 am	$ 215

#904 BRICKS 4 KIDZ® presents Minute to Win It (Gr. K-3)

(Held on February 23rd Staff Development Day)

Based on the popular game show "Minute to Win It", enjoy fast-paced, fast-action building and good old-fashioned friendly competition. 60-seconds on the clock -- think you can do it? You'll have a minute to complete crazy challenges using exciting Bricks 4 Kids® LEGO® models and everyday household items. Each half-day offers new models and challenges as teams compete for the title of "Minute to Win It – Bricks 4 Kidz® Style" Champions. And of course, there's plenty of time for classic LEGO® building and fun! Bring a peanut-free snack and if you are staying all day bring your lunch. (Instructor, BRICKS 4 KIDZ®)

Monday	Feb 23	SHS Room 1004
#904a	8:30-3:00 pm	$119
#904b	8:30-11:30 am	$59
#904c	12:00-3:00 pm	$59

#906 BRICKS 4 KIDZ® presents Super Hero Camp (Gr. K-3)

Join Bricks 4 Kidz® for a week building Super Heroes with LEGO® bricks. Explore caped crusaders and discover their super powers. Create a fantasy world and protect it against evil arch enemies with custom contraptions made with LEGO® bricks. At the end of the week, all SUPER HERO CAMPERS will go home with a custom mini figure! Bring a peanut-free snack. (Instructor, BRICKS 4 KIDZ®)

5 Sessions	April 13-17	SHS Room 1004
Mon-Fri	8:30-11:30 am	$250

High School

#950 Practice PSAT for Staples High School Sophomores ONLY

Take a timed practice PSAT under realistic conditions. Learn about your strengths and weaknesses on this important test. Test results, along with practice materials, will be mailed to the home of the students within a few weeks after the test. Limited enrollment. Registration ends March 4. Bring No. 2 wooden pencils - mechanical pencils are not allowed.

Saturday • March 7 (storm date March 14)

8:30 am-12:00 noon **Check in at SHS Lobby** **$52 if you sign up by Feb 13** **$57 thereafter**

Prepare for March, May and June SAT®

#308 SAT® Prep – Critical Reading/Writing

Prepare for the Critical Reading and Writing sections of the SAT®. 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!!! Please see our website for which review book to purchase prior to the start of class. (Instructor, Brendan Giolitto - #308a, #308c; Ashley Gayanilo - #308b)

#308a	**5 Sessions**	**Jan 28-Mar 4***	**$165**
	Wednesday	**2:30-5:00 pm**	**SHS Room 2030**
	***no class Feb 18**		
#308b	**5 Sessions**	**Feb 25-Mar 25**	**$165**
	Wednesday	**6:00-8:30 pm**	**SHS Room 2030**
#308c	**5 Sessions**	**Mar 17-Apr 21***	**$165**
	Tuesday	**2:30-5:00 pm**	**SHS Room 2030**
	***no class Apr 14**		

#309 SAT® Prep – Math

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!!! Please see our website for which review book to purchase prior to the start of class. (Instructor, Brian Smith)

#309a	**5 Sessions**	**SHS Room 2030**	**$165**
	Monday	**Jan 26, Feb 2, 9, Mar 2**	**6:00-8:30 pm**
	Thursday	**Feb 26**	**6:00-8:30 pm**
#309b	**5 Sessions**	**SHS Room 2030**	
	Thursday	**Mar 19-Apr 23 (no class Apr 16)**	
	6:00-8:30 pm		**$165**

Prepare for April and June ACT®

#311 ACT® Prep

Prepare for the ACT®. Learn test-taking strategies and fundamentals covering the Math, English, Reading, Writing and Science sections of the test – take the review class you need. Build your confidence and improve your scores. Please see our website for which review book to purchase prior to the start of class.

(Instructors, Staff - #311a, #311d; Brian Smith - #311b, #311e; John Killian - #311c, #311f)

#311a	**English & Writing**	**5 Sessions**	**Mar 3-31**	**SHS Room 1049**	**Tues**	**6:00-8:30 pm**	**$165**
#311b	**Math**	**5 Sessions**	**Mar 9-Apr 6**	**SHS Room 1049**	**Mon**	**6:00-8:30 pm**	**$165**
#311c	**Science**	**2 Sessions**	**Mar 25 & Apr 1**	**SHS Room 1036**	**Wed**	**6:45-9:00 pm**	**$65**
#311d	**English & Writing**	**5 Sessions**	**Apr 28-May 26**	**SHS Room 1049**	**Tues**	**6:00-8:30 pm**	**$165**
#311e	**Math**	**5 Sessions**	**Apr 30-May 28**	**SHS Room 1049**	**Thur**	**6:00-8:30 pm**	**$165**
#311f	**Science**	**2 Sessions**	**May 27 & June 3**	**SHS Room 1049**	**Wed**	**6:45-9:00 pm**	**$65**

Register Early!

Don't take a chance that the class you want will be full or cancelled

STATE OF CONNECTICUT DEPARTMENT OF MOTOR VEHICLES CERTIFIED DRIVER 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 teachers with many 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 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. (Instructors, Rob Rogers - #306d, #306f; Toby Watson - #306e)
SHS Room 1036 - #306d, #306f
SHS Room 1034 - #306e **$220**

#306d Tues & Thurs Feb 5-Apr 2* (no class Feb 17, 19) 2:30-4:30 pm (MUST ALSO SIGN UP FOR #307d)
***No daytime class on Tuesday Feb 10 – attend parent/child class (#307d) that night – see below)**
#306e Mon & Wed March 2-Apr 27 (no class Apr 13, 15) 6:00-8:00 pm (MUST ALSO SIGN UP FOR #307e)
#306f Tues & Thurs Apr 21-June 9 2:30-4:30 pm (MUST ALSO SIGN UP FOR #307f)
***No daytime class on Thursday Apr 23 – attend parent/child class (#307f) that night – see below)**

After completing your Driver Ed class, you must come to our office to request the CS-1 Form which you will need for your road test – expect to wait 3 days to receive it.

#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.

#307d	**Feb 10**	**Tues**	**6:00-8:00 pm**	**ONLY AVAILABLE TO THOSE TAKING #306d**
#307e	**Mar 11**	**Wed**	**6:00-8:00 pm**	**ONLY AVAILABLE TO THOSE TAKING #306e**
#307f	**Apr 23**	**Thurs**	**6:00-8:00 pm**	**ONLY AVAILABLE TO THOSE TAKING #306f**

#304 Behind-the-Wheel Instruction (Learner's Permit required) **$440**
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 may be scheduled in 1, 1½, 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. Contact your insurance company to determine if you will get a discount for completing BTW instruction. **Payments for BTW can be made in two installments. 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.)

Westport Center for Senior Activities • 21 Imperial Avenue

Please visit online at:
www.westportct.gov/seniorcenter
or like on Facebook by typing in
Westport Senior Center

facebook

Center Hours:
Monday – Friday 7:30 am – 4:30 pm
Thursday 7:30 am – 8:00 pm
Saturday 8:30 am – 3:00 pm

ALL CLASSES
require pre-registration
and will be
filled on a first come basis.
TO REGISTER
call 203•341•5099

Among the courses taught at the Center are:

- Computer Classes
- Saturday and Sunday Socials
- Movies with dinner Thursday evenings
- Mind-Body-Spirit, Health & Healing
- Culinary Classes
- Yoga & Pilates
- Dance & Stretch
- Foreign Language Instruction
- Sculpture, Beading, Stained Glass, One Stroke Painting
- Fitness Center, Strength Training, Aerobic Chair
- Support Groups, Blood Pressure & Hearing Screening
- Tai Chi, Qigong
- Drawing, Oil Colors, Watercolor
- Current Events
- Nutrition Education
- Core Strength Training
- College Level Courses
- Parkinson's Support and Fitness

Photographs and Video

Media: Westport Continuing Education may have contact with the media to feature a program, or to publicize an unusual achievement or activity by a student or group of students. Students may be photographed or televised as part of these activities. Their names, school and grade may also be used.

Publications: Students' names and photos also may be used in school system publications such as Continuing Education catalogs, newsletters, school or grade-level videos, etc. Students' photos (without identification) also may be used on Continuing Education, school or school-system WEB pages.

Staff: A teacher may videotape a class for personal professional development, an educational article or other professional activities.

Adult students and parents who do not want their child/children to participate in such media and publicity should inform the class teacher that they or those children are not to be photographed.

Last Name | First Name | Today's Date ____ – ____ 2015 (Month – Day)

Please Check Below

❑ I have previously attended your program.

❑ My name, address or phone has changed.

WESTPORT CONTINUING EDUCATION
REGISTRATION FORM • WINTER/SPRING 2015

REGISTER ONLINE
www.westportcontinuinged.com

MAIL
Westport Continuing Ed
70 North Avenue
Westport, CT 06880

FAX
203•341•1218

IN PERSON
Staples High School
Room 1040
70 North Avenue
Westport, CT 06880

PHONE
203•341•1209

Home Address_____
No. Street City State Zip

Work Phone_____ Home Phone_____ Cell Phone_____

Email address_____ Senior Citizen (62 or older) YES_____

★ Registrants in Grades K-12 Complete This Section: ★

Grade_____ Date of Birth_____ Age_____ School_____

Names of Parents or Guardians_____

Emergency Contact Person_____
Name Phone Relationship to child

List Health Problems _____ Allergies _____ Medications_____

Child's Doctor's Name_____ Phone _____

REGISTRATION CONTINUED ON THE BACK OF THIS PAGE

Registration Form • Winter/Spring 2015

Course #	Course Title	Starting Date	# of Sessions	Time	Location	Fee

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

Total $

Make checks payable to:

Westport Continuing Education

70 North Avenue, Westport, CT 06880

* Registration fees do not apply to one session courses.
Registration fees are payable once per semester.
No registration fee for online registration.

Payment by: Check ____ # _____ MasterCard _____ VISA _____

Account # _____ Expiration Date_____ AVS _____

Print Name as it appears on the card _____

Billing Address (if different than mailing address) _____

Refund Policy see inside back cover of catalog

Please share your suggestions and/or comments._____

_____

WELCOME!

KIDS K-12 • ADULTS

RESIDENTS • NON RESIDENTS

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**

PAYMENT: No cash is accepted – only MasterCard, VISA or checks made payable to Westport Continuing Education.

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.
- Schools may have events when we cannot use their faciity– check your email for class cancellations or changes.

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:

- **ALL adult classes will NOT meet on Jan 19, Feb 16-20, April 13-17, May 25.**
- **Also, if class is held at SHS after 6:00 pm, class will NOT meet on Jan 8, 15, 29, Feb 5 & 12.**

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

- Westport Public School Holidays: **Jan 19, Feb 16-20*, April 13-17*, May 25 (*except for Staycation Programs)**
- Staff Development Days: **Jan 16, Feb 23 except for Staycation Programs**
- Unless otherwise noted, classes for elementary students will NOT meet on Teacher Conference Days: **March 18, 19, 20**

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+)

- **"Wspt Sr $"** indicates a reduced fee for that class.
- **"Wspt Sr No Fee"** indicates a tuition free class. Any other fees apply.

WESTPORT
CONTIUING EDUCATION
70 North Avenue
Westport, CT 06880-2799

Non-Profit Org.
U.S. Postage
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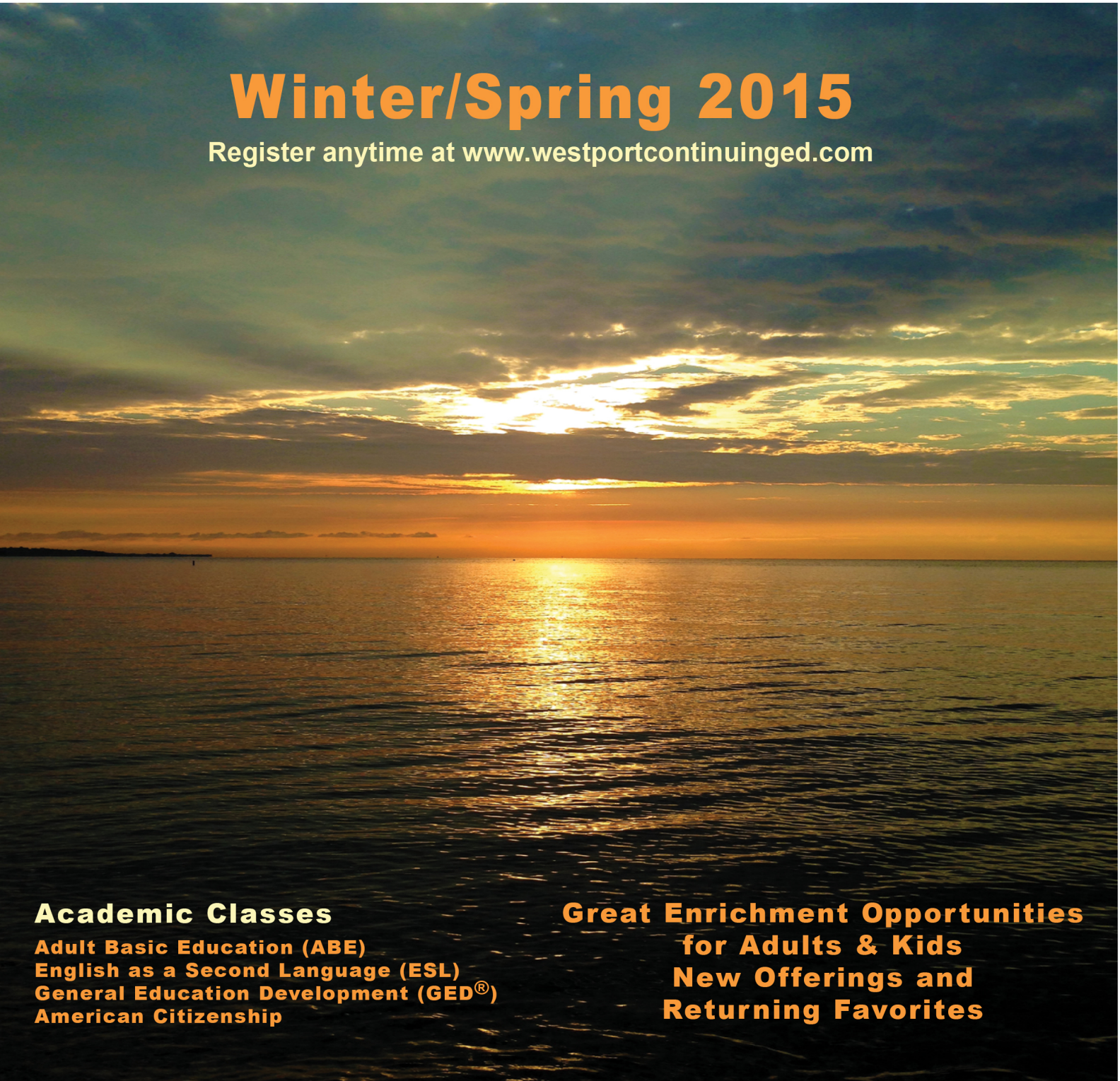

Winter/Spring 2015

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