



# Learn!



Fall 2017

## Registration Information

### Eligibility

Residents and non-residents are welcome to register for any WCE class. We provide programming for kids grades K-12 and adults of all ages.

### How to Register



Register online and receive confirmation via email. Plus, avoid a registration fee:

[www.westportcontinuinged.com](http://www.westportcontinuinged.com).



Fill out the appropriate registration form in the catalog and mail it to us at: WCE, 70 North Avenue, Westport, CT, 06880.



Register by calling us on the phone during business hours: (203) 341-1209.



Register in person at Staples High School, Room 1040, 70 North Avenue, Westport, CT.

### Payment

We accept only MasterCard, VISA, or checks made payable to WCE. Payment in full must accompany your registration, and all registrations must be made in advance.

### Serving you for over 50 years

Staples High School  
70 North Avenue, Room 1040  
Westport, Connecticut 06880  
M-Th 8:00 am-8:00 pm  
Fri 8:00 am-4:00 pm

### Contact Us

[conted@westportps.org](mailto:conted@westportps.org)



What is it about September that signals new beginnings? I suppose that every season presents an opportunity for change of one kind or another, but there's something about the fall that demands renewal—though autumn is the season when nature, at least, puts itself to bed.

I am long past my own years of back-to-school preparations, and although my sons *technically* go back to school in September, they do so largely independently. By the time we pack up the car to shuttle them north and norther, they've by and large taken care of their own back-to-school shopping. They've laid in a store of the things that boys need to survive on their own for the few months between their first day back at college and the Thanksgiving break, and they've ~~diligently organized and carefully packed~~ thrown those things in the various duffel bags and trunks that we now own. (And let me be clear: *their* list-of-things-that-boys-need-to-survive-on-their-own does *not* match the list I might have drawn up for them, were I allowed any longer to make such lists.)

Be that as it sadly may, still, I go "back to school" each September, if only metaphorically. And it is with that sense of return and renewal that we put the Fall catalog together. So if you are, like me, an empty nester, we have just the thing: a workshop to help you survive and even thrive in your emptier (but happily cleaner) house. Brighten that home by crafting your very own beeswax candles, or repurpose one of those now-empty bedrooms... but make sure to take our new Feng Shui workshop first.

For actual back-to-schoolers, we have new cooking and STEM classes. And for your back-to-schoolers who are about to leave the nest? Try our new Comm App workshop. 'Cuz you can't keep 'em down on the farm (or, apparently, teach them anything about packing), but you *can* make sure that they have what they need to survive the process that will launch them into the world.

Ellen Israel, *Director* (and Staples graduate, Class of 1984)

### School Location Guide

<b>BMS</b>	Bedford Middle School, 88 North Avenue
<b>CES</b>	Coleytown Elementary School, 65 Easton Road
<b>CMS</b>	Coleytown Middle School, 255 North Avenue
<b>GFS</b>	Greens Farms Elementary School, 17 Morningside Drive South
<b>KHS</b>	Kings Highway Elementary School, 125 Post Road West
<b>LLS</b>	Long Lots Elementary School, 13 Hyde Lane
<b>SES</b>	Saugatuck Elementary School, 170 Riverside Avenue
<b>SHS</b>	Staples High School, 70 North Avenue
<b>WSC</b>	Westport Senior Center, 21 Imperial Avenue

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## Weekly Calendar : Adult Division

### monday

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#### Money Matters

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#### Cooking

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### friday

**Get some rest!**

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### sunday

#### Arts + Crafts

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## Important Information

### Class Location

Unless otherwise noted, adult enrichment classes, workshops, and programs are held at Staples High School, 70 North Avenue, Westport.

### Class Schedules

Adult classes follow the school calendar. Dates when classes do not meet are listed under each class description.

### School Closings

In the event that Westport Public Schools are closed for inclement weather or another emergency, or if there is an early dismissal, all Continuing Education classes will be automatically canceled.

All class cancellations will be announced on our website, [westportcontinuinged.com](http://westportcontinuinged.com)

### Westport Seniors

See page 18 for more information about the Westport Center for Senior Activities.

**Arts + Crafts**

**See Home + Garden for related classes, including Feng Shui, Flower Arranging 101, and Gardening 101**

**See Technology + Computers for related classes, including Basic Photoshop and Advanced Photoshop**

**Bee the Light: A Candle Workshop**

It takes eight pounds of honey to produce one pound of beeswax, but only a few simple steps to turn beeswax into an all-natural and earth-friendly candle. Join us at the Red Bee Honey Barn to learn how to make and decorate your own hand-rolled beeswax candles. Smokeless and dripless, beeswax candles are the perfect decorative compliment to your holiday table. Students will take home 4 candles. No experience necessary, just curiosity and a creative spirit. [Taught by Marina Marchese]

**130**      **\$45**  
 1 Sunday      Nov 12  
 1:00–3:00 pm      Directions will be emailed prior to class

**Honey Do: A Beauty Workshop**

Discover nature’s secret ingredient for keeping your skin soft all winter long. (Hint: it’s also a sweet treat.) Beeswax is loaded with nutrients, antioxidants, and healing compounds, and has moisturizing and antibacterial properties. Spend an inspiring afternoon at the Red Bee Honey barn for this workshop on hand-made beeswax hand salves. Learn about basic essential oils and their healing properties. No experience is necessary, just curiosity and a creative spirit. Students will take home one hand salve sample after the demo.

**131**      **\$35**  
 1 Sunday      Oct 22  
 1:00–3:00 pm      Directions will be emailed prior to class

*Marina Marchese is the beekeeper behind Red Bee Honey and co-author of The Honey Connoisseur: Selecting, Tasting, and Pairing Honey. She is the only American member of the Italian National Registry of Experts in the Sensory Analysis of Honey and is the founder of the American Honey Tasting Society. She is a past president of the Backyard Beekeepers Association of Connecticut and proud recipient of the Slow Food Snail of Approval. Visit www.redbee.com.*

**Furniture Painting Workshops**

Open any design magazine, and it’s obvious: painted furniture is in. If you love the look, join us for these relaxed, fun, and inspirational workshops. The first session of each workshop will cover the basics of the Annie Sloan Chalk Paint® method, including the four basic techniques: two-color finish, smooth finish, rustic finish, and basic crackle finish, plus wax application. The second will focus on advanced techniques, including color washing, dry brushing, frottage, and creating a weathered look with a wet wax technique. Materials are included; no chemicals or stripping. Classes will be held at Junktique Recycling in Norwalk.

**2 sessions / \$215**  
**943a**      Wednesdays      Oct 11 & 18  
 10:00 am–1:30 pm      Junktique Recycling  
 239 Westport Avenue, Norwalk  
**943b**      Saturdays      Nov 4 & 11  
 9:00 am–12:30 pm      Junktique Recycling  
 239 Westport Avenue, Norwalk

*Daniella Toth is a certified decorative furniture painter and owner of Junktique Recycling, a company specializing in workshops and custom furniture painting, and a stockist and trainer for Annie Sloan products and techniques.*

**Introduction to Drawing & Acrylic Painting**

Acrylic painting is among the most versatile and flexible of mediums. In this class, you’ll use it to paint still lifes, landscapes, and portraits. Starting with the fundamentals of drawing, composition, and painting techniques, you’ll learn the steps from sketch to finished painting, building confidence as you go. Demonstrations and discussions will help you achieve your goals, whether you’re painting your masterpiece or just getting started as an artist. Those who wish to draw exclusively or whose main interest is painting are equally welcome. Materials list available in the office and on our website.

**168**      **\$245**  
 10 Tuesdays      Sep 26–Nov 28  
 7:00–9:30 pm      SHS 1004

*Steve Parton is an award-winning artist known for his insightful portraits of people and animals. His works are exhibited nationally. Visit www.stevenparton.com.*

**Advanced Acrylic Painting**

Already experienced with acrylics? Want to stretch your wings? Take advantage of expert guidance and critical feedback and take your painting further in a supportive, fun atmosphere. Each week will feature demonstrations and discussions of materials and techniques you can use to enhance your vision. Personal projects are encouraged. Materials list available in the office and on our website. [Taught by Steve Parton]

**166**      **\$245**  
 10 Wednesdays      Sep 27–Dec 6 (no class Nov 22)  
 7:00–9:30 pm      SHS 1004

**Watercolor**

For beginner or intermediate painters who wish to become more comfortable with the freedom of watercolor, we offer this class exploring an art form that dates back to the cave paintings of Lascaux. Classes will cover basic drawing, composition skills, and watercolor techniques, and you’ll gain confidence as you explore—step by step—still life, landscape, and figure painting. As always, the atmosphere will be comfortable, relaxing, and low-pressure, so you can focus on the creative process instead of a perfect product. Materials list available in the office and on our website. [Taught by Steve Parton]

**064**      **\$245**  
 10 Mondays      Sep 25–Nov 27  
 3:00–5:30 pm      SHS 1004

**Jewelry Making**

This structured introductory course, led by experienced goldsmith Susan Bishop, will take you from concept to design to finished piece. Along the way, you’ll learn about soldering, wiring, buffing, and more. Create a strand of beads, a pendant, earrings, a bracelet; work with various wires, metals, and semi-precious stones and beads. A non-refundable materials fee of \$20 is included; additional fees may apply when using more expensive materials.

**7 sessions / \$205**  
**455a**      Tuesdays      Sep 26–Nov 7  
 6:45–9:15 pm      SHS 1012  
**455b**      Thursdays      Oct 19–Dec 7 (no class Nov 23)  
 6:45–9:15 pm      SHS 1012

*One of Continuing Education’s most popular and longest running teachers, Susan Bishop has been teaching beginners and advanced students to craft beautiful jewelry since the early seventies. In the ten years she’s been with Continuing Ed, she’s helped craft enough lovely and unique jewelry to fill a treasure chest.*

**Jewelry Making: The Celebration Sessions**

Join Sue Bishop for an abbreviated jewelry making workshop and get a jump on your gift list, learn a new technique, or polish your skill set. Perfect for putting the final touches on an ongoing project from Jewelry Making, beginning a new piece, or ticking off a few of the names on your holiday gift-giving list. A non-refundable materials fee of \$20 is included; additional fees may apply when using more expensive materials.

**458**      **\$130**  
 4 Tuesdays      Nov 21–Dec 12  
 6:45–9:15 pm      SHS 1012

**Knitting 101: Knit 1, Cowl 2**

Let the experts at Westport Yarns help you spin a good yarn in this class for beginners and those who need a refresher. Learn the basics, from casting on, to knitting and purling, to binding off. We’ll discuss the woolly and wonderful world of yarn and what fibers and weights work best for which projects. We’ll teach you how to review your work, notice and fix your mistakes, and then we’ll get you started on a totally on-trend cowl, which you’ll be able to complete on your own. Purchase your yarn and needles at the first class. [Taught by instructors from Westport Yarns]

**170**      **\$69**  
 2 Saturdays      Sep 9 & 16  
 9:00–11:00 am      Westport Yarns, 582 Post Road East

**Knitting 101: Keep Yourself In Stitches**

This workshop for advanced beginners covers increases, decreases, and yarn overs, and that means you’ll be able to incorporate all sorts of fun stitch patterns to your knitting arsenal. Go from “Nice scarf” to “Nice scarf!” Students must know how to cast on, knit, purl, and bind off. [Taught by instructors from Westport Yarns]

**174**      **\$69**  
 2 Saturdays      Oct 21 & Nov 4  
 9:00–11:00 am      Westport Yarns, 582 Post Road East

**Turn the page for more Arts + Crafts**

**DSLR: Basic Digital Camera Operation**

Learn to use your camera so your images are properly exposed, sharply focused, and compositionally balanced. This class will cover all the basics: camera operation, the use of flashes and tripods, film speeds and quality settings, white light and color balancing, composition as it relates to the photographic masters and painters of the past, lighting as it relates to portraiture and still life, and tips on photographing kids, families, pets, flowers, and other things both stationary and in motion. Instruction will emphasize the basics, but the class will allow for individual creativity. Bring your camera and manual.

**094**                **\$169**  
 8 Mondays        Oct 2–Nov 20  
 7:00–9:00 pm    SHS 1036

*John Zappala received a degree in graphic design from Farmingdale State University and a BFA from St. John's University. He has practiced and exhibited advertising, fashion, and corporate photography for over 25 years.*

**Cards + Games**

**Beginner / Advanced Beginner Bridge**

Begin to learn the fascinating game of bridge, or brush up on those long-forgotten rules and conventions. This class will (re)introduce you to the language of bidding, scoring, guidelines for play, hand valuation, and some simple bridge conventions. Each lesson will be followed by supervised play of preset hands.

**194**                **\$149**  
 8 Thursdays    Sep 28–Nov 16  
 7:00–9:00 pm    SHS 1036

*Jackie Fuchs has been teaching bridge for more than 20 years in Westport and surrounding towns. She welcomes players who want the challenge of new activity, those who want to brush up on their bridge, and those who want to bring their bridge knowledge into the 21st century.*

**Advanced Beginner / Intermediate Bridge**

Continue your adventure with the fascinating game of bridge. Review the basics of bidding language and conventions. Build your skills with added conventions such as Stayman, Blackwood, Gerber, transfers, and weak and strong twos. Lessons will be followed by supervised play of preset hands. [Taught by Jackie Fuchs]

**196**                **\$149**  
 8 Wednesdays   Sep 27–Nov 15  
 7:00–9:00 pm    SHS 1036

**Bridge for True Beginners**

Bridge is to card games what chess is to board games, as challenging as it is rewarding. If you've ever wanted to learn, this is the class and now is the time. We'll start with the basics: what it means to follow suit, to take a trick, and to play trump. Then we'll move on to the objectives, including actual scoring based on bidding and making contracts. Lessons will cover fundamental bidding (to reach the best contract) and Play of the Hand (to be able to fulfill that contract). Required text: *Bridge for Everyone*, D. W. Crisfield, available on Amazon.

**235**                **\$125**  
 8 Mondays        Sep 25–Nov 13  
 4:00–5:30 pm    SHS 1054

*Mike Hess has been mentoring and teaching bridge for over 30 years. He recently became a Gold Life Master and has earned over 2,500 masterpoints. During the last several years, Mike has won pair and team events at the club, sectional, and regional levels, including the 2016 CT Unit 126 pairs title and the 2017 Flight A Grand National Teams for District 25. He represented the New England region at the Summer National Championships in Toronto in July 2017.*

**Bridge for Advanced Beginners**

If you enjoy bridge and want to improve your game, this class is for you. Comprised of a short lecture followed by the bidding and play of real bridge hands, Bridge for Advanced Beginners is designed for players who know the basics: following suit, taking tricks, trumping, as well as fundamental bidding and play. (If you have ever bid to the contract of four spades and fulfilled that contract successfully, then you probably belong in this class.) The goal is to build a firm foundation for your bidding and declarer and defensive play. We'll use Standard American bidding based on five-card majors and will cover important bidding conventions, like Blackwood, Stayman, and transfers. Required text: *Bridge for Everyone*, D. W. Crisfield, available on Amazon. [Taught by Mike Hess]

**236**                **\$169**  
 8 Thursdays    Sep 28–Nov 16  
 3:00–5:00 pm    SHS 1054

**Mah Jongg for Beginners**

Move over, bridge. Bye-bye, book club. There's a new game in town, one that dates from the 17th century but that's younger and hipper than ever. You may remember the signature sound of your grandmother's colorful, clicking tiles, but this isn't your grandmother's game. These days, mah jongg has fans of all ages. Played with 152 tiles, this rummy-style game of skill, strategy, calculation, and chance is easy to learn, exciting to play, and extremely social. Whether you're new to the table or looking for a refresher class, join us and (re)discover the oldest game in town. A non-refundable 2017 Mah Jongg card fee of \$10 is included.

**243**                **\$135**  
 6 Wednesdays   Sep 27–Nov 1  
 7:00–9:00 pm    SHS 1034

*Fran Rackson plays both mah jongg and canasta every week, and she's taught lots of people to play her favorite games. She's turned over thousands of tiles, sat around hundreds of card tables, and made lifelong friends. At this point, Fran can deal in her sleep, and she sees mah jongg dragons in her dreams.*

**Canasta for Beginners\***

A card-based game in the rummy family, canasta is another classic pastime making a comeback. Learn the game from someone who played as a child and returned to the game as an adult. Fun to play, easy to learn, all you need is two decks of cards, a few friends, and a little guidance. Whether you put your cards on the table or hold them close to your chest, if you're a card player, this is the class for you. \*More experienced players welcome too. [Taught by Fran Rackson]

**244**                **\$85**  
 4 Wednesdays   Nov 15–Dec 13 (no class Nov 22)  
 7:00–9:00 pm    SHS 1034

**Cooking**

*See Languages for related classes, including Italian for Beginners*

**SHS Cooking Classes Location**

**When you arrive at Staples High School, drive around the left side of the building. Park and enter the building through the Lou Nistico Sports Complex/South Entrance. Inside, turn left; the culinary rooms are down the hallway, on your left.**

**All classes take place in our professional-grade kitchens. The classrooms and kitchens where our cooking classes are held are not food allergy free. Nuts, shellfish, etc., are used frequently.**

**Deliciously Healthy: A Cooking for Wellness Workshop**

Looking for a way to cook for taste *and* health? Let our local wellness expert help you achieve optimal flavor and nutrition. Join us for two flavor-packed classes and learn how to live—and cook for—an optimal lifestyle. We'll talk about nutrient dense foods, clean eating, and the differences between food labels: all natural v. organic; free range v. grass fed. We'll identify imbalances in your diet and discuss how to make the best choices for your family's needs. Class will begin with a lesson in healthy smoothies and will cover quick, easy, and healthful lunches and dinners you can easily recreate at home, in just 30 minutes! Each class will end with a shared meal and a round-table discussion. Menus may include: toasted farro with kale, currants, and pine nuts; cauliflower-crust pizza; roasted spaghetti squash, and Thai shrimp curry. A non-refundable food fee of \$15 is included.

**436**                **\$65**  
 2 Thursdays    Nov 9 & 16  
 7:00–9:00 pm    SHS 182

*Johanne Bonin is a certified holistic health coach and instructor, with a focus on disease prevention. A member of the Epicurean Club (Boston) and the American Culinary Federation, she received her BS in education from Johnson State College in Vermont and is a graduate of the Institute for Integrative Nutrition in New York City. She loves green smoothies, but she's been known to eat the occasional pastry.*

**Turn the page for more Cooking**

## Cooking 101: Mastering Recipe Writing

If you love to cook and share your recipes—whether you want to pass on a treasured family treat or you're thinking about food writing or blogging, professionally or just for posterity—this is the workshop for you. Learn to write a publication-worthy recipe, from ingredients quantities to cooking instructions, that you can be proud to post. Let a professional help you make sure your recipes work. Every time.

**111**                **\$85**  
 3 Mondays        Oct 9–23  
 7:00–9:00 pm    SHS 2034

*Ramin (Ganeshram) Vellotti is a cookbook writer, professional chef, and celebrity chef cookbook ghostwriter. Her latest book, Cooking With Coconut: 125 Recipes for Healthy Eating: Delicious Uses for Every Form—Oil, Flour, Water, Milk, Cream, Sugar, Dried, and Shredded, was released December 2016 from Workman/Storey Publications.*

## Cooking with Chef Cecily Gans

A non-refundable food fee of \$29 is included. All recipes feature local and seasonal ingredients. Classes meet in SHS Room 182, 7:00–9:00 pm.

### Farmers Market Fare Menus

The beauty of a fall farmers market is in the variety and bounty of the produce that's available, from arugula and endive to zucchini. Let Chef Gans choose the ripest, sweetest, and freshest produce available; she'll create a menu based on what fruits and vegetables are at their absolute peak, and together, you'll cook a meal showcasing the best the season has to offer.

### Dinner for Carnivores (featuring an animal protein)

**144**                **\$79**  
 1 Thursday        Sep 7

### Dinner for Pescatarians & Other Fish Lovers

**145**                **\$79**  
 1 Thursday        Sep 28

*Chef Gans has been turning kids into cooks for 19 years at Staples High School. Experience her crackerjack culinary skills yourself and discover just how delicious life can be in her hands-on classes.*

## Italian Cooking & Culture with Simona Zanelli: Two Tasty Interludes to Italian for Beginners, Or a Delicious Way to Eat Your Words

Cook a little, eat a little, talk a little. Take our Italian language class and do it all in Italian! Cooking classes meet in SHS 184, 7:00–9:00 pm.

### Roman Holiday

Menu: risotto with a rich tomato sauce for Roman's favorite street food, *suppli* or fried rice balls stuffed with melted mozzarella. Topics: art and fashion in the Eternal City, the difference between a *trattoria* and an *osteria*, and Roman food: what's in season and when, where to find it, how to order it, and what makes it unique. Bring your notebook and pen, and don't forget your appetite. A non-refundable food fee of \$15 is included.

**428**                **\$50**  
 1 Wednesday     Oct 25

### In a Tuscan Piazza

Menu: *ribollita*, a classic Tuscan soup made with beans, kale, and other earthy vegetables, served with slices of warm *bruschetta*, and *cantucci Toscani*, a crunchy almond cookie typically dipped in sweet Vin Santo. Topics: the topography and the traditions, the art and the agriculture, the variety, simplicity, and quality of a Tuscan farmer's market. *Cin cin!* A non-refundable food fee of \$20 is included.

**429**                **\$55**  
 1 Wednesday     Dec 6

*A native of Rome, Simona Zanelli learned an eclectic mix of traditional and contemporary Italian cuisine directly from family members passionate about food made from the freshest, highest quality, local ingredients. She caters events of all sizes and teaches Italian cuisine, language, and culture.*

# Fitness + Sports

See **Health + Wellness** for related classes

## Adult Swimming: Beginners

One of the best overall exercise methods, swimming increases flexibility, endurance, muscle strength, and cardiovascular fitness. And because it places no stress on your joints, it's an ideal recreational activity for people of all ages. So treat yourself to the pleasures of the pool with this class for first time learners. Teaching is geared to your level and your pace; we'll help you learn how to swim... or how to swim well.

**192**                **\$125**  
 6 Wednesdays   Oct 4–Nov 8  
 7:30–8:45 pm     SHS Pool

*Colin Walklet is one of nine swimming brothers and sisters. He has held various aquatic positions, ranging from lifeguard to swim instructor to pool director and has coached for local, competitive swim teams.*

## Adult Swimming: Intermediate to Advanced

This class is appropriate for swimmers who can swim 25 meters or more of freestyle and those who would like instruction to improve endurance, stroke mechanics, or learn new strokes and flip turns. For good swimmers brushing up on long-forgotten strokes, or for regular swimmers looking for clean well-lighted place with a lifeguard. [Taught by Colin Walklet]

**221**                **\$125**  
 6 Thursdays    Oct 5–Nov 9  
 7:30–8:45 pm     SHS Pool

## Badminton

Forget those stodgy Victorians lofting shuttlecocks on sweeping lawns. This is badminton for the 21st century: fun, fast-paced, and coed. Designed for beginning as well as experienced players, this class offers the opportunity to develop your aerobic stamina, agility, and coordination. Plus, badminton! Give it a try. You'll leave with an increased appreciation for the sport and a whole lot of new friends. Sneakers and badminton racquet required. Racquets are available, if needed.

**175**                **\$105**  
 8 Wednesdays   Sep 13–Nov 8 (no class Sep 20)  
 7:30–9:30 pm     SHS Gym

*Peter Bartush, an award-winning badminton player, has been coaching adults and children for over 25 years.*

## Indoor Hoops Basketball for Adults

This fall, pick up a game of pick-up basketball. Established in New York City by two weekend warriors, Indoor Hoops will take you back to the days of playing at the local park, with no-risk, weather-proof, intensely competitive, straight up basketball. This is two hours of pick-up style ball. No refs. No whistles. No shot clocks. Call your own fouls. Play the game the way the game was intended to be played. It's easy, inexpensive, and effortless: register online, then pick a date. All games played at SHS Gym or Fieldhouse.

**Tue & Thu / Sep 26–Nov 9 / 7:30–9:30 pm / \$13 per session**  
**To register, visit [www.indoorhoops.com](http://www.indoorhoops.com).**

*Indoor Hoops Inc. is the Tri-State Area's premier pick-up basketball organization. Visit [www.indoorhoops.com](http://www.indoorhoops.com) and follow @indoorhoops.*

## Ladies Squash: Beginner to Intermediate

Learn the game of squash or get back into it, and join the 25 million people who play worldwide. Voted the healthiest sport by Forbes Magazine, squash is a fun and challenging game of agility, strategy, and physical endurance; dynamic and social, it's a game you can play year-round, for your entire life. Join us in the mornings, and play on our beautiful, brand new courts. Instruction includes proper grip, efficient swing, serves, all shots, fitness, footwork, and competitive play. Non-marking squash sneakers (like Asics Gel) and goggles required. Goggles may be purchased on site; racquets may be rented or purchased on site.

**123**                **\$250**  
 6 Mondays        Sep 18– Oct 30 (no class Oct 9)  
 9:15–10:30 am    Intensity Squash Club  
 490–508 Westport Ave, Norwalk

*Whitney Stewart currently coaches Staples High School squash and teaches squash professionally at Intensity Squash Club. A former four-time Junior US and Canadian champion, she was a number one player at Yale and a number five player in France. Squash has taken Whitney all over the world, and she has the medals—and stories—to match.*

Turn the page for more **Fitness + Sports**

**Mindful Yoga**

Move slowly and thoroughly through your yoga postures, turn your attention to your body alignment and breath, and build the strength and range of motion you need to get through your days with ease. You'll leave this engaging and energizing class feeling relaxed and at peace. No experience necessary; all students are encouraged to work to their potential. Bring a mat and towel.

**177a \$195**  
8 Thursdays Sep 14–Nov 9 (no class Sep 21)  
6:30–7:45 pm Westport Senior Center, 21 Imperial Avenue

**177b \$99**  
4 Thursdays Nov 16–Dec 14 (no class Nov 23)  
6:30–7:45 pm Westport Senior Center, 21 Imperial Avenue

*Sandy Adamczyk has studied yoga for over 35 years and teaches throughout Connecticut. She offers alternative yoga positions to accommodate the all of the needs and capabilities of her students.*

**Pickleball**

Pickleball is sweeping the nation. Get caught up in the craze! Combining elements of tennis, badminton, and ping-pong, pickleball is a paddle sport designed for all ages and skill levels. The rules are simple and it's easy to learn and fun to play. And once you've mastered the basics, pickleball can develop into a fast-paced, competitive game for doubles or single players. Join longtime Westport Public Schools athletic coach Alice Addicks for your new favorite pastime. If she can teach it to a class of distracted high school seniors (and she has), she can teach it to you. This class will focus on skills for beginners; strategy tips, gentle coaching, and open play for intermediate players.

**10 sessions / SHS Gym / \$115**  
**125a Beginners** Mondays Sep 11–Nov 13  
6:30–8:00 pm  
**125b Open Play** Mondays Sep 11–Nov 13  
6:30–8:00 pm

*Alice Addicks coached track and field at the junior high and high school level for 20 years. Over the span of her career in the Westport School System, she substitute taught physical education and provided a multitude of other services to her students. Long before it became all the rage, Alice was teaching pickleball to Westport students of all skills and age levels.*

**Ping Pong Club**

The game dates back to Victorian England, but at our Club, tennis whites are decidedly *not* required. All we require is enthusiasm. Join a diverse group for the game known variously as table tennis, ping pong, and, *rawther* amusingly, whiff-whaff. Your skill and experience level is unimportant. We'll sort you according to ability, instruct as necessary and only as desired, and set up tournaments for those who are feeling competitive. Either way, we promise you a smashing good time. [Taught by Alice Addicks]

**7 sessions / SHS Fieldhouse / \$75**  
**124a Novice Players** Thursdays Sep 28–Nov 9  
6:30–8:00 pm  
**124b Open Play** Thursdays Sep 28–Nov 9  
6:30–8:00 pm

**Tai Chi for Beginners**

Harvard Medical School calls the ancient practice of tai chi "meditation in motion." It can help manage stress by creating a heightened sense of self-awareness, soothing the nervous system and increasing cognitive and brain plasticity. Tai Chi Easy™ is a carefully developed method and approach to tai chi that makes learning easy, beneficial, and fun from the very beginning. Students will learn a series of simple qigong movements to strengthen body and calm the mind and a short form of yang style tai chi to enhance joint flexibility, circulation, range of motion and improve balance, no matter your age or fitness level. Wear loose clothing. Returning students welcome.

**877 \$119**  
8 Tuesdays Sep 26–Nov 14  
7:00–8:00 pm SHS 2<sup>nd</sup> floor mezzanine

*Bill Wrenn is a certified tai chi and qigong instructor who has practiced yoga, meditation, and other forms of energy work for 30 years. He earned his MA from Columbia Teachers College and his tai chi and qigong certification from the Institute of Integral Qigong & Tai Chi. Bill teaches throughout Fairfield County. Visit [www.movingharmony.com](http://www.movingharmony.com).*

**Health + Wellness**

*See Cooking for related classes, including Deliciously Healthy: A Cooking for Wellness Workshop*

**The Empty Nest: From the Blues to a Blueprint**

Join other parents and life coach Mica Diamond for a workshop on the transition from full house to empty nest and learn to not just survive the milestone but to thrive. We'll focus on creating blueprints for an evolving relationship with your adult children; your intimate relationship with your spouse or partner, or single life; your career—do you want to throttle it up or down, or perhaps do something totally new; and, last but not least, your relationship with you, because now is a good time to put yourself back at the center of your own life. Over the course of several hours, we'll weave it all together, and you'll learn strategies to fill your empty nest with intention rather than by default.

**310 \$35**  
2 Tuesdays Oct 3 & 10  
3:30–5:00 pm SHS 1049

*Mica Diamond received an MA in organizational psychology from Columbia University and is certified as a life coach by iPEC (Institute for Professional Excellence in Coaching). She believes that each person can live his or her life with intentionality, and she works with individuals, families, and groups to help them create the life they desire.*

**What Do You Stand For?... And What Won't You Stand For?**

Values Clarification uses structured activities—individual and small group exercises, as well as whole class discussions—to consider some of our most interesting and challenging life choices. Classes are always enjoyable and personally rewarding; your satisfaction is all but guaranteed. Leave every class with increased self-knowledge and a smile. Values are a moving target, and repeat students are welcome, but please be aware that the success of this class depends on the size of the group; the minimum to run is higher than normal, and interested students are strongly encouraged to register early.

**940 \$95**  
4 Thursdays Oct 5–26  
7:00–9:00 pm SHS 1051

*Dr. Bob Selverstone has been a psychologist in private practice in Westport for more than 30 years. He has conducted more than 1,000 personal growth workshops and presentations in 31 states and on three continents.*

**Eat, Move, Sleep, Repeat: A Prescription for Wellness**

More than a book by New York Times bestselling author Tom Rath, *Eat Move Sleep* is a new way to live. Join master fitness and intuitive eating coach Linda Gottlieb for a one-night workshop and learn how to conquer the three biggest obstacles to optimal health: the quality and quantity of your food, exercise, and rest. Get proven and practical ideas that are comprehensive yet simple to execute and learn to make better decisions in all three of these interconnected areas. Make more informed choices with every bite you take, move more with visible results, and sleep better than you have in years.

**120 \$29**  
1 Wednesday Oct 18  
6:30–8:30 pm SHS 1049

*Linda Gottlieb, owner of FIT Training, is a nationally certified personal fitness coach, cancer exercise trainer, and mindful eating mentor with over 30 years' experience. She is on staff at Yale University as a cancer exercise trainer, in addition to serving her in-home fitness clientele, and is the author of No Ifs and Butts: How to Turn Your Top 10 Exercises Excuses into Fitness Triumphs.*

**Lose Weight Like a Guy**

Women may think they've cornered the market on weight loss tips and tricks, but men have very real physiological advantages. In a way, men are born losers—of pounds that is. Join veteran personal trainer and intuitive eating coach Linda Gottlieb in a lively conversation about seven guy facts that can help you bust through your weight loss challenges. If women can't beat men at the dieting game, we might as well join them. [Taught by Linda Gottlieb]

**113 \$29**  
1 Wednesday Oct 11  
6:30–8:30 pm SHS 1049

**Turn the page for more Health + Wellness**

**Mindfulness Meditation & Stress Reduction**

Through discussion, sharing, group support, and the mind-body skills of meditation and stress reduction, this interactive class will teach you how to face stress, pain, and illness, how to live life in the present moment, and, ultimately, how to find peace, happiness, and serenity in the midst of life's inevitable ups and downs.

**932**            **\$39**  
 2 Tuesdays      Oct 10 & 17  
 7:00–9:00 pm    SHS 1047

*Dr. Paul Epstein, a naturopathic physician for 30 years, specializes in mind-body medicine and stress-related illness. He has spoken about and taught mindfulness meditation all over the world. Visit [www.drpaulepstein.com](http://www.drpaulepstein.com).*

**The Mindful Classroom:  
 For Parents, Teachers & Other Learners**

Join Dr. Paul Epstein and learn how you or your student can move from the 3 Rs of education—reading, 'riting, and 'rithmetic—to the 3 Rs of mindful education: reflection, relationship, and resilience. A recent American Psychological Association survey concluded that stress is an epidemic for children and families. For students, stress impairs attention, mood, sleep, and learning readiness. For teachers, stress can decrease productivity and creativity and increase frustration and anxiety. For parents, stress can lead to a parenting style that looks more like a to-do list than an engaged, empathetic, and present relationship with their children. The benefits of a practice of mindfulness—by all of the aforementioned—include improved attention and focus, self-control, resilience and adaptability, and compassion. Even a little training in mindfulness can lead to a big payoff in the classroom and beyond. [Taught by Dr. Paul Epstein]

**943**            **\$29**  
 1 Thursday      Oct 26  
 7:00–9:00 pm    SHS 1047

**An Introduction to MELT Method®  
 Soft Foam Roller Techniques:  
 Improve Your Workout, Reduce Your Pain**

Have difficulty falling asleep or staying asleep? Stiff when you wake up? Bloating or struggling with your weight? These symptoms aren't simply the effects of aging; your body is trying to get your attention. Feel energized, strong, and pain-free at any age with the MELT Method®, 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. MELT tools are provided for use during class: MELT soft rollers, ball kits, and the bestselling MELT Method® book are available for purchase from the instructor.

**164**            **\$29**  
 1 Tuesday      Sep 26  
 7:00–8:30 pm    SHS Library

*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, certified MELT Method® instructor, and host of the radio show A Matter of Balance: A Woman's Quest for Health, Harmony & Kick Ass Heels. Visit [www.interplayhealth.com](http://www.interplayhealth.com).*

**MELT Method® for Chronic Back Pain**

Learn how to reduce chronic back pain, rehydrate your connective tissue, and rebalance your nervous system with this simple self-treatment method. You'll see improved alignment and muscle timing, plus reduced inflammation, joint compression, and pain. If you feel stiff in the morning, have neck, back, or shoulder pain, trouble sleeping, 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. MELT tools are provided for use during class: MELT soft rollers, ball kits, and the bestselling MELT Method® book are available for purchase from the instructor. [Taught by Kristen Hallett Rzasa]

**165**            **\$29**  
 1 Tuesday      Oct 10  
 7:00–8:30 pm    SHS Library

**Aging Gracefully with the MELT Method®**

In just a few minutes a day, help yourself look good and feel fantastic with this simple self-treatment method. It's like a daily facelift! Learn how to stimulate collagen-producing cells in your skin and restore your skin's natural hydration from the inside out, plus other MELT® Soft Body Roller and Treatment Ball techniques for reducing common aging issues, like aches and pains, cellulite, stiffness, and difficulty sleeping. MELT tools are provided for use during class: MELT soft rollers, ball kits, and the bestselling MELT Method® book are available for purchase from the instructor. [Taught by Kristen Hallett Rzasa]

**167**            **\$29**  
 1 Monday      Nov 6  
 7:00–8:30 pm    SHS 2<sup>nd</sup> floor mezzanine

**Home + Garden**

**See Arts + Crafts for related classes, including Furniture Painting and Bee the Light: A Candle Workshop**

**Feng Shui for Everyone**

There are clear links between how a room is laid out and decorated and how you feel when you're in that room; you know it when you step inside a well-designed space. A little art, a little science, feng shui is a system of design that has been in use for centuries in Asia, and that has become a standard practice for many interior decorators. Join us for an introduction to the origins and principles of feng shui, learn simple, cost-efficient adjustments to your space, and improve the harmony and energy of your rooms.

**263**            **\$79**  
 3 Mondays      Oct 16–30  
 7:00–9:00 pm    SHS 2028

*Renata Senatore is the owner of the interior design consulting firm Ambiance by Renata LLC. She received her feng shui studies certification from the Metropolitan Institute of Design and is currently an adjunct faculty member of NYIT Extended Education Program for Interior Decorators.*

**Survival of the Fittest:  
 Downsizing Your Home & the Stuff In It**

Thinking about decreasing the size of your home? Moving to a smaller space? Need or want to clear the clutter? You're not alone: according to a recent study, 54% of people who reported a planned move in 2017 also reported that they would be moving to a smaller home. And if it's true that we spend the first half of our lives accumulation things and the second half getting rid of them, you're going to need a system. Join professional organizer Susan Lovallo for a discussion of whole house organizing. It's a project as big as... well, as big as your whole house, but there is a practical method to manage the task. We'll take it one step at a time, and in no time at all, you'll be ready for the moving truck.

**946**            **\$35**  
 1 Thursday      Nov 9  
 7:00–9:00 pm    SHS 1049

*Susan Lovallo is a certified professional organizer and the owner of Clutter Solutions, LLC, which provides services to individuals, families, and businesses. She is the author of Happily Organized: Little Stories about My Mom, the Most Organized Person in the World.*

**Gardening 101: Fall Gardening**

Don't slack off just yet... fall is a great time to garden! It's the perfect time to divide perennials, improve your soil, and change your garden layout. While you're at it, why not feed your plants, plant some bulbs, and get a jump on spring. If you want, bring a photograph or sketch of an area you're gardening, and we'll discuss some of the things you can do to get your garden in shape for winter. Please note: this class will not cover fall vegetable gardens.

**124c**            **\$35**  
 1 Tuesday      Sep 19  
 7:00–9:00 pm    SHS 1010

*Evelyn Lee is a professional flower farmer and floral designer at Butternut Gardens LLC in Southport, where she grows 45,000 flowers each year. An advanced master gardener, Evelyn holds a Masters degree from the Yale School of Forestry and Environmental Studies and received her horticultural training at New York Botanical Garden. Learn more at the certified bee friendly [www.butternutgardens.com](http://www.butternutgardens.com).*

**Flower Arranging 101: Autumn Wreaths**

Adorn your front door with a festive fall wreath, one that you make yourself, with a little help from an expert floral arranger. We'll go step by step, covering techniques and procedures, as we incorporate a mixture of stunning autumnal materials—dried, fresh and faux fresh. Come ready to learn; no floral design experience necessary. Please bring a pair of hand pruners or snips, if you have a pair. Non-refundable fee of \$40 included. [Taught by Evelyn Lee]

**121b**            **\$75**  
 1 Tuesday      Oct 17  
 6:30–9:00 pm    SHS 1010

**Flower Arranging 101: Centerpieces**

Join a master flower arranger and learn how to make a centerpiece that becomes the center of your next party. Perfect for couples planning a DIY wedding, gardeners looking to capture the beauty of their garden's bounty, and anyone wishing to learn the fundamentals of flower arranging. No prior design experience required. All participants will take their own arrangement home. Bring snips or small handheld pruners, if you have a pair, and a box and newspaper for transport of your design. Non-refundable materials fee of \$40 included. [Taught by Evelyn Lee]

**121a**            **\$75**  
 1 Thursday      Nov 16  
 7:00–9:00 pm    SHS 1010

**Turn the page for more Home + Garden**

**How to Avoid Costly Pitfalls When Selling Your Home**

Avoid common mistakes and maximize the return on your investment. Join Rob Grodman, longtime Westport realtor, and a variety of speakers, including professional stagers and a professional organizer, as they discuss what you need to do to prepare for selling your home. Get answers to your questions from a panel of experts, including a building inspector, real estate attorney, accountant, mortgage broker, appraiser, and family attorney.

**117 \$35**  
1 Thursday Oct 5  
6:30–9:00 pm SHS 1049

**Languages**

**See Cooking for related classes, including Italian Cooking & Culture with Simona Zanelli**

There are additional fees for language texts and materials.

**Basic Conversational Spanish**

Spanish has been spoken in what is now the United States since the 16th century. The language of Cervantes' *Don Quixote* and García Márquez's *One Hundred Years of Solitude*, Spanish is now this country's second most spoken language. We'll use a conversational approach to learn vocabulary and common phrases and to explore Spanish culture. Whether you're studying for travel, conversation, or business purposes, you'll gain the confidence you need to speak about food, travel, directions, lodging, shopping, and more. Students who have taken Intro to Spanish, or who have some knowledge of Spanish, are encouraged to return; new students are always welcome.

**967 \$135**  
8 Tuesdays Sep 26–Nov 14  
4:00–6:00 pm SHS 1054

*Sarah (O'Mahoney) Elliott has taught Spanish for over 10 years. She earned her BA from the University of Rhode Island and her MA from the University of Saint Joseph. In her free time, Sarah uses her Spanish to eat tapas, drink vino, and dance the flamenco.*

**Conversational German, Part I**

A major world language, German is spoken by 95 million people worldwide. Without German, we wouldn't have delicatessens, pumpernickel, or pretzels. And where would we be without zeitgeist, angst, and kitsch? In the hinterlands, that's where! This class will cover basic conversational German, with a focus on

vocabulary and pronunciation, and a little grammar thrown in for fun. You'll be introduced to German culture, customs, and idioms. Students should bring to class *Learn German the Fast and Fun Way* (4th edition) by Neil Donahue.

**163 \$135**  
8 Mondays Oct 2–Nov 20  
7:00–9:00 pm SHS 1055

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

**Conversational German, Part II**

Raise a stein in praise of German, and join us for an evening kaffeeklatsch for language lovers. Conversational German, Part II picks up where Part I left off. We'll continue to focus on vocabulary, pronunciation, and grammar, as well as explore German culture, customs, and idioms. Students who have taken Conversational, Part I, or who have some knowledge of German, are encouraged to return; new students are always welcome. Students should bring to class *Learn German the Fast and Fun Way* (4th edition) by Neil Donahue. [Taught by Robert Kibel]

**167 \$135**  
8 Tuesdays Oct 3–Nov 21  
7:00–9:00 pm SHS 1055

**Italian for Beginners**

Designed for travelers, tourists, and other admirers of *la dolce vita* who want to communicate in Italian, this class will cover pronunciation, typical greetings, and travel-related dialogue. Enjoy learning about Italian culture while you learn to speak simple phrases in Italian, from *Arrivederci, Roma* to *zuppa di pesce*. Students who have taken Italian for Beginners before, or who have some knowledge of Italian, are encouraged to return; new students are always welcome. Plus, new this semester: enjoy a flavorful hiatus from the classroom, and join your instructor in our professional kitchen for our cooking and culture classes, Two Tasty Interludes to Italian for Beginners, Or a Delicious Way to Eat Your Words. **See page 8 for registration information; separate registration fee.**

**160 \$145**  
8 Wednesdays Sep 27–Oct 18, Nov 1–29 (no class Nov 22)  
7:00–9:00 pm SHS 1054

*A native speaker of Italian, Simona Zanelli grew up in Rome, where she practiced law and taught Italian law students. After moving to the United States in 2004, Simona has continued to teach Italian language and culture to children and adults, in both private and public schools.*

**Money Matters**

**See Home + Garden for related classes, including How to Avoid Costly Pitfalls When Selling Your Home**

**Please note that our instructors are hired to teach general concepts and not to provide specific investment advice to individuals. Students should consult their financial advisors or attorneys before making investment decisions based on our instructors' classroom examples.**

**Fundamentals of Investing**

Let longtime Westport Continuing Education instructor Brenda Catugno demystify the world of investing. Understand the meaning of cash equivalents, stocks, bonds, mutual funds, and annuities, and how each category can work for you. This is an excellent class for those who are interested in learning simple strategies they can use for a lifetime of investing.

**143 \$35**  
2 Tuesdays Nov 28 & Dec 5  
7:00–9:00 pm SHS 1036

*Brenda Catugno, ChFC®, CDFATM, CASL®, is president at BPC, LLC, in Fairfield. She specializes in financial planning, portfolio management, divorce financial analysis, and creating individual action plans that meet her clients' financial needs. She has been teaching with Westport Continuing Education since 2000.*

**Getting the Most Out of Your Social Security**

With the changes in claiming strategies over the past few years and the heated political environment, many people are worried about how to effectively utilize Social Security. In this class, we'll discuss how people strategically plan for Social Security in relation to other retirement savings and benefits. You'll learn how to maximize your Social Security benefit for your situation, how the benefit is taxed, how the spousal benefit works, how a widow, widower, or survivor benefit works, how divorcées may be able to claim on their ex-spouse's earnings, and what claiming strategies may still be available and how they work.

**217 \$25**  
1 Monday Nov 13  
7:00–8:30 pm SHS 1051

*Cynthia J. Cilwik, CFP®, ADPA® is a First Vice President – Investments at Wells Fargo Advisors in White Plains. Cindy has been a financial advisor since 1997 and is a Certified Financial Planner™ professional and an Accredited Domestic Partnership AdvisorSM. James M. Rankowitz, CFP® is an Associate Vice President – Investments at Wells Fargo Advisors in White Plains. Jim has been a financial advisor since 2011 and is a Certified Financial Planner™ professional.*

**Retirement Planning: Tips & Tools to Help Your Money Last a Lifetime**

In today's financial environment, retirement planning has become more complex than ever. It goes beyond merely having a good investment strategy; rather, retirement planning is a lifetime process. It encompasses accumulation and asset management; cash flow and "de-cumulation"; lifetime income distribution to cover expenses; risk management to protect that income from unexpected, adverse health events; legacy planning to direct assets efficiently to the people you care about; and strategic tax planning. This class will also address long-term care planning and funding solutions, including but not limited to long-term care insurance. It's a lot to manage, but this class can help make retirement planning less... tiresome.

**215 \$49**  
2 Thursdays Nov 2 & 9  
7:00–9:00 pm SHS 1051

*Michael K. Rosenman, CLU® ChFC® CASL® AEP, has been a financial advisor, and estate and business planning specialist with Northwestern Mutual since 2001 and is based in Stamford.*

**Financial Planning for Business Owners: You Have Questions; We Have Answers**

As an entrepreneur, your business and personal finances are inseparably linked. You have obligations to your partners, investors, employees, family—but what about you? Will your business venture fund your retirement? Your kids' college education? Will it expand quickly enough? How do you compensate and reward your employees and yourself? What happens if you lose a partner or key employee? What happens if you're not around? Do you have a plan? Designed for owners, CEOs, or CFOs of closely-held companies, this course covers these questions and more. From planning techniques to help the busy business owner deal with the risks and challenges of starting, operating, and exiting a business to the business's impact on retirement and estate planning, we'll use real-life examples to explore strategies that create financial security for you and your business. [Taught by Michael Rosenman]

**216 \$49**  
2 Tuesdays Oct 17 & 24  
7:00–9:00 pm SHS 1049

**Turn the page for more Money Matters**

**Estate Planning**

This detailed seminar on estate planning techniques and estate administration emphasizes 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 retitling assets and updating beneficiary designations. The class will also include retirement assets, gifting, life insurance, digital assets, sophisticated planning, and more. Case studies will be included.

**162**            **\$75**  
 3 Wednesdays    Oct 4–18  
 7:00–9:00 pm    SHS 1051

*Patricia R. Beauregard, Esq., is a partner at Cummings & Lockwood, 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.*

**Pets**

**Dog Obedience**

*(for dogs at least 4 months old)*

This class will teach you to train your dog to be a well-mannered and obedient pet. Topics will include understanding your dog, communicating effectively, basic obedience commands, leash walking, and behavior modification. Plus, you'll learn strategies to effectively address problems like digging, jumping, chewing, barking, and more. Your dog must be collared, with a 6-foot leash. This class is limited to 8. Please note that the first session is an orientation without dogs.

**290**            **\$155**  
 7 Tuesdays    Oct 3–Nov 21 (no class Oct 31)  
 6:30–7:30 pm    SHS Pool Lobby

*Heather Witt, owner of the Complete Canine Company, double-majored in animal sciences and biology at the University of Vermont and began her dog training business in 1989. An instructor for nearly two decades, Heather and dog, Rowan, live in Easton, along with her husband, two sons, a cat, and a small flock of chickens.*

**Technology + Computers**

*See Arts + Crafts for related classes, including DSLR: Basic Digital Camera Operation*

**iBasics: Intro to iPhone & iPad**

They say we only use 10% of our brains; make up for that under-leveraged 90% by learning to access 100% of the computing, organizing, and navigating capacity of your Apple mobile devices. In this hands-on class, you'll explore features common to both devices and how to keep them in sync using Apple's iCloud service, as well as the apps that come pre-loaded, including Safari, Mail, and Calendar. Bring your fully charged iPhones and iPads; devices should be upgraded to iOS 9 or higher and you will need to have your AppleID and password.

**223**            **\$65**  
 3 Tuesdays    Oct 3–17  
 7:00–8:30 pm    SHS 1051

*After receiving a Grade A education in Westport, Mark Bieler majored in economics at Harvard and began his career at MacUser magazine, the definitive guide for Apple Computer users. He received his MBA from MIT and has spent the last 20 years in food marketing, rising to become chief information officer at Daymon Worldwide.*

**Cool Apps for iPhones & iPads**

With over 2 million apps available in the Apple App Store, there's an app for just about anything you want to do—and frequently more than one. So which ones do you choose and how do you find them? In this class, we'll explore apps of all kinds: travel apps that you'll want for your next trip into the city or overseas; business apps that turn your device into a digital scanner; apps that track your fitness; apps that let you access the countless sources of content from around the world; apps that let you organize recipes, shopping lists, and many, many more. All participants who know their Apple ID and password are guaranteed to go home with 5 apps or more added to their personal collections. Bring your fully charged iPhones and iPads; devices should be upgraded to iOS 9 or higher and you will need to have your AppleID and password. [Taught by Mark Bieler]

**225**            **\$35**  
 1 Tuesday    Nov 14  
 7:00–9:00 pm    SHS 1051

**iPhone / iPad Tips & Tricks**

You already know the basics... you can answer the phone, send text messages, search the web, shop, even play games. But your devices are capable of so much more. Learn the tips and tricks that will make using them more efficient and tailored to your unique needs. From leveraging Apple's iCloud services to adding a personal email signature to saving articles and websites in Safari to squeezing out even more usage time before recharging your phone, you're bound to learn something new and useful in this fast-paced class. Bring your fully charged iPhones and iPads; devices should be upgraded to iOS 9 or higher and you will need to have your AppleID and password. [Taught by Mark Bieler]

**224**            **\$35**  
 1 Tuesday    Oct 24  
 7:00–9:00 pm    SHS 1051

**Basic Photoshop CS6**

Explore the ins and outs of Adobe Photoshop in this hands-on class designed for photographers, hobbyists, and those who want to work with digital images. Through studio experience, discussion, and practice, you'll become familiar with topics like selection and project montage, layer management, scans (reflective and transparent), image manipulation, retouching, and keyboard shortcuts. If you have a computer with Photoshop loaded, please bring it; PCs will be available.

**619**            **\$159**  
 5 Thursdays    Sep 28–Oct 26  
 7:00–9:00 pm    SHS 2034

*Craig Burry is a freelance art director and the owner of Cat and Mouse Design Group. He has been teaching for Westport Continuing Education for over a decade.*

**Intermediate / Advanced Photoshop CS6**

If you know your way around the Photoshop desktop, maybe it's time to go a little deeper. In this class, you'll explore the complexities of digital retouching, filtering, and enhancing your photos. You'll learn how to eliminate scratches, blemishes, and red eye; how to dodge and burn and to adjust saturation levels; and how bitmapped images and pixels compare to halftone screening. We'll also cover backgrounds, cropping, gradations, silhouettes, and low key, mid key, and high key. Prerequisite: basic understanding of Photoshop. Please bring a laptop loaded with Photoshop. [Taught by Craig Burry]

**890**            **\$159**  
 5 Thursdays    Nov 2–Dec 7 (no class Nov 23)  
 7:00–9:00 pm    SHS 2034

**Theater + Dance**

**Laugh Yourself Silly: Comedy, Improv & Sketch Workshop**

Maybe your friends think you're pretty funny. Maybe your family loves your jokes (ok, probably not). Maybe you know that you've got the funny somewhere inside you but don't know how to get to it. Whatever your story, come learn the basics of comedy improvisation: the tools, the rules, and the philosophy. We'll play ridiculously fun and foolish games that will teach you to be present, to listen, to trust yourself and your teammates, and to discover an inner confidence you never you knew you had. (You probably won't even realize all of that happened until much later. You'll be too busy laughing to notice.) If you're a performer, this class will help with auditions, character work and technique. If you've never been onstage before, well... it's time.

**291**            **\$75**  
 4 Mondays    Oct 30–Nov 20  
 6:30–8:00 pm    SHS Library

*Alexandra McHale is a nationally headlining comedian who has performed on The Tonight Show, That Late, Late Show, and Comedy Central. She also holds an MFA in acting and an MA in Secondary Education-English.*

**Speak Up! Public Speaking for Everyone**

Upcoming wedding toast giving you the jitters? Presentation at school, work, or civic function keeping you up at night? If public speaking gets you down or if you just want to take your skills to the next level Speak Up! is for you. In this series of workshops, we'll spend time as a group having some fun, then focus on individual speaking concerns. Bring your questions, fears, uncertainties, and some copy to read (up to 3 minutes). Time permitting, we will also work on "cold" readings with copy provided by the instructor. Your time has come to Speak Up! Sign up for 1, 2, or all 3 sessions. Space is limited, so register early.

**Tuesdays / SHS 1054 / \$40**  
**290a**    Oct 10    7:00–9:00 pm  
**290b**    Oct 17    7:00–9:00 pm  
**290c**    Oct 24    7:00–9:00 pm

*Jennifer Devine has more than 20 years of experience in the arts and education and is a proud member of Actors' Equity Association. She is the founder and president of Mocking Bird Arts, which provides programs for adults and children. Visit [www.mockingbirdarts.com](http://www.mockingbirdarts.com).*

**Turn the page for more Theater + Dance**

**Ballroom Dancing for Everyone**

Dancing is great exercise and a proven mood lifter. Couples and singles welcome. Smooth soled shoes recommended.

**Beginner Level:** Learn fast dances, slow dances, and Latin dances like tango, swing, salsa, and hustle.

**951a \$125**

8 Tuesdays Oct 3–Nov 21  
7:00–7:45 pm St. Francis of Assisi Church  
35 Norfield Road, Weston

**Intermediate Level:** Move beyond the basics in all areas, including footwork, timing, leading, and following. Learn new steps and variations to add excitement to your dancing.

**951b \$125**

8 Tuesdays Oct 3–Nov 21  
7:45–8:30 pm St. Francis of Assisi Church  
35 Norfield Road, Weston

*Michael and Nicole Stavola are the directors of CT Kids Dance and Ballroom Dancesport. They are professionally certified and have been dancing, teaching, and competing in ballroom dancing for over 30 years. Visit [www.ballroomdancesportct.com](http://www.ballroomdancesportct.com).*

**Take Classes Online and Learn On Your Own Time**

Visit [www.westportcontinuinged.com](http://www.westportcontinuinged.com) and click on the **ed2go** link, on the right side of the page.

**Mandated Programs**

**English as a Second Language (ESL), Adult Basic Education (ABE), General Education Development (GED®), and American Citizenship classes are no longer offered through Westport Continuing Education.**

**These programs are now offered free during the academic year to interested Westport residents through Norwalk Public Schools Continuing Education program.**

Proof of Westport residency is required. Students 17 and 18 years of age must present a copy of their school withdrawal papers when registering for any ESL, ABE, GED, or American Citizenship class.

**For more information about these and other programs contact:**

**[www.norwalkpublicschools.org](http://www.norwalkpublicschools.org)  
(click on the header for District and then on Continuing Education)**

**Or contact Linda Cervi at:  
(203) 854-4115 or [cervil@norwalkps.org](mailto:cervil@norwalkps.org).**

**Westport Center for Senior Activities / 21 Imperial Avenue**

Westport Continuing Education is proud to partner with the Westport Center for Senior Activities to offer quality programming to Westport seniors and other residents. All classes require pre-registration and will be filled on a first-come-first-served basis. Please visit the Center online at [www.westportct.gov/seniorcenter](http://www.westportct.gov/seniorcenter).

Center hours:

**Monday–Friday / 7:30 am–4:30 pm**  
**Thursday / 7:30 am–8:00 pm**  
**Saturday / 8:30 am–3:00 pm**

Among the courses, programs, services, and workshops offered at the Center are:

**Computer Classes • Saturday + Sunday Socials • Movies with Dinner on Thursday Evenings • Mind-Body-Spirit • Health + Healing Classes • Culinary Classes • Yoga + Pilates Classes • Dance Classes • Foreign Language Instruction • Sculpture, Beading, Stained Glass + One Stroke Painting Classes • Fitness Center • Strength Training Classes • Aerobic Chair Classes • Support Groups • Blood Pressure + Hearing Screening • Tai Chi + Qigong Classes • Drawing, Oil Color + Watercolor Classes • College Level Lectures + Discussions**

**Westport Continuing Education Teaching Opportunities**

Are you passionate about a hobby? An expert in a particular subject? Want to spread the word about your organization or business? Westport Continuing Education offers classroom and experiential learning programs for adults and children at all levels of creative, athletic, and academic development. Be bold, experiment, and embrace curiosity in the company of like-minded people. **Mail, email, or fax this form to us: 70 North Avenue, Westport, CT 06880, Rm. 1040 / [conted@westportps.org](mailto:conted@westportps.org) / 203 • 341 • 1218.**

Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

**Course Description + Title** (to be used for advertising purposes; WCE reserves the right to edit any and all copy for accepted courses. Please limit your description to 150 words; attach a second sheet, if necessary):

**Course Details** (please answer as specifically as possible)

<b>Number of sessions</b>	<b>Hour(s) per session</b>	<b>Min./Max. students</b>	<b>Materials fee per student (if applicable)</b>
<b>Preferred day(s) of the week (M–Th)</b>	<b>Preferred start/end times</b>	<b>Preferred start date</b>	
<b>Your desired pay rate (per hour or class or student; please choose one)</b>		<b>Student grade range and/or adult ed</b>	

**Equipment and/or materials needed:**

## Weekly Calendar : Kids Division

### coleytown

#### Monday

**Bricks 4 Kidz:**  
**Star Wars Adventures** [pg. 30]  
**Fork, Knife, Spoon Cooking:**  
**Cook Like a Rock Star** [pg. 27]  
**Fork, Knife, Spoon Cooking:**  
**Edible Winter House** [pg. 28]

#### Tuesday

**Citizen Invention:**  
**Creative Robotics** [pg. 31]  
**TheaterCamp 4 Kids!**  
**Broadway Edition** [pg. 32]  
**World Champion Taekwondo** [pg. 29]

#### Wednesday

**Story Theater** [pg. 32]  
**Zaniac: Minecraft Physics** [pg. 32]

#### Thursday

**Chess Club** [pg. 30]  
**Kempo Karate** [pg. 28]  
**Nouveau Nutrition:**  
**Dessert Pizza Party** [pg. 27]  
**Nouveau Nutrition:**  
**Just Healthy Desserts** [pg. 27]

#### Friday

**Art Exploration: Upcycle Fun** [pg. 26]  
**Mad Science:**  
**Crazy Chemworks** [pg. 31]

### greens farms

#### Monday

**Bricks 4 Kidz: Ninja Spinning** [pg. 30]  
**Citizen Invention:**  
**Creative Robotics** [pg. 31]  
**Nouveau Nutrition:**  
**Dessert Pizza Party** [pg. 27]  
**Tennis / gr. 1-2** [pg. 23]  
**Tennis / gr. 3-5** [pg. 23]

#### Tuesday

**Fork, Knife, Spoon Cooking:**  
**Breakfast Club** [pg. 27]  
**Fork, Knife, Spoon Cooking:**  
**Edible Winter House** [pg. 28]  
**Kindergarten Tennis** [pg. 23]

**Mad Science:**  
**Crazy Chemworks** [pg. 31]

#### Wednesday

**Kempo Karate** [pg. 28]  
**Westport Arts Center:**  
**Meet the Masters** [pg. 26]

#### Thursday

**Zaniac: Minecraft Physics** [pg. 32]  
**PM / PE** [pg. 22]  
**TheaterCamp 4 Kids!**  
**Broadway Acting, Singing, Dancing** [pg. 32]

#### Friday

**Chess Club** [pg. 30]  
**Pen★Stars Creativity Club** [pg. 26]  
**Scratch for Kid Coders** [pg. 31]

### kings highway

#### Monday

**Magic Club** [pg. 32]  
**PM / PE** [pg. 22]  
**Zaniac: Minecraft Physics** [pg. 32]

#### Tuesday

**Chess Club** [pg. 30]  
**Kempo Karate** [pg. 28]  
**Westport Arts Center:**  
**Meet the Masters** [pg. 26]

#### Wednesday

**Mad Science:**  
**Crazy Chemworks** [pg. 31]  
**Nouveau Nutrition:**  
**Dessert Pizza Party** [pg. 27]  
**Nouveau Nutrition:**  
**Just Healthy Desserts** [pg. 27]  
**World Champion Taekwondo** [pg. 29]

#### Thursday

**Citizen Invention:**  
**Creative Robotics** [pg. 31]  
**Fork, Knife, Spoon Cooking:**  
**Breakfast Club** [pg. 27]  
**Fork, Knife, Spoon Cooking:**  
**Edible Winter House** [pg. 28]  
**Pen★Stars Creativity Club** [pg. 26]  
**Sports & Homework Club** [pg. 22]

#### Friday

**Bricks 4 Kidz: Ninja Spinning** [pg. 30]  
**Bricks 4 Kidz:**  
**Star Wars Adventures** [pg. 30]

### long lots

#### Monday

**Chess Club** [pg. 30]  
**Kempo Karate** [pg. 28]  
**Westport Arts Center:**  
**Meet the Masters** [pg. 26]

#### Tuesday

**Nouveau Nutrition:**  
**Dessert Pizza Party** [pg. 27]  
**Story Theater** [p. 32]  
**Zaniac: Minecraft Physics** [pg. 32]

#### Wednesday

**Citizen Invention:**  
**Creative Robotics** [pg. 31]  
**Pen★Stars Creativity Club** [pg. 26]  
**Scratch for Kid Coders** [pg. 31]  
**TheaterCamp 4 Kids!**  
**Broadway Acting, Singing, Dancing** [pg. 32]

#### Thursday

**Bricks 4 Kidz: Ninja Spinning** [pg. 30]  
**Kindergarten Tennis** [pg. 23]  
**Lights, Camera, Action!** [pg. 33]  
**Magic Club** [pg. 32]

#### Friday

**Fork, Knife, Spoon Cooking:**  
**Breakfast Club** [pg. 27]  
**Fork, Knife, Spoon Cooking:**  
**Edible Winter House** [pg. 28]  
**Mad Science:**  
**Crazy Chemworks** [pg. 31]  
**World Champion Taekwondo** [pg. 29]

### middle school

Please see page 33 for exciting new and returning afterschool classes for kids in grades 6-8.

### saugatuck

#### Monday

**Mad Science:**  
**Crazy Chemworks** [pg. 31]  
**TheaterCamp 4 Kids!**  
**Broadway Acting, Singing, Dancing** [pg. 32]  
**World Champion Taekwondo** [pg. 29]

#### Tuesday

**Pen★Stars Creativity Club** [pg. 26]  
**Sports & Homework Club** [pg. 22]

#### Wednesday

**Chess Club** [pg. 30]  
**Fork, Knife, Spoon Cooking:**  
**Cook Like a Rock Star** [pg. 27]  
**Fork, Knife, Spoon Cooking:**  
**Edible Winter House** [pg. 28]  
**Tennis / gr. 1-2** [pg. 23]  
**Tennis / gr. 3-5** [pg. 23]

#### Thursday

**Story Theater** [pg. 32]  
**Westport Arts Center:**  
**Meet the Masters** [pg. 26]  
**Zumba** [pg. 28]

#### Friday

**Citizen Invention:**  
**Creative Robotics** [pg. 31]  
**Kempo Karate** [pg. 28]  
**Nouveau Nutrition:**  
**Dessert Pizza Party** [pg. 27]  
**Nouveau Nutrition:**  
**Just Healthy Desserts** [pg. 27]  
**Zaniac: Minecraft Physics** [pg. 32]

### high school

Please see page 35 for exciting new and returning programs for kids in grades 9-12.

## Important Information

### Class Schedules

All Kids Division classes follow the Westport Public School calendar. Dates when classes do not meet are listed under each class description.

Unless otherwise noted, our classes do not meet on Westport Public School holidays, staff development days, or shortened school days.

### School Closings

In the event that Westport Public Schools are closed for inclement weather or another emergency, or if there is an early dismissal, all Continuing Education classes will be automatically canceled.

All class cancellations will be announced on our website, [westportcontinuinged.com](http://westportcontinuinged.com)

### Late Fees

Please be prompt picking up your child. Late fees will apply on a per child basis. \$10 for 5 minutes; \$20 for each 15-minute increment thereafter.

### Elementary School

Unless otherwise noted, elementary level classes will not meet during Teacher Conference days, November 29-December 1.

Please use your school's **Dismissal Manager** to ensure your child's safe arrival at his or her afterschool program.

**Afterschool Clubs**

**Sports & Homework Clubs**

*grades 2–5*

Our Sports & Homework Clubs are the perfect place to unwind after school. There's something for everyone. For parents, we provide teacher-directed homework help and tutoring. For kids, we offer all the sports and games you love during the school day: basketball, soccer, flag football, wiffle ball, kickball, capture the flag, and much more. The atmosphere is non-competitive, your friends will be there, and best of all, you'll have so much fun getting your homework done, it won't even feel like work.

**KHS 21 & Gym** with Mike Quiricone

**10 sessions / \$220**    **836a**    **Thursdays**    3:15–5:00 pm    Sep 28–Dec 14 (no class Nov 23 & 30)

**SES Library & Gym** with Jen Mittenness

**5 sessions / \$110**    **836b**    **Tuesdays**    2:45–4:30 pm    Nov 14–Dec 12

**PM / PE**

*grades 1–5*

To be clear, you'll get your share of sports. But the reality is that this club has always been about more than just sports. Staffed by the teachers your kids love, PM / PE provides the same activities and curriculum as gym class. That means your student will be improving his or her fitness and motor skills, but he or she will also be learning important skills and attitudes, like cooperation, collaboration, communication, conflict resolution, problem solving, perseverance, self-expression, and self-control. In short, it's good, clean fun just when kids need it most: after a tough day reading, writing, and 'rithmetic-ing.

**GFS Gym** with Christie Cardinale

**5 sessions / \$110**    **840a**    **Thursdays**    3:15–5:00 pm    Sep 28–Oct 26  
**5 sessions / \$110**    **840b**    **Thursdays**    3:15–5:00 pm    Nov 2–Dec 14 (no class Nov 23 & 30)

**KHS Gym** with Mike Quiricone

**6 sessions / \$135**    **840c**    **Mondays**    3:15–5:00 pm    Sep 18–Oct 23  
**7 sessions / \$155**    **840d**    **Mondays**    3:15–5:00 pm    Oct 30–Dec 11



**Afterschool Tennis**

**Tennis with Connie Goodman**

*grades K–8*

Using smaller QuickStart courts, smaller racquets, and low-compression balls for our younger, K–5 players, this tennis program has been a beloved Westport institution for over a decade. As your child learns to play tennis under the guidance of Professional Tennis Registry certified instructors, he or she will improve important physical skills like eye-hand coordination, agility, and fine and gross motor control. And, of course, we'll cover the rules, ball handling, footwork, swing patterns, strokes, strategy, court etiquette, and more. Because we cap enrollment, our classes have a low student-to-pro ratio, and that means that your child will receive personalized attention and the opportunity to hit hundreds of balls. It's the perfect place to fall in love with the sport of kings (and queens).

**Kindergarten**

**Tuesdays outdoors at SHS Courts / 4:15–5:15 pm**

**827a** Sep 12–Oct 17    6 sessions / \$245

**Tuesdays in the GFS Gym / 4:00–5:00 pm**

**827c** Oct 24–Dec 12 (no class Nov 7)    7 sessions / \$280

**828a** Jan 9–Feb 13    6 sessions / \$245

**Thursdays outdoors at SHS Courts / 4:15–5:15 pm**

**827b** Sep 14–Oct 19 (no class Sep 21)    5 sessions / \$210

**Thursdays in the LLS Gym / 4:00–5:00 pm**

**827d** Oct 26–Dec 14 (no class Nov 23)    7 sessions / \$280

**828b** Jan 11–Feb 15    6 sessions / \$245

**Grades 1–2**

**Mondays outside at SHS courts / 4:15–5:15 pm**

**341A2** Sep 11–Oct 16    6 sessions / \$245

**Mondays in the GFS Gym / 4:00–5:00 pm**

**343A2** Oct 23–Dec 11 (no class Nov 6)    7 sessions / \$280

**321A2** Jan 8–Feb 12 (no class Jan 15)    5 sessions / \$210

**Wednesdays outside at SHS courts / 4:15–5:15 pm**

**341B2** Sep 13–Oct 18 (no class Sep 20)    5 sessions / \$210

**Wednesdays in the SES Gym / 4:00–5:00 pm**

**343B2** Oct 25–Dec 13 (no class Nov 22)    7 sessions / \$280

**321B2** Jan 10–Feb 14    6 sessions / \$245

**Fridays outside at SHS courts / 4:15–5:15 pm**

**341C2** Sep 15–Oct 20    4 sessions / \$175  
(no class Sep 29, Oct 13)

**Fridays in the BMS Gym / 4:00–5:00 pm**

**343C2** Oct 27–Dec 15 (no class Nov 24)    7 sessions / \$280

**321C2** Jan 12–Feb 9    5 sessions / \$210

**Grades 3–5**

**Mondays outside at SHS courts / 5:15–6:15 pm**

**341A3** Sep 11–Oct 16    6 sessions / \$245

**Mondays in the GFS Gym / 5:00–6:00 pm**

**343A3** Oct 23–Dec 11 (no class Nov 6)    7 sessions / \$280

**321A3** Jan 8–Feb 12 (no class Jan 15)    5 sessions / \$210

**Wednesdays outside at SHS courts / 5:15–6:15 pm**

**341B3** Sep 13–Oct 18 (no class Sep 20)    5 sessions / \$210

**Wednesdays in the SES Gym / 5:00–6:00 pm**

**343B3** Oct 25–Dec 13 (no class Nov 22)    7 sessions / \$280

**321B3** Jan 10–Feb 14    6 sessions / \$245

**Fridays outside at SHS courts / 5:15–6:15 pm**

**341C3** Sep 15–Oct 20    4 sessions / \$175  
(no class Sep 29, Oct 13)

**Fridays in the BMS Gym / 5:00–6:00 pm**

**343C3** Oct 27–Dec 15 (no class Nov 24)    7 sessions / \$280

**321C3** Jan 12–Feb 9    5 sessions / \$210

**Grades 6–8**

**Mondays outdoors at SHS courts / 3:15–4:15 pm**

**341A1** Sep 11–Oct 16    6 sessions / \$245

**Fridays outdoors at SHS courts / 3:15–4:15 pm**

**341C1** Sep 15–Oct 20    4 sessions / \$175  
(no class Sep 29, Oct 13)

**Fridays in the BMS Gym / 3:00–4:00 pm**

**343C1** Oct 27–Dec 15 (no class Nov 24)    7 sessions / \$280

**321C1** Jan 12–Feb 9    5 sessions / \$210



**Staff Development Days**

Need childcare on days when you work but school's out? The following programs are brought to you by Westport Continuing Education and our trusted partners. Let us take care of your kids, so you can take care of everything else.

**Friday, October 13**

**Bricks 4 Kidz® presents Remote Control Mania**  
*grades K-3*

Making it move is the name of the game in this exciting class for kids who love robots... and who doesn't love robots? Use LEGO® components to create dynamic vehicles, inventions, and machines, as you learn the basic working principles of many of the ingenious devices that are part of our everyday lives. If you're a budding builder or a future engineer, this is where you want to spend your day off from school. If you are staying all day, bring a nut-free lunch.

**Full-day session / \$125 or half-day session / \$59**

<b>SHS 1004</b>	Oct 13
<b>927a</b>	8:30 am–3:00 pm
<b>927b</b>	8:30–11:30 am
<b>927c</b>	12:00–3:00 pm

**TheaterCamp 4 Kids! presents Broadway Workshop: Songs & Dance from the Great White Way**  
*grades 2-5*

Spend your day off on Broadway! Take the stage with songs and dances from Hamilton and other great Broadway shows. Learn stage combat, draw posters for set design, improvise, and play theater games. An innovative and imaginative way to learn about the theater arts, this TheaterCamp 4 Kids! is the way a day off from school should be: creative, play-based, and inventive. Perfect for both young thespians with their sights set on Broadway and kids who just wanna have fun. Parents are invited to come a few minutes early to watch the dance portion of the day. Bring nut-free snacks and lunch—you're gonna need fuel for your creative fire!

**1 session / \$99**

<b>SHS 451</b>	Oct 13
<b>697b</b>	8:30 am–3:00 pm



**Tuesday November 7 / Election Day**

**Bricks 4 Kidz® presents Brick City Engineers Camp**  
*grades K-3*

Don't fight City Hall, build it! What would a city be without the architects and engineers who design the plans, read the blueprints, and construct the buildings? Put your skills to work and build a LEGO® city of your very own. The sky is literally the limit: we challenge you to construct a skyscraper taller than you are. Navigate your custom-built cars around town while you sing the anthem of engineers everywhere: We built this city! / We built this city from LEGO® bricks! If you're staying all day, please bring a nut-free lunch.

**Full-day session / \$125 or half-day session / \$59**

<b>SHS 1004</b>	Nov 7
<b>930a</b>	8:30 am–3:00 pm
<b>930b</b>	8:30–11:30 am
<b>930c</b>	12:00–3:00 pm

**Art Exploration presents Upcycle Fun!**  
*grades K-3*

What's old is new again in this one-day workshop for aspiring eco-artists. We'll teach you to reduce, reuse, and repurpose everyday materials like paper, cardboard, aluminum, and plastic. You'll learn to creatively combine these recyclables with traditional art materials to make upcycled art... and upend your idea of what "art" is. Explore all your favorite techniques: Draw, sculpt, spatter. Cut, paste, collage. Mix, match, and make the world a more beautiful place! If you are staying all day, bring a nut-free lunch; and don't worry, we'll take a few movement breaks, because active bodies are creative bodies. Non-refundable materials fee of \$10 included. [Taught by Jennifer Pagan]

**Full-day session / \$79 or half-day session / \$35**

<b>SHS 1010</b>	Nov 7
<b>471a</b>	8:30 am–3:00 pm
<b>471b</b>	8:30–11:30 am
<b>471c</b>	12:00–3:00 pm

**Staff Development Days**

Need childcare on days when you work but school's out? The following programs are brought to you by Westport Continuing Education and our trusted partners. Let us take care of your kids, so you can take care of everything else.

**Tuesday November 7 / Election Day continued**

**Kempo Warrior Obstacle Course**  
*grades K-2, 3-5*

**NOTE: Held at Kempo Academy of Martial Arts / 374 Post Road East / entrance in back**

Inspired by the popular television series, American Ninja Warrior, our very own, one-day Kempo Warrior camp is designed to test your fitness, your motor skills, and your perseverance. Aspiring warriors of all ages will find themselves (safely) challenged by our obstacle course. Whether you're climbing, crawling, clambering, balancing, bouncing, dodging or ducking, you'll soon discover your inner superhero. We'll set up several variations of the course throughout the day and intersperse course-running with other games—because even ninjas need a break! Sign up and see what you are capable of in this non-competitive and fun program. Open to everyone, from nimble ninjas to hesitant heroes. No fighting or contact; all students must submit a waiver form, available in our office and on our website, to Westport Continuing Education prior to the class. Wear comfortable clothes and gym shoes. If you are staying all day, please bring a nut-free lunch.

**Full-day session / \$85 or half-day session / \$39**

<b>291a</b>	Nov 7	8:30 am–3:00 pm
<b>291b</b>	Nov 7	8:30–11:30 am
<b>291c</b>	Nov 7	12:00–3:00 pm

**February School Vacation**

The following programs are brought to you by Westport Continuing Education and our trusted partners. We've got a program for every kind of kid. Let us take care of them, so you can take care of everything else. (Additional February and April programs will be listed in our 2018 Winter/Spring catalog; look for it in your mailbox in December.)

**Sports & Fun Adventures Camps**  
*grades K-5*

Bored by board games? Tired of TV? Join us for a camp that's all about physical fun... just for the heck of it. Because—admit it—you might not miss math class, but you definitely miss gym! Staffed by WPS PE teachers, Sports & Fun Adventures features age-appropriate activities in a safe setting. Put down that deck of cards, shove Monopoly back in the closet, and join us for rock climbing, rollerblading, snowshoeing, pro ball, pirates' gold, sink the ship, crossover, pinball, basketball, wiffle ball, team handball, tag games, scooters, volleyball, badminton, floor hockey, and much more. Rollerblading and snowshoeing offered for grades 3-5 only. Bring drinks and peanut-free snacks. If you're staying all, day bring your A game, and don't forget to bring a nut-free lunch! (Jennifer Mitteness and Christie Cardinale)

**4 full-day sessions / \$159 or 4 half-day sessions / \$85**

<b>838a</b>	Tuesday–Friday	Feb 20–23	8:15 am–3:15 pm
<b>838b</b>	Tuesday–Friday	Feb 20–23	8:15 am–11:30 am
<b>838c</b>	Tuesday–Friday	Feb 20–23	12:00 pm–3:15 pm

**Bricks 4 Kidz® presents Bat League Heroes & Villains Camp**  
*grades K-3*

Enter the Dark City, where a dangerous jokester and other evil villains wreak havoc. Thankfully, Dark City is also home to a hero who emerges each night to fight against these evildoers. Build motorized LEGO® models of the good guy's speedy vehicle and his trusty sidekick's sleek cycle. Keep the bat light on and search for the jokester's motorized low rider as it cruises through the city streets on its mission of mayhem. Toss grappling hooks to the railings on the upper deck of the nearest skyscraper and send Batman and Batgirl swinging to the rescue. Holy action-packed adventure, Batman! This super exciting superhero camp is perfect for fans of Batman—or even fans of his jocular nemesis! If you are staying all day, bring a nut-free lunch.

**4 full-day sessions / \$389 or 4 half-day sessions / \$219**

<b>933a</b>	Tuesday–Friday	Feb 20–23	8:30 am–3:00 pm
<b>933b</b>	Tuesday–Friday	Feb 20–23	8:30–11:30 am
<b>933c</b>	Tuesday–Friday	Feb 20–23	12:00–3:00 pm

**Elementary School**

**Arts + Music**

**Art Exploration presents Upcycle Fun**  
*grades K-3*

What's old is new again in this class for aspiring eco-artists. We'll teach you to reduce, reuse, and repurpose everyday materials like paper, cardboard, aluminum, and plastic. You'll learn to creatively combine these recyclables with traditional art materials to make upcycled art... and upend your idea of what "art" is. Explore all your favorite techniques: Draw, sculpt, spatter. Cut, paste, collage. Mix, match, and make the world a more beautiful place! Artmaking is never the same twice; returning Art Exploration students are welcome. Non-refundable materials fee of \$10 included.

**8 sessions / \$139**  
**CES Art Rm. 19 472**      Fridays      Sep 22–Nov 17  
3:20–4:35 pm    no class Oct 13

*For as long as she can remember, Jennifer Pagan's life has revolved around art and children. She has worked at the Aldrich Contemporary Art Museum and most recently at Westport's own Stepping Stones Preschool. Jennifer has a BFA in print-making and illustration, and when she's not working, she can be found crocheting impossible projects she finds scrolling through Pinterest.*

**The Westport Arts Center presents**  
**Meet the Masters**  
*grades 1-4*

Introduce your young artist to the titans of the art world! Way more than just art history, this is a hands-on, fire-up-your-imagination, get-a-little-messy class. Students will learn about the tools and techniques which made the art of various eras revolutionary, and then they'll try them out. From Monet to Matisse, Kandinsky to Klimt, each class will feature a creative giant from whom students can take inspiration to create their own masterpieces. They'll learn about Impressionism and Cubism, representational and abstract art, and more. Best of all, each week your artist will walk away with a finished piece and a little more insight into the art and artists of the 20<sup>th</sup> and 21<sup>st</sup> centuries. Comfortable clothing that can get a little messy is recommended; French berets welcome, but not necessary. [Taught by a Westport Arts Center educator]

**8 sessions / \$280**  
**LLS Art Rm. 6 700a**      Mondays      Sep 25–Nov 13  
3:20–4:50 pm

**KHS Art Rm. 108 700b**      Tuesdays      Sep 26–Nov 21  
3:20–4:50 pm    no class Nov 7  
**GFS Art Rm. 130 700c**      Wednesdays      Sep 27–Nov 15  
3:20–4:50 pm  
**SES Art Rm. 126 700d**      Thursdays      Sep 28–Nov 16  
2:50–4:20 pm

**The Pen★Stars Creativity Club**  
*grades K-4*

Join the Pen★Stars Creativity Club, an enrichment program where learning meets creativity. In our low-tech environment, children are encouraged to connect with their true selves and to discover their talents. We incorporate music, drama, art, and brain-stimulating games and activities in order to foster our Pen★Stars' unique gifts and enhance their creative, writing (including spelling and vocabulary), presentation, and public speaking skills in a fun and innovative way. Our hands-on activities are designed with children's needs, interests, and skill levels in mind; we know that every child is unique, and we think their experiences should be too. On the last day, parents are invited to attend a showcase of our Pen★Stars' work. Stories created by children may be featured in The Pen★Stars Series, an interactive book series created by children, for children.

**8 sessions / \$240**  
**SES 181 342a**      Tuesdays      Sep 26–Nov 21  
2:50–3:50 pm    no class Nov 7  
**LLS Art Rm. 6 342b**      Wednesdays      Sep 27–Nov 15  
3:20–4:20 pm  
**KHS Library 342c**      Thursdays      Sep 28–Nov 16  
3:20–4:20 pm  
**GFS Art Rm. 130 342d**      Fridays      Sep 22–Nov 17  
3:20–4:20 pm    no class Oct 13

*The Pen★Stars Series' mission is to leverage children's creative and literacy skills to help them achieve their full potential. It is the brainchild of two sisters, who teamed up to create a platform where kids can create their own stories and get recognized for their work. Pen★Stars runs afterschool programs around Fairfield County. Visit [www.thepenstars.com](http://www.thepenstars.com).*

**Cooking**

**Fork, Knife, Spoon Cooking presents**  
**The Breakfast Club**  
*grades K-2*

Mom always said that breakfast is the most important meal of the day, and she wasn't kidding. We think it's so important that you shouldn't restrict it to the morning... make it more than cold cereal or frozen waffles, make it quick and healthy, and you can make it for dinner! Join Fork Knife Spoon Cooking and learn to cook nutritious and delicious breakfasts, using fresh and healthy ingredients. Best of all, the recipes are easy and can be prepared by the students at home, then just heated up in the morning. Some of the yummy breakfasts we'll cook up this semester are pumpkin French toast sausage roll-ups, sausage, spinach, and egg taquitos, ham, egg, and cheese breakfast braid, breakfast pizzas, and more. Non-refundable materials fee of \$10 included.

**8 sessions / \$225**  
**GFS Staff Lounge 558a**      Tuesdays      Sep 26–Nov 21  
3:20–4:20 pm    no class Nov 7  
**KHS Kitchen 558b**      Thursdays      Sep 28–Nov 16  
3:20–4:20 pm  
**LLS Kitchen 558c**      Fridays      Sep 22–Nov 17  
3:20–4:20 pm    no class Oct 13

*Maria and Raz Farinas are chefs and co-owners of Fork, Knife, Spoon Cooking, based in Wilton.*

**Fork, Knife, Spoon Cooking presents**  
**Cook Like a Rock Star**  
*grades 3-5*

So you think you can cook? We know you can, and we can help raise your kitchen game, with simple, straightforward recipes featuring delicious and nutritious ingredients. Learn easy-to-recreate recipes, strategies for navigating the grocery store, clever measuring equivalents, kitchen skills and safety tips, and much more, in this class designed to have you cooking like your favorite culinary rock star. Just to keep it interesting, every few weeks, you'll have a chance to test yourself in a Chopped-style challenge, featuring mystery ingredients and a judgment-free judging panel. Join us and kick your cooking into the rock star zone. Non-refundable materials fee of \$10 included. [Taught by Fork, Knife, Spoon Cooking]

**8 sessions / \$225**  
**CES Kitchen 559a**      Mondays      Sep 25–Nov 13  
3:20–4:20 pm  
**SES Kitchen 559b**      Wednesdays      Sep 27–Nov 15  
2:50–3:50 pm

**Nouveau Nutrition presents**  
**Just Healthy Desserts**  
*grades 1-3*

What if we told you that you could make desserts that were not just delicious but nutritious too? Learn to create desserts that are super yummy but also so full of good-for-you ingredients, like whole grains and fruit, that your mom just might let you have second helpings. Each class features simple and fun-to-make recipes that an aspiring chef can easily recreate at home, including no-bake strawberry cheesecake, blueberry shortcake éclair cake, gluten free mixed berry snack bites, tropical fruit salsa, chocolate-orange energy bites, and made-from-scratch Nutella truffles. Non-refundable materials fee of \$30 included.

**6 sessions / \$120**  
**KHS Cafeteria 556a**      Wednesdays      Sep 27–Nov 1  
3:20–4:20 pm  
**CES Art Rm. 19 556b**      Thursdays      Sep 28–Nov 2  
3:20–4:20 pm  
**SES Cafeteria 556c**      Fridays      Sep 29–Nov 10  
2:50–3:50 pm    no class Oct 13

*Kira Pantschenko is a nutrition expert and the founder of Nouveau Nutrition. She believes that if you give children a healthy meal, you feed them for a day; if you teach children how to make healthy meals, they will eat well for a lifetime. Visit [www.nn4kids.com](http://www.nn4kids.com).*

**Nouveau Nutrition presents Dessert Pizza Party**  
*grades K-5*

Turn your dinner into dessert! Make healthy and flavorful fruit pizzas on our 4-ingredient, granola crust. Strawberry jam tomato sauce and shredded coconut cheese, anyone? Choose some of the fall's best fruits, then... eat the rainbow! (Moms, these tasty treats don't just add beautiful color to your child's dessert; they also add antioxidants, vitamins, and minerals.) Non-refundable materials fee of \$5 included; uneaten pizza will be wrapped for easy transport. (We're pretty sure there isn't going to be any.)

**1 session / \$40**  
**GFS Auditorium 557a**      Monday      Nov 13  
3:20–4:20 pm  
**LLS Art Rm. 6 557b**      Tuesday      Nov 14  
3:20–4:20 pm  
**KHS Cafeteria 557c**      Wednesday      Nov 15  
3:20–4:20 pm  
**CES Art Rm. 19 557d**      Thursday      Nov 16  
3:20–4:20 pm  
**SES Staff Lounge 557e**      Friday      Nov 17  
2:50–3:50 pm

**Turn the page for more Cooking**

**Edible Winter Wonderland Houses**  
*grades K–5*

Come exercise your creativity and chase the winter blues away in our Winter Wonderland decorating class. Use fluffy white marshmallows to build the world's most delicious igloo. Place Arctic penguins and edible snowmen on your palace and then Let It Go... right into your belly! Perpetual winter never tasted so good. Houses will be wrapped in cello paper for easy transport home. Non-refundable materials fee of \$5 included. [Taught by Fork, Knife, Spoon Cooking]

**1 session / \$40**

<b>CES Art Rm. 19</b> <b>545a</b>	Monday	Dec 11
	3:20–4:35 pm	
<b>GFS Auditorium</b> <b>545b</b>	Tuesday	Dec 12
	3:20–4:35 pm	
<b>SES Staff Lounge</b> <b>545c</b>	Wednesday	Dec 13
	2:50–4:05 pm	
<b>KHS Cafeteria</b> <b>545d</b>	Thursday	Dec 14
	3:20–4:35 pm	
<b>LLS Art Rm. 6</b> <b>545e</b>	Friday	Dec 15
	3:20–4:35 pm	

**Fitness + Sports**

See *Afterschool Tennis for K–5 programs*

See our *Middle School section for more fitness classes, including CT Juniors Volleyball program (gr. 4 and up)*

**Zumba®**  
*grades 3–5*

This Zumba® class takes you on a shimmying, shaking, strutting tour of the world through dance and music. It's a kid-friendly, high-energy, weekly dance party, with no prior dance experience required or expected. Whether you have two left feet or you own tap shoes, everyone is welcome on our dance floor. We'll break down the choreography, show you how to combine moves, add in super fun games and activities, and put it all back together again—to your favorite pop music—as we get fit, get healthy, and get our groove thing on! [Taught by Jen Mitteness]

**5 sessions / \$60**

<b>SES Gym</b> <b>856</b>	Thursdays	Nov 2–Dec 14
	3:20–4:20 pm	no class Nov 23 & 30

**Kempo Karate: Introduction to Martial Arts**  
*grades K–5*

The modern world requires far less of the physical aspects of martial arts than at any other time; so why martial arts training? Our students learn so much more than how to “fight”—in fact, there's no contact in these Kempo classes. Kempo Karate kids learn self-confidence and self-control. They learn focus, discipline, and perseverance. They learn to follow instructions and how to become leaders. And they bring all these skills back to school. Kempo Karate kids get better grades, and that's one less battle *you* have to fight. Kempo is run by a parent just like you: someone looking for ways to give all of our kids the best chance for a successful future. Sign up for classes today and watch your child evolve and grow. All students must submit a waiver form, available on our website, to Westport Continuing Education prior to the first class. Open to students at any belt rank. Wear comfortable clothes and gym shoes.

**10 sessions / \$140**

<b>LLS Gym</b> <b>303a</b>	Mondays	Sep 25–Dec 4
	3:20–4:20 pm	no class Nov 6
<b>KHS Gym</b> <b>303b</b>	Tuesdays	Sep 26–Dec 5
	3:20–4:20 pm	no class Nov 7
<b>GFS Gym</b> <b>303c</b>	Wednesdays	Sep 27–Dec 13
	3:20–4:20 pm	no class Nov 22 & 29
<b>CES Gym</b> <b>303d</b>	Thursdays	Sep 28–Dec 14
	3:20–4:20 pm	no class Nov 23 & 30
<b>SES Gym</b> <b>303e</b>	Fridays	Sep 22–Dec 15
	2:50–3:50 pm	no class Oct 13, Nov 24 & Dec 1

*Over the past 20 years, the Kempo Academy of Martial Arts has created a highly successful curriculum that teaches both leadership and character building philosophies and traditional martial arts training methods. Visit [www.kempokarate.com](http://www.kempokarate.com).*

**World Champion Taekwondo**  
*grades K–5*

Taekwondo offers physical and mental benefits: increased strength, cardio endurance, and flexibility, plus greater mental focus and a confidence that can expand into all areas of students' lives. World Champion students will not only build and refine their motor skills, but they'll also learn goal setting, respect, and discipline. There is no fighting or contact. Students will receive a free uniform, which can be picked up at WCT in Westport. At the end of the program, students will have the opportunity to take the promotion belt test at WCT (test fee of \$60) to get their yellow belt and a trophy. Returning students who have earned a yellow belt are welcome to return and work toward higher level belts.

**8 sessions / \$159**

<b>SES Gym</b> <b>324a</b>	Mondays	Sep 25–Nov 20
	2:50–3:50 pm	no class Nov 6
<b>CES Gym</b> <b>324b</b>	Tuesdays	Sep 26–Nov 21
	3:20–4:20 pm	no class Nov 7
<b>KHS Gym</b> <b>324c</b>	Wednesdays	Sep 27–Nov 15
	3:20–4:20 pm	
<b>LLS Gym</b> <b>324d</b>	Fridays	Sep 22–Nov 17
	3:20–4:20 pm	no class Oct 13

*World Champion Taekwondo is the largest such organization in Connecticut and has provided the finest quality martial arts training for over fifteen years. Visit [www.bigkick.com](http://www.bigkick.com).*

**Westport AllStars Basketball**

Coach Chris Fay, of CT Elite, was named the 2016 Nike/Gatorade Phenom National East/West All Star coach in San Diego and was featured on ESPN. Chris played basketball at Fairfield Prep and Norwalk Community College, where he set the single season scoring record. Widely regarded as a top youth coach, Chris enjoys helping kids realize their basketball dreams, one dribble at a time.

**Coach Chris Fay, the Shot Doctor, presents Westport AllStars Basketball Fall Clinic**  
*grades 2–5, 6–12; boys & girls*

Learn to play the right way! Tune up your game with shooting guru and ball handling wizard, CT Elite coach Chris Fay, the Shot Doctor. Featuring shooting, skills and drills, scrimmages, defense, strategy and sportsmanship. We play in the main gym at Staples High School. Two full courts, six baskets, with lower hoops for our smaller ballers. Staff includes top area coaches.

**grades 2–5 / 14 sessions / \$195**

<b>SHS Gym</b> <b>322a</b>	Tue & Thu	Sep 26–Nov 9
	5:30–6:30 pm	

**grades 6–12 / 14 sessions / \$195**

<b>SHS Gym</b> <b>322b</b>	Tue & Thu	Sep 26–Nov 9
	6:30–7:30 pm	

**Coach Chris Fay, the Shot Doctor, presents Westport AllStars Basketball Winter Sunday Shootout**  
*grades 1–5, 6–9; boys & girls*

Learn to shoot the right way! Featuring shooting, ball handling, skills, drills, and games. Take advantage of extra court time, improve all season long, and keep your shot sharp. We play at Saugatuck Elementary School, every Sunday except school holidays, on two full courts with six baskets. Lower hoops for smaller ballers. Pro-rated registrations welcome; call for prices.

**grades 1–5 / 12 sessions / \$175**

<b>SES Gym</b> <b>348a</b>	Sundays	Dec 3–Mar 11
	12:30–1:30 pm	no class Dec 24, 31, Feb 18

**grades 6–9 / 12 sessions / \$175**

<b>SES Gym</b> <b>348b</b>	Sundays	Dec 3–Mar 11
	1:30–2:30 pm	no class Dec 24, 31, Feb 18

Turn the page for Games

**Games**

**Chess Club**  
*grades 1–5*

Led by professional instructors from the Chess Club of Fairfield County (CCFC), players new to the game will learn the basic rules, movements and goals of the game. All participants will also study opening strategy, middlegame concepts, classic games by chess legends, and common endgame techniques. CCFC's curriculum was designed with a focus on developing critical thinking, decision making, and time management skills. Plus, who doesn't love saying checkmate? Keep learning; returning students welcome for more advanced training.

**10 sessions / \$205**

<b>LLS Music Rm. 132</b> <b>318a</b>	Mondays	Sep 25–Nov 27
	3:20–4:20 pm	
<b>KHS 12</b> <b>318b</b>	Tuesdays	Sep 26–Dec 5
	3:20–4:20 pm	no class Nov 7
<b>SES Cafeteria</b> <b>318c</b>	Wednesdays	Sep 27–Dec 13
	2:50–3:50 pm	no class Nov 22 & 29
<b>CES 34</b> <b>318d</b>	Thursdays	Sep 28–Dec 14
	3:20–4:20 pm	no class Nov 23 & 30
<b>GFS Library</b> <b>318e</b>	Fridays	Sep 22–Dec 15
	3:20–4:20 pm	no class Oct 13, Nov 24, Dec 1

*The Chess Club of Fairfield County is a leading resource for educational and recreational chess services in the region, serving all of Fairfield County. Visit [www.fairfieldcountychess.com](http://www.fairfieldcountychess.com).*

**STEM**

**Bricks 4 Kidz®**

Explore STEM principles and develop problem solving and critical thinking skills as you build structures out of LEGO® bricks, using one-of-a-kind model plans designed by engineers and architects.

**Bricks 4 Kidz® presents Ninja Spinning**  
*grades K–3*

This LEGO Ninjago® class is guaranteed to make your head (and your arms and your legs) spin! Based on the eagerly anticipated LEGO Ninjago movie, this class features motorized, spinning models and plenty of opportunities to show off both your building bona fides and your sparring skills. Enter the Spinjitzu Zone and pit your ninja's tornado-level spinning against your worthy competitors. Take on the challenges of the LEGO Ninjago® board game: Can you and your fellow ninjas work together to find the four golden weapons, fight back the skeleton guards, and emerge victorious from the final battle? All it takes to transport yourself to Ninjago City is a little imagination and a whole lotta LEGOs.

**6 sessions / \$160**

<b>GFS 105</b> <b>926a</b>	Mondays	Sep 18–Oct 23
	3:20–5:00 pm	
<b>LLS Art Rm. 6</b> <b>926b</b>	Thursdays	Sep 28–Nov 2
	3:20–5:00 pm	

**5 sessions / \$135**

<b>KHS Art Rm. 108</b> <b>926c</b>	Fridays	Sep 22–Oct 27
	3:20–5:00 pm	no class Oct 13

**Bricks 4 Kidz® presents Star Wars Adventures**  
*grades K–3*

There's been an awakening in the Force! Are you ready to blast off on your mission to a galaxy far, far away? Inspired by NASA and Star Wars™, this class is jam-packed with LEGO® Star Wars™-themed models, games, and challenges. It'll fire up your imagination and send you on a make-believe adventure featuring real-life space exploration stories. Build replicas of NASA vehicles and don't forget to pack your space snacks... you're on your way past the Moon, to Mars and Jupiter and beyond! Learn super surprising space facts, test your knowledge of the solar system, and sample life as an astronaut and space pioneer.

**7 sessions / \$189**

<b>CES Art Rm. 19</b> <b>931a</b>	Mondays	Oct 30–Dec 11
	3:20–5:00 pm	

**5 sessions / \$135**

<b>KHS Art Rm. 108</b> <b>931b</b>	Fridays	Nov 3–Dec 15
	3:20–5:00 pm	no class Nov 24 & Dec 1

**Citizen Invention**

Citizen Invention aims to foster creative confidence through design thinking and rapid prototyping projects and to empower youth and adults to imagine innovative solutions to everyday problems. Visit [www.citizeninvention.com](http://www.citizeninvention.com).

**Citizen Invention presents Creative Robotics**  
*grades K–2*

Kids and robots go together like chips and dip, like salt and pepper, like Scooby and Shaggy! And there's no better way to help younger kids learn about programming than with age-appropriate, kid-friendly robots. Developed by Tufts University researchers, Kibo robots enable kids to learn coding and engineering basics in a playful way: with colorful, bar-coded wooden blocks. Join Citizen Invention and learn to program using Kibo and other kits. Create little 'bots that respond to light, sound, and obstacles. You can even make them dance! No prior experience necessary; projects change from season to season so repeat students are welcome.

**7 sessions / \$175**

<b>GFS 105</b> <b>606a</b>	Mondays	Oct 30–Dec 11
	3:20–4:20 pm	

**8 sessions / \$200**

<b>CES 36</b> <b>606b</b>	Tuesdays	Sep 26–Nov 21
	3:20–4:20 pm	no class Nov 7

<b>LLS Workshop 211</b> <b>606c</b>	Wednesdays	Sep 27–Nov 15
	3:20–4:20 pm	

<b>KHS Art Rm. 108</b> <b>606d</b>	Thursdays	Sep 28–Nov 16
	3:20–4:20 pm	

<b>SES Art Rm. 126</b> <b>606e</b>	Fridays	Sep 29–Dec 8
	2:50–3:50 pm	no class Oct 13, Nov 24, Dec 1

**Mad Science**

Mad Science transforms laboratory science into fun, interactive learning experiences for kids.

**Mad Science presents Crazy Chemworks**  
*grades 1–4*

This action-packed STEM program is positively pulsating with classic experiments and crazy concoctions. Have bubbling, billowing, ice cold fun as you explore the changing states of matter. Probe the properties of light with spectacular glow-in-the-dark technology. Perform experiments using real laboratory tools, witness stunning demonstrations, and join in inquiry-based discussions. The perfect introduction to elementary

chemistry, Crazy Chemworks gives students the opportunity to apply theoretical concepts to hands-on practice. So much fun they won't even realize how much they're learning.

**8 sessions / \$225**

<b>SES 181</b> <b>915a</b>	Mondays	Sep 25–Nov 13
	2:50–3:50 pm	

<b>GFS Art Rm. 130</b> <b>915b</b>	Tuesdays	Sep 26–Nov 21
	3:20–4:20 pm	no class Nov 7

<b>KHS Art Rm. 108</b> <b>915c</b>	Wednesdays	Sep 27–Nov 15
	3:20–4:20 pm	

<b>LLS Art Rm. 6</b> <b>915d</b>	Fridays	Sep 29–Dec 8
	3:20–4:20 pm	no class Oct 13, Nov 24, Dec 1

<b>CES 42</b> <b>915e</b>	Fridays	Sep 29–Dec 8
	3:20–4:20 pm	no class Oct 13, Nov 24, Dec 1

**Scratch for Kid Coders**

*grades 3–5*

Scratch, a visual programming language developed at MIT, is designed to make computer programming more engaging and accessible for young students. And it works! Send us your young programmers, and we'll teach them to think creatively, reason systematically, and work collaboratively, as they learn important mathematical and computational ideas. You'll know they're picking up important 21st century skills; they'll be creating characters, drawing shapes, generating spirographs, designing games, choosing music, navigating mazes, and much more. Don't just play on the computer; program it!

**8 sessions / \$175**

<b>LLS Library</b> <b>619a</b>	Wednesdays	Sep 27–Nov 15
	3:20–4:20 pm	

<b>GFS 105</b> <b>619b</b>	Fridays	Sep 29–Dec 8
	3:20–4:20 pm	no class Oct 13, Nov 24, Dec 1

*With classes that are fun and creative, CompuChild encourages students to develop the skills needed to become tomorrow's innovators and leaders by providing STEAM curriculum that teaches students to become better communicators, collaborators, and critical thinkers.*

**Turn the page for more STEM**

## Kids Division

### Zaniac

Founded by economist, professor, and author Paul Zane Pilzer, Zaniac's mission is to provide programming so kids can become self-directed, curious scientists, engineers, and designers.

#### Zaniac presents Game Based Learning: Minecraft™ Physics grades 3–5

If you can't beat them, join them. You probably can't stop your kid from playing one of the world's most popular computer games, but Zaniac can make it educational. In this game-based learning class, your young gamer will begin to explore concepts like gravity and Newton's Laws, mechanics and electromagnetism, fluid physics, thermodynamics, and more. What you build is limited only by your imagination... and the laws of nature, at least as they exist in the thrilling 3D world of Minecraft! No prior experience necessary; returning Minecraft™ students welcome.

#### 8 sessions / \$160

<b>KHS Comp. Lab 613a</b>	Mondays	Sep 25–Nov 13
	3:20–4:20 pm	
<b>LLS Comp. Lab 1 613b</b>	Tuesdays	Sep 26–Nov 21
	3:20–4:20 pm	no class Nov 7
<b>CES Comp. Lab 17 613c</b>	Wednesdays	Sep 27–Nov 15
	3:20–4:20 pm	
<b>GFS Comp. Lab 613d</b>	Thursdays	Sep 28–Nov 16
	3:20–4:20 pm	
<b>SES Comp. Lab 156 613e</b>	Fridays	Sep 29–Dec 8
	2:50–3:50 pm	no class Oct 13, Nov 24, Dec 1

## Theater Arts

### Story Theatre grades K–2

Remember the feeling of wanting to jump into the book you were reading and become a part of the story? That's exactly what this class is designed to do. Each week, students will read a children's book, which they'll then act out, using basic props and costumes. Young thespians will engage in group warm-ups and participate in improvisation and other drama games in order to develop an understanding of storytelling. This class is geared towards facilitating creativity, teamwork, and confidence-building. Parents are invited to attend an informal performance of scene work and drama games during the last week of class.

#### 8 sessions / \$105

<b>LLS Music Rm. 1 658a</b>	Tuesdays	Sep 26–Nov 21
	3:20–4:20 pm	no class Nov 7

<b>CES Conf. Rm. 21 658b</b>	Wednesdays	Sep 27–Nov 15
	3:20–4:20 pm	

<b>SES Music Rm. 121 658c</b>	Thursdays	Sep 28–Nov 16
	2:50–3:50 pm	

*Elizabeth Donnelly's regional acting credits include numerous productions in Connecticut and New York. She is a founding member of the Actors' Equity theatre company Fifth Letter Productions and a faculty member at the Warner Theatre Center for Arts Education.*

### Magic Club grades K–5

We can't teach you to make your little sister disappear—that wouldn't be right!—but we can reveal the secrets of the professional magician in this critically acclaimed program. Experience the wonder of magic as you learn the ancient art of prestidigitation. Improve your presentation, public speaking, and leadership skills, build self-confidence and poise, and develop stage presence. Plus, disappearing coins! Magic scarves! Card tricks! We promise a truly magical experience. Each week, you'll receive tricks and materials to take home with you. Students repeating this class will receive new tricks to take home and, with the wave of a wand, will become magical aides for new students. Non-refundable materials fee of \$5 per week included.

#### 10 sessions / \$189

<b>LLS Music Rm. 1 841a</b>	Thursdays	Sep 28–Dec 14
	3:20–4:20 pm	no class Nov 23 & 30
<b>KHS 25 841b</b>	Mondays	Sep 25–Nov 27
	3:20–4:20 pm	

*Nisan Eventoff, internationally known master magician, has never made his little sister disappear, but he has been known to pull a rabbit out of a hat every now and then.*

### TheaterCamp 4 Kids! presents Broadway Acting, Dancing & Singing grades 2–5

Whether you have a budding Broadway star or a child who is bashful, this TheaterCamp 4 Kids! class offers something for every student. An innovative, fun-filled, play-based way to learn about theater arts, the class features icebreaker games, improvisation, movement and dance, hip hop, Broadway songs—from Hamilton and other popular shows—scene work, and even stage combat. TheaterCamp 4 Kids! is founded on the belief that make-believe is more than just fun; it's an opportunity to learn. Scene work, stage direction and choreography, ensemble pieces and monologues... all these things teach kids about the theater, but they also help kids boost their confidence, develop

empathy for others, and enhance teamwork skills. Parents are invited to attend an informal performance on the last day of class. Bring a nut-free snack; class may be held outdoors, weather permitting. [Taught by Laura Pendergast]

#### 8 sessions / \$105

<b>SES Auditorium 701a</b>	Mondays	Sep 25–Nov 13
	2:50–3:50 pm	
<b>CES Conf Rm. 21 701b</b>	Tuesdays	Sep 26–Nov 21
	3:20–4:20 pm	no class Nov 7
<b>LLS Music Rm. 1 701c</b>	Wednesdays	Sep 27–Nov 15
	3:20–4:20 pm	
<b>GFS Music Rm. 127 701d</b>	Thursdays	Sep 28–Nov 16
	3:20–4:20 pm	

*Laura Curley Pendergast graduated from Saint Lawrence University with a BA in theater arts. An actor, singer, dancer, and playwright, her credits range from Brooklyn's BAM Opera House to regional theaters, and she was the managing director of the Off-Broadway Triangle Theater in New York City. Laura is the proud owner of Junior the Wonder Dog, who starred in an Emmy-award winning episode of ABC's Born to Explore.*

### Lights, Camera, Action! grades 3–5

Always wanted to direct? Learn how to create your own movies using video cameras and iMovie software. This class will give you the tools you need to create a movie from script to final production, with lessons on lighting, camera angles, sound, and editing. Don't just watch the movie; make the movie. All materials will be provided; enrollment is limited.

#### 8 sessions / \$125

<b>LLS LMC 663</b>	Thursdays	Sep 28–Nov 16
	3:20–4:20 pm	

*Barbara Eilertsen has been teaching for over 25 years. In that time, she has been a classroom teacher, a math teacher, and a technology teacher. Currently the library media specialist at Long Lots, Barbara loves movies. But even more, she loves to watch what children do when you put a camera their hands.*

## Kids Division

### Middle School

See page 23 for Afterschool Tennis (6–8) and page 29 for Westport AllStars Basketball

### American Red Cross Babysitters Course ages 11 to 15

Be the best babysitter you can be with this class brought to you by the nation's leading provider of childcare education. You'll learn the skills you need to be a safe and responsible babysitter: how to care for children and infants, be a good leader and role model, make good decisions, solve problems, and handle injuries, illnesses, and other household emergencies. Earn your Red Cross Babysitters Certification. **Students must be present for entire class time to receive Babysitters Certification; no makeup classes are available.** [Taught by Red Cross-certified teacher, Paula Lacy]

#### 3 sessions / \$155

<b>SHS 1036 367a</b>	Tuesdays	Oct 3, 10 & 17
	3:15–5:15 pm	
<b>SHS 1036 367b</b>	Mondays	Nov 6, 13 & 20
	3:15–5:15 pm	

### Body Blast Sports Performance grades 6–8

Led by Rosie Rodriguez, a NASM-certified trainer, Body Blast is a tailored strength and conditioning program for middle school student-athletes who want to prepare for their sport, increase their general fitness level, or continue to build on their fitness routine and sports performance. For all levels of athletes, Body Blast provides a joint-by-joint approach that enables athletes to gain strength, power, mobility, and flexibility, using the athlete's own body weight. The program will also include instruction in foam rollers and balls, a thorough dynamic movement warm-up, speed and agility work, and a conditioning component. All training will be multi-directional and multi-planar. Attain your personal fitness goals and have a blast doing it! **Sign up for Mondays & Fridays, or Mondays only.**

#### All classes take place in the BMS Fitness Rm / 3:00–4:00 pm

<b>985a</b>	Sep 25–Nov 13	8 Mondays / \$149
<b>985b</b>	Sep 25–Nov 17 (no class Oct 13)	15 Mon & Fri / \$259

Turn the page for more Middle School

**Crazy Delicious Cooking with Chef Cecily Gans**  
grades 6–8

Don't just lie there like a couch potato. This fall, cook up something cool with Chef Gans. Each week, you'll discover another super scrumptious ingredient, another handy technique, another crazy delicious recipe. You'll prepare dishes from start to finish and end the afternoon with a feast. Whether you're a hot mess or a mini master chef, you'll have the opportunity to try new foods, learn new skills, and expand your palate. Impress your friends and family and become the foodie you always wanted to be. Repeat chefs are welcome. A non-refundable fee of \$35 is included. Please note: the classrooms and kitchens where our cooking classes are held are not food allergy free.

**4 sessions / \$199**  
**SHS Room 182**      Thursdays      Oct 5, 19, 26, Nov 2  
**273**                      3:00–5:00 pm      no class Oct 12

*Staples High School's Chef Cecily Gans has been turning kids into cooks for 19 years. She runs our popular summer Culinary Camps, and she thinks that life is crazy delicious.*

**CT Juniors Volleyball for Girls**  
grades 4–12

CT Juniors Volleyball is one of the most respected volleyball development programs in the East. Founded by Tyson Krause, an internationally certified coach and 2003 inductee into the Connecticut High School Volleyball Hall of Fame, CT Juniors is modeled after the most successful California juniors programs—designed to build skills, committed to coaches, players, and parents, and structured to enable players to form friendships, prepare for high school play, and become leaders, both on and off the court. For information about payment plans, visit [www.ctjuniorsvolleyball.com](http://www.ctjuniorsvolleyball.com).

**Some Winter program dates take place at Connecticut Sports Center, 21 South Bradley Road, Woodbridge.**

**Fall Program: Level 1**  
grades 4–6

Lower net program focused on fun, fundamentals, and basic skills: passing, serving, setting, approach, arm swing, rotation and rules. No previous experience necessary.

**8 sessions / \$215**  
**SHS Fieldhouse**      Sundays      Sep 17–Nov 5  
**252**                      6:00–7:30 pm

**Fall Program: Level 2**  
grades 6–8; 6th graders must have completed at least one previous CT Juniors program

Women's regulation height net program focused on advancing skills, including: serve receive, offensive and defensive positions, digging, blocking, approach-jump-hit, emergency drills, and combination movements.

**8 sessions / \$275**  
**SHS Fieldhouse**      Sundays      Sep 17–Nov 5  
**253**                      6:00–8:00 pm

**Winter Development Program**  
grades 4–8

This class is for beginners or those who have had some middle school volleyball experience. Players are instructed by nationally certified coaches, and the emphasis is on developing a sound foundation of individual skills, like passing, serving, hitting, and defense. No tryouts required; registrations are taken on a first-come-first-served basis. **Please check our website for prices.**

**Practice dates**  
**251**                      Sundays      Jan 7, 14, 28, Feb 25,  
**SHS Fieldhouse**      6:30–8:30 pm      March 11, 25

**Play dates**                      Sundays      Feb 11 & Apr 8  
**CT Sports Center**      times TBD

**Winter State Program**  
grades 7–12

For players who wish to continue to play once a week during the off-season. It is helpful but not necessary for players to have played on organized middle or high school teams. Players are instructed by nationally certified coaches who challenge their players on the latest techniques covering passing, setting, hit-ting, and offensive & defensive strategies. **Please check our website for price.**

**Practice dates**  
**250**                      Sundays      Dec 3, 10, 17, Jan 7, 14,  
**SHS Fieldhouse**      6:30–8:30 pm      28, Feb 11, 25, Mar 11  
**Tournaments**                      Sundays      Jan 21, Feb 4, Mar 4, 18  
**CT Sports Center**      times TBD

**Rocketry**  
grades 6–8

It's not rocket science... Wait. It is rocket science. This long-running afterschool class brings rocket building to Bedford, complete with a countdown and launch. Join model rocket enthusiast Lou Kitchner as you construct a rocket from a kit, add your own unique touches, and then launch it hundreds of feet into the sky. Along the way, you'll learn about flight and motion, thrust and acceleration. And you'll use and sharpen your scientific process skills, like reading and following directions and diagrams, observing and evaluating, predicting, and problem solving. Always wanted to go to space? Problem solved.

**6 sessions / \$140**  
**BMS 272**                      Fridays      Sep 22–Nov 3  
**449**                      3:00–4:30 pm      no class Oct 13

*For many happy and jet-fueled summers, Lou Kitchner has run the rocketry program at Renbrook Summer Adventures, and he continues to be an active member of the National Association of Rocketry. A Grammy-nominated Westport music teacher, Lou likes to whistle as he works on his rockets.*

**Study Skills Workshop**  
grades 6–8

It's hard to overstate the importance of good organizational and study skills. This year, start school ready to learn. We'll assess your current study skills and homework habits and teach you how to keep your notes, handouts, and digital drives organized. You'll walk away with strategies to manage long-term projects, create a personalized study routine, and plan your time so you can be successful throughout the year. Too often students think they need to study longer when really they need to study smarter. Let us help you make the most of your time. Keep calm and get organized.

**4 sessions / \$139**  
**BMS 235**                      Wednesdays      Nov 1–29  
**60**                      3:00–4:30 pm      no class Nov 22

*Alison Antunovich and Courtney Ruggiero are 8th grade teachers at Bedford Middle School. Alison has 26 unread emails in her inbox, while Courtney has over 1,000, but they both know exactly how to find what they are looking for. With 8 years of middle school experience, both women are also Google-trained educators, who are ready to help organize drives and lives.*

**High School**

*See previous page for CT Juniors Volleyball Winter Program and page 29 for Westport AllStars Basketball*

**Common Knowledge: An Uncommonly Informative & Entertaining Guide to the Comm App**  
grade 12 only

If you haven't already, now's the time to become familiar with the Common Application. Because pretty soon, you and Comm App are gonna be like . Accepted at nearly 700 colleges and universities, both here and abroad, the Common Application is the most efficient and widely accepted way to apply to college. Let us help you walk through with confidence and calm. From your first name to your electronic signature, we'll explore your options and the nuances of the website, with a step-by-step review of the application including the individual school supplements and essay questions. You'll walk away confident that you understand what it is you are filling out and why. Your parents will rest assured that you got this, and your college process will be... well, it won't be easy, but you'll have the Common knowledge you need to succeed.

**1 session / Monday / \$25 / SHS 502**  
**312a**                      Aug 21                      10:00–11:30 am  
**312b**                      Aug 21                      3:30–5:00 pm  
**312c**                      Sep 18                      7:00–8:30 pm

*Victoria Capozzi received both her BA and an MA in counseling with school certification from Southern Connecticut State University. In her free time, Vicki maintains a perpetually regenerating schedule of ambitious home improvement projects, and she once gutted and refurbished a 400 square foot cottage. Deb Slocum received a BA from Wesleyan University and an MA in school counseling from Fairfield University. She likes spending time with friends, especially if those get-togethers involve hot food and a cool drink. Together, Victoria and Deb have over 25 years of experience building confidence in young people, a perpetually regenerating task that requires a sense of humor and, sometimes, hot food and a cool drink.*

**Turn the page for more High School**

**PSAT 10**

**Staples High School sophomores only**

Take a timed PSAT10, administered according to official College Board guidelines and scored by the College Board (collegeboard.org). Designed especially for sophomores, the PSAT 10 is a practice exam for the PSAT/NMSQT (the official grade 11 PSAT) and the SAT. The test features SAT question types and the same content areas in Evidence Based-Reading and Writing and Mathematics. Sophomores who register for this PSAT 10 exam should have completed or concurrently be enrolled in Geometry. Bring No. 2 pencils; mechanical pencils not allowed. \$15 College Board scoring fee included. **Enrollment is limited; early registration encouraged. Registration ends February 27. No refunds; storm date March 17. Check-in in the SHS Lobby.**

**951 / Mar 10, 2018 / 7:30–11:30 am / \$55**

**ACT® Prep Classes**

Prepare for the ACT® with test-taking strategies, concept review, and the fundamentals. These classes cover the Math, English, Reading, Writing, and Science sections of the ACT®. Take only the review class you need, or take them all. Build your confidence and improve your scores. Please see our website for which review book to purchase prior to the start of class.

**Prepare for Oct 28 test**

**5 sessions / \$175**

**SHS 2030 English & Writing** [taught by Paul Zajac]

**311a** Wednesdays Sep 13–Oct 18 2:30–5:00 pm  
no class Sep 20

**5 sessions / \$175**

**SHS 2030 Math** [taught by Brian Smith]

**311b** Mon & Thu Oct 5, 9, 12, 16, 19 6:15–8:45 pm

**2 sessions / \$75**

**SHS 2030 Science** [taught by John Killian]

**311c** Wednesdays Oct 11 & 18 6:15–8:30 pm

**Prepare for Dec 9 test**

**5 sessions / \$175**

**SHS 2030 English & Writing** [taught by Paul Zajac]

**311d** Wednesdays Oct 25–Nov 29 2:30–5:00 pm  
no class Nov 22

**5 sessions / \$175**

**SHS 2030 Math** [taught by Brian Smith]

**311e** Thursdays Oct 26–Nov 30 6:15–8:45 pm  
no class Nov 23

**2 sessions / \$75**

**SHS 2030 Science** [taught by John Killian]

**311f** Wednesdays Nov 15 & 29 6:15–8:30 pm

**SAT® Prep: Critical Reading/Writing**

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. [Taught by Paul Zajac]

**Prepare for Oct & Nov tests**

**5 sessions / \$175**

**SHS 2032** Tuesdays Sep 5–Oct 3  
**309a** 2:30–5:00 pm

**Prepare for Dec test**

**5 sessions / \$175**

**SHS 2032** Tuesdays Oct 17–Nov 21  
**309b** 2:30–5:00 pm no class Nov 7

**SAT® Prep: Math**

Learn test-taking strategies, review fundamentals in arithmetic, algebra, geometry, and basic trigonometry concepts. Teaching strategies include large group instruction, practice exams, and individual student instruction. Build up your confidence and improve your SAT® scores. It is recommended that students registering for this class have taken and completed Algebra 2. See our website for which review book to purchase prior to the start of class. [Taught by Brian Smith]

**Prepare for Oct & Nov tests**

**5 sessions / \$175**

**SHS 2032** Mon & Thu Sep 11, 18, 25, 28, Oct 2  
**309c** 6:15–8:45 pm

**Prepare for Dec test**

**5 sessions / \$175**

**SHS 2032** Mondays Oct 23–Nov 20  
**309d** 6:15–8:45 pm

**State of Connecticut Department of Motor Vehicles Certified Driver Education**

**Eligible students:** 16- to 18-year-old high school students who attend Staples High School or reside in Westport. Our program is taught by certified Connecticut public school teachers with years of experience working exclusively with Staples High School students. Driver Ed registration and permission forms with additional details are available in our office and on our website. You cannot register online for Driver Education.

**Driver & Traffic Safety Education (1/4 credit toward graduation)**

Thirty (30) hours of classroom instruction (includes 8 hours of Safe Driving & Alcohol & Drug Education). Course is completed only when the student has taken all 30 hours of class and a parent or legal guardian and his or her child have attended a 2-hour Mandatory Safe Driving Practices Class (see below). Perfect attendance and punctuality are required. [Taught by Rob Rogers]

**30 hours of instruction / \$220**

**306a Registrants must also sign up for 307a**

**SHS 1034** Tue & Thu Sep 14–Nov 9  
3:00–5:00 pm no class Sep 21, Nov 7  
**No afternoon class on Sep 19; registrants must attend parent/child class 307a that night; see below**

**306b Registrants must also sign up for 307b**

**SHS 1034** Tue & Thu Nov 16–Jan 16  
3:00–5:00 pm no class Nov 23, Dec 26 & 28  
**No afternoon class on Nov 21; registrants must attend parent/child class 307b that night; see below**

**NOTE: 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 three days to receive the form.**

**2-Hour Parent & Child Mandatory Safe Driving Practices Class**

As part of the state-mandated, 8-hour Safe Driving & Alcohol & Drug Education, a parent or legal guardian and his or her child must together attend one of the following sessions for which you must register in advance. No additional fee.

**For those taking 306a**

**307a SHS 1034** Tuesday Sep 19 6:00–8:00 pm

**For those taking 306b**

**307b SHS 1034** Tuesday Nov 21 6:00–8:00 pm

**Safe Driving & Alcohol & Drug Education**

Required for home-trained or private driving school-trained students under 18. Call our office for class dates. Note: these hours are included in the 30-hour Driver & Traffic Safety Education.

**305 / 8 hours / SHS / \$125**

**Behind-the-Wheel Instruction / \$440**

**Learner's permit required**

Driving hours (8) are scheduled by appointment at mutually agreeable times, after school and/or on weekends. Student-to-teacher ratio is 1-to-1. Begin the driving instruction well in advance of the testing date. You can begin BTW 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.

Additional hours of practice driving with a parent are required by the State of Connecticut to total 40 hours of instruction. For students who have completed the 30-hour Driver & 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: 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.**

# Stay tuned for our Winter / Spring 2018 catalog...

Programs for adults and kids  
 Home + Garden  
 Fitness + Sports  
 Health + Wellness  
 February + April Vacation Camps  
 Computer + Technology  
 Money Matters  
 STEM  
 ... and more!

**CONTINUING EDUCATION**

**For any holiday, birthday, or other special occasion, consider giving the gift of learning at Westport Continuing Education.**

Call (203) 341-1209 for information about gift certificates.

**Westport Continuing Education : Fall 2017**

For office use Fall 2017 - Name:

Today's Date \_\_\_\_\_

Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

**Registrants in grades K-12, please complete this section.**

Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_ School \_\_\_\_\_

Names of Parents / Guardians \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship to Child \_\_\_\_\_

**Please list:**

Health Problems \_\_\_\_\_ Allergies \_\_\_\_\_ Medications \_\_\_\_\_

Child's Doctor's Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Course No.	Title	Start Date	No. of Sessions	Time	Location	Fee
<b>Westport senior (62 or older) <input type="checkbox"/></b>						<b>Registration fee: \$10 / \$5 for Westport seniors</b>
					<b>Total</b>	

**Registration fees do not apply to one-session courses. There is no registration fee for online registrations.**

**Payment Type:**  MasterCard  VISA  Check payable to Westport Continuing Education

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3 Digit Security Code \_\_\_\_\_

Name on Card \_\_\_\_\_ Billing Address (if different than mailing address) \_\_\_\_\_

**Refund Policy: see the inside back cover of our catalog or check our website.**

**Mail** WCE, 70 North Avenue, Westport CT 06880 / **Drop off** Staples High School, Room 1040

# What did you learn in school today?

lyrics by Pete Seeger

on the Broadside Ballads, Vol. 2 (1963) + A Link In The Chain (1963) albums

**What did you learn in school today, dear little boy of mine?  
What did you learn in school today?**

**I learned that Washington never told a lie.  
I learned that soldiers seldom die.  
I learned that everybody's free,  
And that's what the teacher said to me.**

**That's what I learned in school today,  
That's what I learned in school.**

**What did you learn in school today, dear little boy of mine?  
What did you learn in school today?**

**I learned that policemen are my friends.  
I learned that justice never ends.  
I learned that murderers die for their crimes,  
Even if we make a mistake sometimes.**

**What did you learn in school today, dear little boy of mine?  
What did you learn in school today?**

**I learned our government must be strong;  
It's always right and never wrong;  
Our leaders are the finest men,  
And we elect them again and again.**

**What did you learn in school today, dear little boy of mine?  
What did you learn in school today?**

**I learned that war is not so bad;  
I learned about the great ones we have had;  
We fought in Germany and in France,  
And someday I might get my chance.**



## Westport Continuing Education

Ellen Israel  
Director

### Staff

Joanne Samela, *Business Manager*  
Mary Youngling, *Office Administrator*  
Sheila Gallanty, *Catalog Manager*  
Amedeo Cannone, *Evening Administrator*  
Cammie Goodyear, *Evening Secretary*

### Contact Us

conted@westportps.org

## Westport Public Schools

Dr. Colleen Palmer  
Superintendent

### Board of Education

Michael Gordon, *Chair*  
Jeannie Smith, *Vice Chair*  
Elaine Whitney, *Secretary*  
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Vik Muktavaram  
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## Continuing Education Cancellation Policy

If we cancel a class, all tuition and fees will be refunded • There are no refunds or credits for withdrawal from single-session classes or workshops • Withdrawal requests must be submitted in writing and must be received via email, fax, or mail at least 2 weeks prior to the start of class. Your tuition will be refunded less a \$35 per class cancellation fee • No refunds or credits will be given for withdrawals in the 2 weeks preceding the start of class • Please contact our office at (203) 341-1209 or conted@westportps.org for information about the above.

## Continuing Education Photograph & Video Policy

Westport Continuing Education may be contacted by the media to feature or publicize an achievement or activity by a student or group of students. Students may be photographed or televised as part of these activities. Their names, schools, and grades may also be used. Students' names and photos may also be used in school system publications, such as catalogs, newsletters, school or grade-level videos, etc. Students' photos (without identification) also may be used on Continuing Education or school web pages. 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 or publicity should inform the teacher that they or those children are not to be photographed.

## Access for People With Disabilities

Individuals requiring accommodations to attend one of our programs are requested to contact the director of Westport Continuing Education at (203) 341-1209 or at conted@westportps.org.

## Affirmative Action Policy Statement

Westport Continuing Education does not discriminate on the basis of ethnicity, race, color, age, marital status, gender, disability, sexual orientation, religion, mental or physical disability, or any other legally recognized protected status in any of its employment practices, school activities, or educational programs.

# Inclement Weather & Other School Closings

## Mornings

In the event that Westport Public Schools are closed for inclement weather or another emergency, or if there is an early dismissal, WCE classes will be automatically canceled.

All class cancellations will be announced on our website, [www.westportcontinuinged.com](http://www.westportcontinuinged.com).

For up-to-the-minute information about school closings and early dismissals, please tune your radio to the following local stations:

- WEBE 107.9 FM**
- Star 99.9 FM**
- WICC 600 AM**
- News 12 CT**
- WTNH TV Channel 8**
- WFSB TV Channel 3**
- WNBC TV Channel 4**
- NBC Channel 30**

## Afternoons

If inclement weather starts in the afternoon, and you are uncertain about whether classes will be held, please check your email for a message from our office. If you do not see an email, please call our office at (203) 341-1209, or check the WCE website:

[westportcontinuinged.com](http://westportcontinuinged.com)

## Check our website...

... for additional classes and programs that may have been added after the catalog was printed:

[westportcontinuinged.com](http://westportcontinuinged.com)

**Westport Continuing Education**

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Westport, CT 06880-2799



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# Afterschool, afternoon, and evening classes



**Fall 2017**

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