Learn!

Winter/Spring 2017
You're reading this sometime in December, but I'm writing it in November. The day before Thanksgiving, to be exact. And I'm thinking about turkeys. Probably because I'm hungry, but also because I know that tomorrow, I'll be spending a good portion of my day obsessing about a fowl that is nearly impossible to cook well under any circumstances, let alone when you have 18 guests—including four ravenous teenagers—waiting for you to put a chestnut-hued, Rockwellian masterpiece on the table.

If your Thanksgivings are anything like mine, they're a counterintuitively haphazard affair—both meticulously planned and rancorous. It's not that I don't write a million lists. It's not like I don't marshal the troops (including two of those ravenous teenagers) for set-up and sous chef and sundry other duties. It's that it's Thanksgiving. So we're always scooping up last-minute orphans and adding dishes that we cannot have Thanksgiving without. mom, and generally running around like, well, like turkeys with our heads cut off. Which I secretly love.

To tell the truth, that's pretty much how these catalogs get put together. We plan meticulously. We write a million lists. We track everything with multiple Excel spreadsheets. And still, we're always scooping up last-minute instructors—welcome to Ramin, our Beautifully Delicious Family Cookbooks teacher, and to Ramesh, who has the lowdown on Big Data, and to Alice Addicks, who's bringing pickled herring to our catalog—and adding classes to our schedule and generally running around like, well, like turkeys with our heads cut off.

And somehow, just like at Thanksgiving, it all works out beautifully. We get to have Thanksgiving without. mom, and generally running around like, well, like turkeys with our heads cut off. Which I secretly love.

Ellen Israel, Director (and Staples graduate, Class of 1984)
**Weekly Calendar : Adult Division**

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Adult Division

Arts + Crafts

See Home + Garden for related classes, including Flower Arranging, Gardening, and Outdoor Container Gardening

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

Honey Do: A Beauty Workshop
Honey is hot—for sweetening naturally but also as an ingredient in healthier beauty products. It’s loaded with nutrients, antioxidants, and healing compounds, and it’s a moisturizer, an anti-bacterial, and an anti-ager in one sweet package. Spend an inspiring afternoon at the beautiful new Red Bee Honey barn for this workshop on handmade and homemade beeswax lip balms and 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 lip balm sample after the demo.

Furniture Painting Workshops
Open any design magazine, and it’s obvious: painted furniture is in. If you love to 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, froottage, 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 10:00 am–1:30 pm Wednesdays May 3 & 10

Junktique Recycling
239 Westport Avenue, Norwalk

Danielle 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.

Mandala Collage Painting
Mandalas are beautiful, intricate, and symbolic representations of the universe, and painting one is an inspiring way to connect with your intuitive wisdom and creative thinking. This class will offer a supportive and nourishing environment in which to explore and create one-of-a-kind pieces of art. Work a mixed media mandala for healing, vision, tribute, or as an expression of simple joy. Join us, and you’ll be amazed at what you create. No artistic experience necessary. A non-refundable materials fee of $15 is included.

120 / $115

3 Thursdays Mar 16–30

943a 7:00–9:30 pm SHS 1004

Whitney Krueger is an award-winning artist who offers soul art workshops as a tool for self-discovery, healing, and renewal. She has created sacred art for over 20 years, and her work has been featured in numerous museum exhibits, cultural centers, conferences, and international publications. Clients include Bioneers, Disney, Estée Lauder, and the SYDA Foundation.

Introducing 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 / $235

10 Tuesdays Jan 24–April 18 (no class Jan 31, Feb 21, Apr 11) 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 steveparton.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]

126 / $235

10 Wednesdays Feb 1–April 26 (no class Feb 15, 22, Apr 12) 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]

120 / $235

10 Mondays Jan 30–April 17 (no classes Feb 20, Apr 10) 3:00–5:30 pm SHS 1004

Homemade Hostess Gifts
Jump feet first into the sometimes daunting world of crafting. You’ll be introduced to crafting’s essential go-to tools and materials as you complete several on-trend projects you can give as hostess gifts. Open up a world of possibilities from etched glass and leather napkin rings to wine and game sets. Learn to use Mod Podge, Cheater’s Wax, and Annie Sloan products and techniques. Take advantage of expert guidance and critical feedback and spend the time, space, and guidance you need to sharpen your skills, improve your technique, and produce more detailed pieces.

Classes will be held at Junktique Recycling in Norwalk.

64 / $65

2 Thursdays 2/27 & 3/5 7:00–9:00 pm SHS 1004

Allison Taylor’s passion for design dates back to elementary school, when she taught her best friend to use Mod Podge. After a career as a designer at Tommy Hilfiger, she left the city to raise her two kids, two dogs, and 10 wild chickens. One summer, she built a sofa. Seriously, a sofa!

Jewelry Making I: Beginners
Work under the guidance of an experienced goldsmith and learn to use the tools and techniques necessary to create a basic piece of jewelry. A strand of beads with a clasp, a ring or pendant set with a colorful stone, or a wire bangle or cuff bracelet. You’ll work with different metals—brass, copper, and nickel, in wire and sheet form—and try your hand at sawing, piercing, hammering, twisting, texturing, and letter stamping. Solder and polish your custom designs to a lovely finish. A non-refundable materials fee of $20 is included; additional fees may apply when using more expensive materials.

7 sessions / $205

455a Wednesdays Mar 1–April 19 6:30–9:00 pm SHS 1012

455b Wednesdays May 3–Jun 14 6:30–9:00 pm SHS 1012

Susan Bishop has been teaching local residents to craft beautiful, useful jewelry for seven years.

Jewelry Making I: Advanced
If you’ve taken our Jewelry Making classes before, or if you have a basic knowledge of jewelry fabrication, this course offers you the time, space, and guidance you need to sharpen your skills, improve your technique, and produce more detailed pieces. Class projects will help you understand how to design a more intricate piece and how to refine the quality of your production with finishing techniques. Learn to design around a center stone, or to make a hammered chain link bracelet or necklace. Guidance is available from design concept to creation. A non-refundable materials fee of $20 is included; additional fees may apply when using more expensive materials. Prerequisite: ours or another beginner jewelry course. [Taught by Sue Bishop]

7 sessions / $205

457a Tuesdays Feb 28–April 18 6:30–9:00 pm SHS 1012

457b Tuesdays May 2–Jun 13 6:30–9:00 pm SHS 1012

REGISTER | online westportcontinuinged.com | phone 203.341.1209 | in person Staples High School 1040

REGISTER | online westportcontinuinged.com | phone 203.341.1209 | in person Staples High School 1040

Turn the page for more Arts + Crafts
Knitting 101
Go in circles with us! Learn to knit with circular needles and tighten your load. Exchange your metal or bamboo straight needles for flexible, nylon-filament needles, and your hands won’t have to do all that heavy lifting. Circular needles mean your afghans, shawls, and ponchos sit tighter. And once you master the skill, you’ll never have to sew up another hat, cowl, or infinity scarf again. This class will cover casting on, knitting, purling, and binding off. Choose from our extensive selection of yarns, patterns, and needles; yarn and needles will be available for purchase at the first class. No experience necessary. This class is for beginners or those wanting a knitting refresher. [Taught by instructors from Westport Yarns]
171  $69
2 Saturdays Mar 4 & 11
9:00–11:00 am
Westport Yarns, 582 Post Road East

Beautiful Photobooks
Bring your memories to life by making your own beautiful and personalized photobooks. First, we’ll review the pros and cons of a few of the best—and easiest to use—sites that offer photobook applications. Then you’ll learn how to upload your photographs to editing sites, format pages, add captions, and customize designs. If you have thousands of digital pictures stashed on your computer collecting digital dust, don’t miss this course!
3 sessions / $79
100a  Wednesdays Jan 25, Feb 1, 8
7:00–9:00 pm
SHS 2034
100b  Tuesdays Apr 25, May 2, 9
7:00–9:00 pm
SHS 2034
Kelly Zatorski has taught in Westport Public School District for the past 12 years. She has her MA in educational technology and is a certified and practicing library media specialist. When she’s not teaching teenagers at work, or wrangling tyrannical toddlers at home, she’s capturing memories of family and friends with her side business of photography and photobook-making.

Beautifully Delicious Family Cookbooks
Cookbooks are more than just collections of recipes. They are important records of cultural history, of family lore and traditions, and of most of all, of memories. Share your family recipes by making your own personalized cookbook, complete with recipes, stories, and photos of your favorite dishes. Let an award-winning cookbook author guide you through the process. We’ll review cookbook applications and help match one to your specific cookbook author guide you through the process. We’ll review cookbook applications and help match one to your specific
112 $79
3 Wednesdays Mar 1–15
7:00–9:00 pm
SHS 2034
Ramin Ganeshram Velutto 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.

Play of the Hand
Players with all levels of bridge experience will enjoy this course focusing on offensive and defensive play of the hand. Come ready to learn techniques to improve your play. Hands will be prepared and randomly dealt. [Taught by Jackie Fuchs]
109a  Wednesdays Feb 1–Apr 5 (no class Feb 15 & 22)
7:00–9:00 pm
SHS 1036

Beautiful Photobooks
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 reintroduce 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 $130
7 Thursdays Apr 27–Jun 8
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 Feb 1–Apr 5 (no class Feb 15 & 22)
7:00–9:00 pm
SHS 1036

Play of the Hand
Players with all levels of bridge experience will enjoy this course focusing on offensive and defensive play of the hand. Come ready to learn techniques to improve your play. Hands will be prepared and randomly dealt. [Taught by Jackie Fuchs]
195a  Wednesdays Feb 1–Apr 6 (no class Feb 9 & 23)
7:00–9:00 pm
SHS 1036

Play of the Hand
Beginner Bridge II & III
For students who have taken Come Play Bridge: Advanced Beginner Bridge, or with similar experience
By this point, you’re improving your bidding, responding to your partner, making simple overcalls, and doubling. You’ve added tactics like finessing and promoting winners to your toolkit. In the next series of lessons, we’ll concentrate more on play-of-the-hand, calling declarer play. We’ll cover defense and introduce you to strategic leads and how to communicate with a partner via signals to set the declarer’s contract. We’ll also begin to add conventions to your arsenal for both declarer play and defensive play. No partner required.
8 sessions / $175
Beginner Bridge II
231  Mondays Jan 23–Mar 20
3:30–5:30 pm
SHS 1036
(in class Apr 10, May 28)
Joe Byrnes was awarded NYC Teacher of the Year in 2013, 2014, and 2015 and was a national finalist for the 2015 American Bridge Teacher Association Teacher of the Year. Visit www.bridgeprojec.com.

Advanced Beginner Bridge II & III
For students who have taken Come Play Bridge: Advanced Beginner Bridge, or with similar experience
By this point, you’re improving your bidding, responding to your partner, making simple overcalls, and doubling. You’ve added tactics like finessing and promoting winners to your toolkit. In the next series of lessons, we’ll concentrate more on play-of-the-hand, calling declarer play. We’ll cover defense and introduce you to strategic leads and how to communicate with a partner via signals to set the declarer’s contract. We’ll also begin to add conventions to your arsenal for both declarer play and defensive play. No partner required.
8 sessions / $175
Advanced Beginner Bridge II
232  Mondays Jan 30–Mar 27
3:30–5:30 pm
SHS 1036
(in class Apr 10, May 28)
Joe Byrnes was awarded NYC Teacher of the Year in 2013, 2014, and 2015 and was a national finalist for the 2015 American Bridge Teacher Association Teacher of the Year. Visit www.bridgeprojec.com.

Beautiful Photobooks
Advanced Beginner Bridge
Beginner Bridge I
Beginner Bridge
3:00–5:00 pm
SHS 1036
(in class Feb 20)
Beginner Bridge I & II
233  Fridays Jan 27–Mar 31
3:00–5:00 pm
SHS 1036
(in class Feb 17 & 24)
Advanced Beginner Bridge II
234  Fridays Apr 21–Jun 9
3:00–5:00 pm
SHS 1036
Robin Sanders is ACBL accredited and the co-owner of Come Play Bridge, an organization committed to serving up a better bridge experience in a fun and nurturing environment. Visit www.comeplaybridge.com.
**Cooking**

See Languages for related classes, including Italian for Beginners

**Italian Cooking with Simona Zanelli**

Classes meet in SHS Room 184, 7:00–9:00 pm.

Mardi Gras Madness: Sweet Treats for Fat Tuesday

Learn to make a classic tiramisu and several modern variations, including a pistachio twist and a strawberry tiramisu with yogurt-based cream, plus chocolate salami, a delicious roll of chocolate, cookie crumbs, and hazelnuts. A non-refundable food fee of $20 is included.

**Adult Division**

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**Film Series**

See Languages for related classes, including German for Beginners, Part II and Conversational German

**Westport Cinema Initiative Foreign Film Series**

The last film of our new program featuring acclaimed films and post-screening discussions by critics, filmmakers, and academics.

Tickets $10 / discounted rate for students & WCI charter members. All shows begin at 6:00 pm, in the Staples TV Studio, room 450.

The Marriage of Maria Braun, 1979, directed by Rainer Werner Fassbinder

This West German film explores the realities of post-war Germany and examines the nature of love and loss in a time of war and reconstruction.

**Fitness + Health**

See Mind + Body for related classes, including Mindfulness Meditation & Stress Reduction

**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.

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**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.

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**Tennis for Adults**

The beginner level is for players who have never played before or who have never had formal instruction. Advanced beginner is for players who have completed the beginner class, or have had an introduction to grips and strokes and are starting to make contact with the ball on a regular basis. Low intermediate level is for players who are starting to keep the ball in play, are learning to serve and about court positioning, and can volley. Intermediate level is for players who can keep the ball in play consistently, can hit with some spin, and can serve and volley consistently. Fairfield County Tennis always maintains a low student-to-instructor ratio.

**Beginner / Advanced Beginner**

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**Intermediate / Advanced**

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**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; the game is easy for beginners to learn. 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 lessons in your new favorite pastime. If she can teach it to you, she can teach it to you, class of slumping high school seniors (and she has), she can teach it to you.

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**Tennis Instruction**

Instruction for all ages and levels of play for over 15 years. All of their teaching professionals are USPTA certified.
Indoor Hoops Basketball for Adults
This writer, come in out of the cold and get into some pick-up basketball. Established in New Y ork City by two weekend war- riors, 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 whistle, 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.

Tues & Thurs / Mar 28–Jun 8 7:30–8:30 pm / $13 per session
To register, visit www.indoorhoops.com.
Indoor Hoops, Inc. is the premier pick-up basketball organiza- tion in the Tri-State Area. Visit www.indoorhoops.com and follow @indoorhoops.

Fitness Kickboxing
Have fun and get fit with this calorie-burning workout that focuses on cardiovascular strength, conditioning, and flexibil- ity. A no-contact workout, fitness kickboxing will have you hitting a heavy bag, learning combinations and strategy, and improving your footwork. Students can bring gloves or purchase gloves at Superior Fitness & Martial Arts for $30. Classes will be held at Superior Fitness & Martial Arts, located at Fitness Works, Playhouse Square, 275 Post Road, Westport.

7 sessions / $170
116a Tuesdays Jan 17–Mar 7
6:00–7:00 pm Superior Fitness & Martial Arts (no class Feb 21)
116b Tuesdays Mar 14–May 2
7:00–8:00 pm Superior Fitness & Martial Arts (no class Apr 11)

Krav Maga
Krav Maga is hardcore fitness meets self-defense. A no-non- sense, easy-to-learn system that combines striking, ju-jitsu, and weapon defense, Krav Maga is a full body workout, with bag work, self-defense concepts, and drills that will strengthen your body, sharpen your mind, and boost your confidence. Classes will be held at Superior Fitness & Martial Arts, located at Fitness Works, Playhouse Square, 275 Post Road, Westport. [Taught by Chris Sansonetti, Superior Fitness and Martial Arts]

7 sessions / $170
116a Tuesdays Jan 17–Mar 7
7:00–8:00 pm Superior Fitness & Martial Arts
116b Tuesdays Mar 14–May 2
7:00–8:00 pm Superior Fitness & Martial Arts

Adult Swimming: Beginner to Advanced
One of the best overall exercise methods, swimming increases flexibility, endurance, muscle strength, and cardiovascular fit- ness. 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, for those brushing up on long-forgotten strokes, or for regular swimmers. Teaching is geared to your level and your pace; we’ll help you learn how to swim… or how to swim well.

6 sessions / $109
116a Tuesdays Jan 17–Mar 7
6:00–7:00 pm Superior Fitness & Martial Arts (no class Feb 21)
116b Tuesdays Mar 14–May 2
6:00–7:00 pm Superior Fitness & Martial Arts (no class Apr 11)

Chris Sansonetti has been teaching martial arts and self- defense for more than 20 years. A certified Krav Maga instructor and a 4th degree black belt in Tang Soo Do, Chris is the owner of Superior Fitness & Martial Arts. In 2008, he was inducted into the Action Martial Arts Magazine’s Hall of Fame for Outstanding Contributions in the Martial Arts. Visit www.superiorkarate.net.

MELT Method®: Improve Your Yoga Practice
Take your yoga practice to the next level and learn how to avoid common yoga injuries with the MELT Method®. Yoga can improve flexibility and muscular strength, but done incorrectly, it can also cause compensation, compression, and even pain. How do you go deeper in your practice and reduce the risk of injury? MELT is a simple self-treatment technique that rebal- ances your nervous system and rehydrates your connective tissue. Learn how MELT® can improve alignment, strength, and even your breath. This class is the perfect complement to your yoga practice, whether you’re a beginner or an advanced student. Bring an exercise mat and water to class. All partici- pants should be able to get on and off the floor and the roller with little difficulty. MELT® tools are provided for use during class and are available for purchase, along with the bestselling MELT Method® book, from the instructor.

163 $29
1 Monday Mar 6
7:00–8:30 pm SHS 2nd floor mezzanine
Kristen Halliett Rasa 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.

MELT Method®: Elevate Your Golf Game
Discover the competitive advantage that can reduce your hand- icap and take your golf game to the next level. MELT® is a simple self-treatment technique that rebalances your nervous system and rehydrates your connective tissue: use it to increase the strength of your grip and the control and accuracy of your swing, while preventing common golf injuries. This class is perfect for golfers, whether you’re just seeing off or have been playing for years. Bring an exercise mat and water to class. All participants should be able to get on and off the floor and the roller with little difficulty. MELT® tools are provided for use during class and are available for purchase, along with the bestselling MELT Method® book, from the instructor. [Taught by Kristen Halliett Rasa]

161 $29
1 Monday Apr 3
7:00–8:30 pm SHS 2nd floor mezzanine

Adullt Division

Jelly Belly: It’s Not Just a Delicious Candy (Although It Would Be So Much Nicer If It Were)
When women hit middle age, their bellies are the first to notice. Love handles can do more than just make it hard to zip up your favorite pair of jeans. Research shows that belly fat also carries serious health risks. Learn the whys behind middle age men- opausal belly and the hows of eliminating it, in a frank, fresh, funny, and low fat discussion. Understand your disease risk level and learn key ways to banish the belly—immediately. [Taught by Linda Gottlieb]

114 $35
1 Tuesday Mar 14
6:30–8:30 pm SHS 1036

Moving Through Cancer
You or someone you love has just been diagnosed. Now what? Join nationally certified exercise trainer Linda Gottlieb for an informative and inspiring discussion about the connec- tion between increased physical activity and decreased side effects and recurrence after a cancer diagnosis. [Taught by Linda Gottlieb]

112 Free / advance registration required
1 Wednesday Mar 15
6:30–8:30 pm SHS 1034

Turn the page for more Fitness + Health classes
FitPrint: Fitness for Your Personality
What does your personality have to do with your fitness? Turns out, a lot. Just like we have personalities, we have personal fitness preferences, and those propensities can mean the difference between success and another piece of exercise equipment to hang your clothes on. But what if you had a fitness plan that was tailor made for you? If you pay a gym membership but don’t work out, can’t find a class that doesn’t bore you, or have a closet filled with videos and gadgets that are gathering dust, this is the class for you. Don’t work out like everyone; work out like you. Join master fitness motivator Linda Gottlieb and learn how to match your personality to your exercise and finally get the results you want. A free FitPrint personality link is included for each participant. [Taught by Linda Gottlieb]
119 $35
1 Wednesday Apr 5
6:30-8:30 pm SHS 1034

Home + Garden

See Arts + Crafts for related classes, including Furniture Painting and Homemade Hostess Gifts
See Pets + Other Backyard Critters for related classes, including Appetite for Adventure: A Beekeeping Workshop

5 Steps to Organizing Anything
Are you looking for simple solutions to help you get organized? Do you need a step-by-step plan? Join professional organizer Susan Lovallo and find out how to apply a simple 5-step methodology to get anything organized: your home, your office, your yard, your school, your kids, even your food plan. It’s time to reclaim your kitchen counters, use your dining room table for dinner, and stop stepping on LEGO's.
114 $35
1 Tuesday Apr 4
7:00–9:00 pm SHS 1036

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.

Flower Arranging 101: Pussywillow Wreaths
Feel as though winter will never end? Chase away those winter blues by bringing these glorious harbingers of spring to your home in the form of a pussywillow wreath. With step-by-step instruction from a professional floral designer, you’ll learn to strip, bend, tie, and adorn your own wreath. No prior design experience required. Please bring snips or small handheld garden pruners if you have a pair. Non-refundable materials fee of $40 included.
121d $75
1 Tuesday Feb 7
7:00–9:00 pm SHS 1010
Evelyn Lee is a professional flower farmer, floral designer, and owner of Butternut Gardens, LLC, in Southport. Evelyn received her horticultural training at New York Botanical Garden. She holds an MA from the Yale School of Forestry and Environmental Studies and is a Connecticut Master Gardener. She grows 45,000 flowers annually for wholesale and retail. Visit www.butternutgardens.com.

Flower Arranging 101: Spring Wreaths
Your front door will look even more welcoming adorned it with a bright, beautiful spring wreath. We’ll go step by step through the process of creation, from basic techniques to finished product. Incorporate a mixture of stunning springtime materials—dried, fresh, and faux fresh. No prior design experience required. Please bring snips or small handheld garden pruners if you have a pair. Non-refundable materials fee of $40 included. [Taught by Evelyn Lee]
121e $75
1 Tuesday Mar 7
7:00–9:00 pm SHS 1010

Flower Arranging 101: Spring Centerpieces
You’ll be surprised at how easily you can create your own jaw-dropping, show-stopping centerpieces with this step-by-step introduction to floral design. All participants will make their own arrangement, featuring cut and potted flowers. No prior design experience required. Please bring snips or small handheld garden pruners if you have a pair. Non-refundable materials fee of $40 included. [Taught by Evelyn Lee]
121f $75
1 Thursday Apr 6
7:00–9:00 pm SHS 1010

Gardening 101: The Basics
Give your gardens and landscape plantings the best start possible by becoming a knowledgeable gardener. This class covers the basics of plant needs, hardiness zones, site preparation, soil, light, water, mulch, fertilization, pruning, and garden maintenance. Attention will also be given to what to consider in planning your garden and good plant options for various types of sites, including problem soils. Please note: this is not a class on vegetable gardening. [Taught by Evelyn Lee]
124a $35
1 Tuesday Apr 18
7:00–9:00 pm SHS 1010

Gardening 101: Basic Landscape Planning & Problem Solving
Have a spot you don’t know what to do with? A patch of lawn where nothing grows? In this companion class to Gardening 101: The Basics, you’ll learn how to plant the right plant in the right spot and to artfully combine evergreen trees and shrubs, deciduous trees and shrubs, bulbs, perennials, and annuals for year-round interest. We’ll discuss the roles of each type of plant group in creating a structurally sound and diverse garden, with interesting features and color for four season enjoyment. Principles can be applied to foundation plantings, stand-alone gardens, and full landscapes. Bring a photograph and rough dimensions of an area you hope to plant or rejuvenate, and we’ll brainstorm possible design options to get you started. This class may be taken alone or in conjunction with Gardening 101: The Basics. [Taught by Evelyn Lee]
124b $35
1 Tuesday Apr 25
7:00–9:00 pm SHS 1010

Outdoor Container Gardening
The popularity of container gardening is growing by leaps and bounds. From front porches to kitchen windowsills, you see them everywhere. And the beautiful thing about them, other than the plants themselves? Container gardens are simple to create and easy to maintain; apply a few basic principles and even first-time gardeners can bloom. If you love plants but have limited space and time, if you’ve always wanted to garden, this is the class for you. Get a little dirty and leave with a gorgeous, portable garden. Class will cover planting and caring for your plants. Instructions. Bring gloves, and a small trowel. Non-refundable materials fee of $10 per class is included.
Sedum Dish Garden
Combine a mixture of succulents to create a dish garden that can live outdoors all summer and come inside over the winter. Bring a low ceramic bowl about 8” in diameter.
120i $39
1 Wednesday May 3
3:00–4:30 pm SHS 1004

Mixed Annuals for Sun
Incorporate a mixture of colorful annuals to create a container that will last thru the first fall frost. Bring an 8” to 10” container with a drainage hole.
120j $39
1 Wednesday May 10
3:00–4:30 pm SHS 1004

Mixed Herb Garden
Mix lavender, sage, rosemary, and thyme in a container that’s both aromatic and practical: it helps repel mosquitoes! This container will thrive in a dry, sunny spot in your garden. Bring an 8” to 10” container with a drainage hole.
120k $39
1 Wednesday May 17
3:00–4:30 pm SHS 1004

Mixed Vegetable Garden
Tomato, basil, and marigolds are natural companions that look fantastic and grow well together. Plant this tiny little garden and have veggies all summer long. Bring a 12” container with a drainage hole.
120l $39
1 Wednesday May 24
3:00–4:30 pm SHS 1004

Arnie Copeland Stark is the owner and principal designer of Mia Flora Gardens. She is a master gardener and the program director for the Easton Garden Club. Arnie subscribes to the idea that gardening is cheaper than therapy… and you get tomatoes.

Turn the page for more Home + Garden classes
**Adult Division**

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

Selling your home? Avoid common mistakes and maximize the return on your investment. Join Rob Goodman, long-time 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 Wednesday | Mar 1 (storm date Mar 8)
6:30–9:00 pm | SHS 1047

**Languages**

See Cooking for related classes, including Italian Cooking with Simona

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 Garcia Marquez’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 | Feb 28–Apr 25 (no class Apr 11)
6:30–8:30 pm | SHS 1054

Sarah O’Mahoney 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.

**German for Beginners, Part 2**

Without German, we wouldn’t have delicatesseens, pumpernickel, or pretzels. And where would we be without zeitgeist, angst, and kitsch? In the hinterlands, that’s where! German for Beginners, Part II picks up where Part I left off. We’ll continue to focus on vocabulary, pronunciation, and grammar, as well as to explore German culture, customs, and idioms. Students who have taken German for Beginners, 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.

167 | $135
8 Mondays | Jan 30–Mar 27 (no class Feb 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, Benfield, and Norwalk Community College.

Conversational German

Raise a stein in praise of German, and join us for a class focusing on conversation in German. Think of it as an evening kaffeeklatsch for language lovers. As always, we’ll explore both the language and the culture from which it derives. Students who have taken German for Beginners, Parts I and II, are encouraged to return; new students with a sound knowledge of German are always welcome. Students should bring to class Learn German the Fast and Fun Way (4th edition) by Neil Donahue. [Taught by Robert Kibel.]

163 | $115
7 Mondays | Apr 17–Jun 5 (no class May 29)
7:00–9:00 pm | SHS 1055

**Italian for Beginners**

Whether you’re planning a trip to Italy or just love Italian food, you’ll enjoy this class. Designed for travelers, tourists, and other admirers of il 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 Amore! To Zitto! to Sera e zuppa di pesce. Students who have taken Italian for Beginners, or who have some knowledge of Italian, are encouraged to return; new students are always welcome.

160 | $145
8 Wednesdays | Feb 1–Apr 5 (no class Feb 15 & 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.

**Mind + Body**

See Fitness + Health for related classes, including Mindful Yoga, Tai Chi for Beginners, MELT Method®, Resolution Absolution, Jelly Belly, Moving Through Cancer, and FitPrint Absolution.

**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.

2 sessions / $39
932a | Tuesdays | Mar 7 & 14
7:00–9:00 pm | SHS 502

932b | Tuesdays | May 2 & 9
7:00–9:00 pm | SHS 502

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.paulpestein.com.

**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 choices. Classes are always enjoyable and personally rewarding; your satisfaction is all but guaranteed. Leave every class with choices. Classes are always enjoyable and personally rewarding; your satisfaction is all but guaranteed. Leave every class with choices.

940 | $95
4 Thursdays | Mar 9–30
7:00–9:00 pm | SHS 1051

Dr. Bob Silverstone 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.

**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 long-time 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 | $36
2 Tuesdays | Mar 21 & 28
7:00–9:00 pm | SHS 1047

Brenda Catugno, ChFC®, CDFA®, 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.

**Retirement Planning: Current Trends & 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.

216 | $49
2 Wednesdays | Mar 15 & 22
7:00–9:00 pm | SHS 1047

Michael K. Rosenman, CLUP, ChFC®, CASL®, AEP, has been a financial advisor with Northwestern Mutual since 2001 and is based in Stamford.

Turn the page for Money Matters classes.
Maximizing Your Social Security
Given the many changes to Social Security enacted by succes-
sive Congresses, are you prepared for your retirement? In this
class, you'll learn how to get the most out of your social security
benefits, how to manage longevity risk, and strategies to maxi-
mize the amount of money you receive throughout retirement.
Among the topics covered will be spousal benefits, the impact of
divorce, death, delaying benefits, early retirement, and taxa-
tion. You'll also receive Myths and Facts about Social Security
199  $29
1 Tuesday  Apr 25
7:00–8:30 pm SHS 1047

Pets + Other Backyard Critters
See Arts + Crafts for related classes, including Honey Do:
A Beauty Workshop
Appetite for Adventure:
A Beekeeping Workshop
From rooftops of major cities around the world to the White
House, beekeeping is a trend that is here to stay. Local bee-
keeper, author, and founder of Red Bee Honey, Marina Marchese
will take you on a hands-on journey into the fascinating world
of honeybees. Learn basic beekeeping practices, from setting
up your first beehive to honey harvest and everything in between.
Attendees will be treated to a taste of honey afterwards.
No experience necessary, just curiosity and a creative spirit! Class
will be held at Red Bee Honey Barn in Weston.
120  $35
1 Sunday  Mar 5
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, Testing, and
Patching 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 Back Yard Beekeepers Association
of Connecticut and proud recipient of the Slow Food Snail of

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 beneficia-
ry designations. The class will also include retirement assets,
gifts, life insurance, digital assets, sophisticated planning and
more. Case studies will be included.
162  $75
3 Tuesdays  Feb 7–28 (no class Feb 21)
7:00–9:00 pm SHS 1047
Patricia R. Beauregard, Esq., is a partner at Cummings & Lock-
wood, 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.

Technology + Computers
See Arts + Crafts for related classes, including DSLR:
Basic Digital Camera Operation, Beautiful Photobooks, and
Beautifully Delicious Family Cookbooks
Big Data & You:
What Parents Need to Know About Video Games
Do your kids spend a lot of time on playing video games? Is it
possible that they’re genuinely educational? With digital games
expected to rake in $79 billion in 2017, it’s better to get to know
the industry than try to fight it. This workshop will address
the question of video games’ educational value, as well as providing
an overview of some of the most popular games of the moment.
Your kids play ‘em; now’s your chance. Play Minecrafter™, program
with Scratch, and decide for yourself if these applications can be
learning tools that you’re willing to invest in. A light lunch will be
provided by The Grande Bar.
1 session / $65
914a  10:30 am–12:30 pm
Zanjan, 1391 Post Road East, 2nd floor
Tuesday Jan 31
Tuesday Feb 7
914b  10:30 am–12:30 pm
Zanjan, 1391 Post Road East, 2nd floor
Camilla Gazal and Flavia Naslausky own and operate Zanjan Westport. As mothers, they understand the negative stigma
attached to screen time. However, they also believe in the
positive power of technology and in the potential of video games
to promote interactive and enjoyable learning.
Big Data & You:
Can Facebook Lower Your Insurance Premium?
Maybe. Companies are collecting more data about consumer
preferences, buying behaviors, and social patterns than ever be-
fore. How is it used and how much is too much? Join a lively dis-
cussion, led by a self-described quant nerd, about the Big Data
revolution already in progress. We promise a little Q & A, a TED
talk or two, and a big dose of data—how it’s used, by whom, and
what that means for you.
915  $35
1 Wednesday  Mar 22
6:30–8:30 pm SHS 1034
Ramesh Subramanian earned a BS in electrical engineer-
ing and an MS in computer science from Washington State
University, then an MBA from the University of Chicago. He
spent 18 months at Johns Hopkins, where he specialized in data
science. And even though he speaks 3 different program-
ming languages, he loves nothing more than taking complex
concepts and making them easy to understand.
Cool Apps for iPhones & iPads
There’s an app for everything, so which ones do you choose and
how do you find them? In this class, we’ll explore apps of all kinds:
business apps that turn your device into a digital scanner, com-
plete with a digital signature feature; apps that track your fitness;
websites in Safari, you’re bound to learn something new and use-
ful in this fast-paced class. Bring your fully charged iPhones and
iPads; devices should be upgraded to iOS 9 or higher. [Taught by
Mark Bieler]
1 session / $35
224a  7:00–9:00 pm
SHS 1015
224b  7:00–9:00 pm
SHS 1015
Thursday, Feb 2
Tuesday, Mar 21

The Honey Connoisseur: Selecting, Tasting, and
Pairing Honey
A past president of the Back Yard Beekeepers Association
of Connecticut and proud recipient of the Slow Food Snail of

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business apps that turn your device into a digital scanner, com-
plete with a digital signature feature; apps that track your fitness;
and apps that let you organize recipes, decorating ideas, travel,
and more. Bring your fully charged iPhones and iPads; devices
should be upgraded to iOS 9 or higher. All participants should
know their Apple ID and password. [Taught by Mark Bieler]
1 session / $35
225  1 Tuesday
7:00–9:00 pm
SHS 1015

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1 session / $35
225  1 Tuesday
7:00–9:00 pm
SHS 1015

Adult Division
**Adult Division**

**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, scars (reflective and transparent), image manipulation, retouching, and keyboard shortcuts. If you have a computer with Photoshop loaded, please bring it; PCs will be available.

**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, gradients, 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)

**Theater + Dance**

**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 two-hour intensive, 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. Space is limited, so register early. Your time has come to Speak Up!

1 session / $40
200a 7:00–9:00 pm SHS 2034
    Monday  Mar 27
200b 7:00–9:00 pm SHS 2034
    Monday  May 4

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.

**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  Feb 28–Apr 25 (no class Apr 11)
    7:00–7:45 pm  St. Francis of Assisi Church
    35 Norfield Road, Weston

**Intermediate Ballroom Dancing**
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
9 Tuesdays  Feb 28–Apr 25 (no class Apr 11)
    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.ballroammedancesportct.com.

**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. Submit a course proposal today.

**Course Description + Title**

<table>
<thead>
<tr>
<th>Name</th>
<th>Street Address</th>
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Email Address

**Course Details**

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

**Equipment and/or materials needed:**
**Weekly Calendar : Kids Division**

**coleytown**

**Monday**
- Bricks 4 Kidz: Remote Control Mania [pg. 30]
- Kempo Karate [pg. 28]
- Theater Play!
- Hamilton & Broadway Edition [pg. 33]

**Tuesday**
- Citizen Invention: Creative Robotics [pg. 32]
- Edible Spring Birdhouse [pg. 28]
- Chess Club [pg. 30]
- Kempo Karate [pg. 28]

**Wednesday**
- Edible Valentine’s House [pg. 28]
- Little Actors [pg. 33]
- One Act Players [pg. 33]
- Scratch for Kid Coders [pg. 32]

**Thursday**
- Art Exploration [pg. 26]
- Chess Club [pg. 30]
- Edible Spring Birdhouse [pg. 28]
- Zumba [pg. 30]

**Friday**
- Cooking With Books [pg. 27]
- Mad Science: Sense-sational Science [pg. 31]
- Mad Science: NASA [pg. 31]
- World Champion Taekwondo [pg. 29]

**greens farms**

**Monday**
- Bricks 4 Kidz: Construction Craze [pg. 30]
- Citizen Invention: Creative Robotics [pg. 32]
- Cooking With Books [pg. 27]
- Tennis / gr. 1–2 [pg. 23]
- Tennis / gr. 3–5 [pg. 23]

**Tuesday**
- Kindergarten Tennis [pg. 23]
- Mad Science: Sense-sational Science [pg. 31]
- Mad Science: NASA [pg. 31]
- Theater Play!
- Hamilton & Broadway Edition [pg. 33]

**Wednesday**
- Afterschool Art Blast [pg. 26]
- Chess Club [pg. 30]
- Kempo Karate [pg. 28]

**Thursday**
- Kurious Kids’ Kitchen [pg. 27]
- Cooking With Books [pg. 27]
- Pen + Stars Story Club [pg. 26]
- Scratch for Kid Coders [pg. 32]
- Sports & Homework Club [pg. 22]

**Friday**
- Chess Club [pg. 30]
- Edible Spring Birdhouse [pg. 28]
- Edible Valentine’s House [pg. 28]
- Pen + Stars Story Club [pg. 26]
- Scratch for Kid Coders [pg. 32]

**kings highway**

**Monday**
- Edible Spring Birdhouse [pg. 28]
- Edible Valentine’s House [pg. 28]
- Magic Club [pg. 33]
- PM / PE [pg. 22]
- Zaniacs: Minecraft Exploration [pg. 31]

**Tuesday**
- Afterschool Art Blast [pg. 26]
- Chess Club [pg. 30]
- Kempo Karate [pg. 28]

**Wednesday**
- Mad Science: Sense-sational Science [pg. 31]
- Mad Science: NASA [pg. 31]
- World Champion Taekwondo [pg. 29]

**Thursday**
- Citizen Invention: Creative Robotics [pg. 32]
- Cooking With Books [pg. 27]
- Pen + Stars Story Club [pg. 26]
- Scratch for Kid Coders [pg. 32]
- Sports & Homework Club [pg. 22]

**Friday**
- Bricks 4 Kidz: Remote Control Mania [pg. 30]
- Bricks 4 Kidz: Construction Craze [pg. 30]
- Kurious Kids’ Kitchen [pg. 27]
- Theater Play!
- Hamilton & Broadway Edition [pg. 32]

**long lots**

**Monday**
- Afterschool Art Blast [pg. 26]
- Chess Club [pg. 30]
- Pen + Stars Story Club [pg. 26]

**Tuesday**
- Edible Spring Birdhouse [pg. 28]
- Edible Valentine’s House [pg. 28]
- Little Actors [pg. 33]
- One Act Players [pg. 33]
- Zaniacs: Minecraft Galaxy [pg. 31]

**Wednesday**
- Mad Science: Sense-sational Science [pg. 31]
- Mad Science: NASA [pg. 31]
- World Champion Taekwondo [pg. 29]

**Thursday**
- Citizen Invention: Creative Robotics [pg. 32]
- Kurious Kids’ Kitchen [pg. 27]
- Magic Club [pg. 33]

**Friday**
- Kempo Karate [pg. 28]
- Mad Science: Sense-sational Science [pg. 31]
- Mad Science: NASA [pg. 31]

**sautatuck**

**Monday**
- Edible Valentine’s House [pg. 28]
- Mad Science: Sense-sational Science [pg. 31]
- Mad Science: NASA [pg. 31]
- World Champion Taekwondo [pg. 29]

**Tuesday**
- Fork, Knife, Spoon Cooking [pg. 28]
- Pen + Stars Story Club [pg. 26]
- Sports & Homework Club [pg. 22]

**Wednesday**
- Chess Club [pg. 30]
- Edible Spring Birdhouse [pg. 28]
- Music with Milo [pg. 26]
- Tennis / gr. 1–2 [pg. 23]
- Tennis / gr. 3–6 [pg. 23]

**Thursday**
- Afterschool Art Blast [pg. 26]
- Kempo Karate [pg. 28]
- One Act Players [pg. 33]
- Zaniacs: Minecraft Galaxy [pg. 31]

**Friday**
- Citizen Invention: Creative Robotics [pg. 32]
- Kurious Kids’ Kitchen [pg. 27]

**middle school**

**American Red Cross**
- Babysitters Course [pg. 34]
- Nouveau Nutrition: Global Cuisine [pg. 35]
- CT Jrs. Volleyball: Spring Program [pg. 34]
- Driver Education [pg. 37]
- Westport AllStars Basketball [pg. 24]

**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 cancelled.

At class cancellations will be announced on our website, westportcontinuinged.com.

**Late Fees**

Please be prompt picking up your child. Late fees will apply: $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, March 22–23.

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 22 & Gym with Mike Quiricone
9 sessions / $195
8 sessions / $175
840a
Mondays 3:15–5:00 pm
Jan 10–Mar 20
no class Jan 16

840b
Tuesdays 3:15–5:00 pm
Jan 10–Mar 14
no class Feb 21

SES Library & Gym with Jen Mitteness
8 sessions / $195
840c
Tuesdays 2:45–4:30 pm
Jan 10–Mar 14
no class Feb 21

8 sessions / $175
840d
Tuesdays 2:45–4:30 pm
Mar 28–May 23
no class Apr 11

PM / PE
grades 1–4

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 Lisa Thomas & Jon Herbst
9 sessions / $195
840a
Thursdays 3:15–5:00 pm
Jan 12–Mar 16
no class Feb 23

8 sessions / $175
840b
Thursdays 3:15–5:00 pm
Apr 6–Jun 1
no class Apr 13

KHS Gym with Mike Quiricone
9 sessions / $195
840c
Mondays 3:15–5:00 pm
Jan 9–Mar 20
no class Jan 16, Feb 20

8 sessions / $175
840d
Mondays 3:15–5:00 pm
Apr 3–Jun 5
no class Apr 10, May 29

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, plus 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 in the KFS Gym / 4:00–5:00 pm
828a
Jan 10–Feb 14
6 sessions / $240
828b
Mar 7–Apr 25 (no class Apr 11)
7 sessions / $275
828c
May 2–Jun 6
6 sessions / $240

Thursdays in the LLS Gym / 4:00–5:00 pm
828d
Jan 12–Feb 16
6 sessions / $240
828e
Mar 9–Apr 27 (no class Apr 13)
7 sessions / $275
828f
May 4–Jun 8
6 sessions / $240

Grades 1–2
Mondays in the GFS Gym / 4:00–5:00 pm
821A2
Jan 9–Feb 13 (no class Jan 16)
5 sessions / $205
822A2
Mar 6–Apr 24 (no class Apr 10)
7 sessions / $275
822A3
May 1–Jun 5 (no class May 29)
5 sessions / $205

Wednesdays in the SES Gym / 4:00–5:00 pm
821B2
Jan 11–Feb 15
6 sessions / $240
822B2
Mar 8–Apr 26 (no class Apr 12)
7 sessions / $275
824B3
May 3–Jun 7
6 sessions / $240

Grades 3–5
Mondays in the GFS Gym / 5:00–6:00 pm
321A3
Jan 9–Feb 13 (no class Jan 16)
5 sessions / $205
322A3
Mar 6–Apr 24 (no class Apr 10)
7 sessions / $275
324A3
May 1–Jun 5 (no class May 29)
5 sessions / $205

Wednesdays in the SES Gym / 5:00–6:00 pm
321B3
Jan 11–Feb 15
6 sessions / $240
323B3
Mar 8–Apr 26 (no class Apr 12)
7 sessions / $275
324B3
May 3–Jun 7
6 sessions / $240

Fridays in the BMS Gym / 5:00–6:00 pm
321C3
Jan 6–Feb 10 (no class Jan 13)
5 sessions / $205
323C3
Mar 10–Apr 26 (no class Apr 14)
7 sessions / $275
324C3
May 5–Jun 9
6 sessions / $240

Grades 6–8
Fridays in the BMS Gym / 3:00–4:00 pm
321D1
Jan 6–Feb 10 (no class Jan 13)
5 sessions / $205
323C1
Mar 10–Apr 26 (no class Apr 14)
7 sessions / $275
324C1
May 5–Jun 9
6 sessions / $240

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, plus 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 in the KFS Gym / 4:00–5:00 pm
828a
Jan 10–Feb 14
6 sessions / $240
828b
Mar 7–Apr 25 (no class Apr 11)
7 sessions / $275
828c
May 2–Jun 6
6 sessions / $240

Thursdays in the LLS Gym / 4:00–5:00 pm
828d
Jan 12–Feb 16
6 sessions / $240
828e
Mar 9–Apr 27 (no class Apr 13)
7 sessions / $275
828f
May 4–Jun 8
6 sessions / $240

Grades 1–2
Mondays in the GFS Gym / 4:00–5:00 pm
821A2
Jan 9–Feb 13 (no class Jan 16)
5 sessions / $205
822A2
Mar 6–Apr 24 (no class Apr 10)
7 sessions / $275
822A3
May 1–Jun 5 (no class May 29)
5 sessions / $205

Wednesdays in the SES Gym / 4:00–5:00 pm
821B2
Jan 11–Feb 15
6 sessions / $240
822B2
Mar 8–Apr 26 (no class Apr 12)
7 sessions / $275
824B3
May 3–Jun 7
6 sessions / $240

Grades 3–5
Mondays in the GFS Gym / 5:00–6:00 pm
321A3
Jan 9–Feb 13 (no class Jan 16)
5 sessions / $205
322A3
Mar 6–Apr 24 (no class Apr 10)
7 sessions / $275
324A3
May 1–Jun 5 (no class May 29)
5 sessions / $205

Wednesdays in the SES Gym / 5:00–6:00 pm
321B3
Jan 11–Feb 15
6 sessions / $240
323B3
Mar 8–Apr 26 (no class Apr 12)
7 sessions / $275
324B3
May 3–Jun 7
6 sessions / $240

Fridays in the BMS Gym / 5:00–6:00 pm
321C3
Jan 6–Feb 10 (no class Jan 13)
5 sessions / $205
323C3
Mar 10–Apr 26 (no class Apr 14)
7 sessions / $275
324C3
May 5–Jun 9
6 sessions / $240

Grades 6–8
Fridays in the BMS Gym / 3:00–4:00 pm
321D1
Jan 6–Feb 10 (no class Jan 13)
5 sessions / $205
323C1
Mar 10–Apr 26 (no class Apr 14)
7 sessions / $275
324C1
May 5–Jun 9
6 sessions / $240
Kids Division

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.

January 13
Bricks 4 Kidz®
grades K–3
Bricks 4 Kidz® presents Extreme Expedition Camp
Take the Extreme LEGO® Expedition challenge: first, you must construct transportation equipment to bring your team together from around the globe. Then, it’s onwards and upwards, as you search the globe for bricks and other resources needed to construct a base in the Himalayan Mountains, navigate Worst Case Scenario survival challenges, and face the forces of nature. Do you have what it takes to go on our Extreme Expedition? If you do and you’re staying all day, bring a nut-free lunch. You’re gonna need a snack on this climb!

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

SHS 1004
929a 8:30 am–3:00 pm
929b 8:30–11:30 am
929c 12:00–3:00 pm

TheaterPlay! Triple Threat Workshop: Acting, Singing & Dancing

grades 2–5
Spent your free Friday soaking up songs and dances from Hamilton: An American Musical. Learn stage combat, paint posters for set design, improvise, and play theater games. An innovative and imaginative way to learn about Theater arts, this TheaterPlay! camp is the way a day off of 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. We will be working on scene work and learning about the history of the Broadway musical. Bring nut-free snacks and lunch—you’re gonna need fuel for your creative fire! [Taught by Laura Curley Pendergast; see page 33 for bio]

1 session / $99

SHS 2012
697a Friday, Jan 13 8:30–3:00 pm

February 17
Bricks 4 Kidz®
grades K–3
Bricks 4 Kidz® presents Pocket Brick Monsters Camp
Get ready for a Pokémon® LEGO® adventure! Capture wild Pokémon® creatures and train them for battle. Improve your accuracy and power as you learn new moves and use special abilities. Tap into your inner engineer as we build Dratini, Pikachu, Poké Balls, and more. Bring your own Pokémon® trading cards if you wish to play and trade. Show off your skills as you battle for power in your journey through the Pokémon® universe. Do you have what it takes to become a Pokémon® Master? If you are staying all day, bring a nut-free lunch.

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

SHS 1004
924a Friday, Feb 17 8:30 am–3:00 pm
924b 8:30–11:30 am
924c 12:00–3:00 pm

TheaterPlay! 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 TheaterPlay! camp is the way a day off of 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 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! [Taught by Laura Curley Pendergast; see page 33 for bio]

1 session / $99

SHS 2012
697a Friday, Feb 17 8:30–3:00 pm

February + April School Vacations

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. All vacation programs will take place at GFS. In addition to our sports and LEGO® camps, we’ve added a theater camp, and we’ve moved everything to one school. More programs; one drop-off!

Sports & Fun Adventures Camps

grades 1–5
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, Wii 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!

4 full-day sessions / $195 or 4 half-day sessions / $85

GFS Gym
[with Jennifer Mitteness and Christine Cardinal]
838a Monday–Thursday Feb 21–24 8:15 am–3:15 pm
838b Tuesday–Friday Feb 21–24 8:15 am–11:30 am
838c Tuesday–Friday Feb 21–24 12:00 pm–3:15 pm
838d Monday–Thursday Apr 10–13 8:15 am–3:15 pm
838e Monday–Thursday Apr 10–13 8:15 am–11:30 am
838f Monday–Thursday Apr 10–13 12:00 pm–3:15 pm

TheaterPlay!

Hammer, Shakespeare, Songs & Dance

grades 2–5
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, Wii 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!

4 full-day sessions / $360 or 4 half-day sessions / $180

GFS Auditorium
898a Tuesday–Friday Feb 21–24 8:15 am–3:15 pm
898b Tuesday–Friday Feb 21–24 8:15 am–11:30 am
898c Tuesday–Friday Feb 21–24 12:00 pm–3:15 pm

TheaterPlay! Broadway Old & New

grades 2–5
[Taught by Laura Curley Pendergast]
4 full-day sessions / $360 or 4 half-day sessions / $180

GFS Auditorium
898d Monday–Thursday Apr 10–13 8:15 am–3:15 pm
898e Monday–Thursday Apr 10–13 8:15 am–11:30 am
898f Monday–Thursday Apr 10–13 12:00 pm–3:15 pm

Please see our website for details about Bricks 4 Kidz® and TheaterPlay! camps listed below.

TheaterPlay! Junior Robotic Camp

grades 2–5
Bricks 4 Kidz®
4 sessions / $219
Jupiter Robotics Camp
[with Jennifer Mitteness and Christine Cardinal]
927a Tuesday–Friday Feb 21–24 8:30–11:30 am
927b 8:30–11:30 am
927c 12:00–3:00 pm
927d Sign up for both Junior Brick Robotics Camp and Ninja Spinning for $380 and bring a nut-free lunch.

Please see our website for details about Bricks 4 Kidz® and TheaterPlay! camps listed below.

Bricks 4 Kidz®
grades 2–5
Classic Arcade Brick Adventures
4 sessions / $219
GFS 105 Tuesday–Friday Feb 21–24 8:30–11:30 am
928a Tuesday–Friday Feb 21–24 8:30–11:30 am
928b Tuesday–Friday Feb 21–24 12:00–3:00 pm
928c Sign up for both Classic Arcade Brick Adventures and Ninja Spinning for $380 and bring a nut-free lunch.

Please see our website for details about Bricks 4 Kidz® and TheaterPlay! camps listed below.

Bricks 4 Kidz®
grades 2–5
Junior Robotics Camp
4 sessions / $219
GFS 105 Monday–Thursday Apr 10–13 8:30–11:30 am
524 Monday–Thursday Apr 10–13 8:30–11:30 am
524 Monday–Thursday Apr 10–13 12:00 pm–3:00 pm
524 Monday–Thursday Apr 10–13 12:00 pm–3:00 pm
Elementary School

Arts + Music

Art Exploration

grades K–3

Paint, draw, sculpt, spatter, Cut, paste, collage, Mix, match, and make a beautiful mess with a variety of two and three dimensional art materials. Use your imagination and creativity as you explore techniques, including drawing, printmaking, painting, collaging, and sculpting. We'll draw inspiration from works of famous artists, modern designs, and our own lives. Plus, there'll be a little outdoor recess, weather permitting, and movement breaks because active bodies are creative bodies. Art-making is never the same twice; returning students are welcome. Non-refundable materials fee of $5 included.

8 sessions / $320

KHS Art Rm. 108
549e
8 Tuesdays Jan 24–Mar 21
3:20–4:50 pm no class Feb 21

KHS Art Rm. 108
549d
6 Tuesdays Apr 4–May 16
3:20–4:50 pm no class Apr 11

GFSl Art Rm. 130
549e
8 Wednesdays Jan 25–Mar 29
3:20–4:50 pm no class Feb 22, Mar 22

GFSl Art Rm. 130
549f
6 Wednesdays Apr 19–May 24
3:20–4:50 pm

KHS Art Rm. 126
549g
6 Thursdays Jan 26–Mar 30
2:50–4:50 pm no class Feb 23, Mar 23

KHS Art Rm. 126
549h
6 Thursdays Apr 20–May 25
2:50–4:20 pm

Music With Mila: Songs & Games for Mobile Minds & Bodies

grades K–1

Music has been a part of human culture since its inception, and children instinctively use song and dance to engage and interact, to soothe and to stimulate, and, above all, to express joy. This class is designed to formalize that natural inclination and to foster music appreciation in young children. By listening to music, and expressing him or herself through spontaneous body movement, your student will develop an understanding of musical concepts, like beat, rhythm, melody, and structure. They’ll sing a little song, dance a little dance, and learn to love music more than a little bit. Repeat students welcome. Bring a nut-free snack.

8 sessions / $89

SES Auditorium
295
Wednesdays Feb 1–Apr 5
2:50–3:50 pm no class Feb 22, Mar 22
Mila Gottesman began playing piano at the age of five in her native Ukraine. She received her BA and MA degrees in piano performance from the Manhattan School of Music and taught at several regional music schools. Mila continues to teach privately, and her love for piano remains as strong as ever.

The Pen • Stars Story Club

grades K–4

A great place for kids who like to listen and have fun doing it, the Story Club provides a low-tech environment, where children can work independently or in groups to give shape to their ideas and imagination, in the form of story writing, drawing, arts and crafts, and even performing arts. Incorporating music, acting, and interactive games as tools for learning, this program helps children enhance their literacy (including spelling and vocabulary) and creative skills, and boost their self-confidence. On the last day of the session, parents are invited to a talent show that showcases what kids have learned and created. Stories created by children in the Story Club may be featured in the upcoming editions of The Pen • Stars Series, an interactive book series created by children, for children. Stories are never the same twice; returning students are welcome.

8 sessions / $240

LLS Art Rm. 6
342a
Mondays Jan 30–Mar 27
3:20–4:20 pm no class Feb 20

SES 134
342b
Tuesdays Jan 31–Mar 28
2:50–3:50 pm no class Feb 21

KHS Library
342c
Thursdays Feb 4–April 6
3:20–4:20 pm no class Feb 23, Mar 23

GFSl Art Rm. 130
342d
Fridays April 7–Apr 27
3:20–4:20 pm no class Apr 17, 24, Mar 24

The Pen • Stars Series’ mission is to leverage children’s creative and literacy skills to help them achieve their full potential. It is the branchchild of two sisters, who teamed up to create a creative platform where kids can create their own stories and get recognized for their work. Pen • Stars runs afterschool programs around Fairfield County. Visit www.theペンstars.com.

Kids Division

Cooking

Cooking With Books

grades K–2

Take a trip into the pages of a great book and then whip up something tasty from the story. Designed to help students build their reading and listening skills, Cooking With Books teaches kitchen skills and safety, the importance of fresh, seasonal ingredients, and healthy food choices. The end result is literally delicious. Winter session chefs will bake mini apple pies, just like in Amelia Bedelia’s First Apple Pie. They’ll read Chicks and Salsa as they build baked chicken tacos with homemade salsa, and they’ll construct creepy jack-o-lantern quesadillas after reading Zombies in Love. Spring session will feature more scrumptious story-recipe pairings, including Spring by Gerda Muller and fresh peas with Parmesan. Each child will receive a recipe at the end of every class. Non-refundable materials fee of $10 included.

8 sessions / $225

GFS Staff Lounge
543a
Mondays Jan 23–Mar 20
3:20–4:20 pm no class Feb 20

KHS Kitchen
543b
Thursdays Jan 26–Mar 30
3:20–4:20 pm no class Feb 23, Mar 23

GES Kitchen
543c
Fridays Jan 27–April 7
3:20–4:20 pm no class Feb 27, 24, Mar 24

Nouveau Nutrition presents Kurious Kids’ Kitchen

grades 1–3, 3–5

Put on your chef’s hat and expand your palate in this learn-by-doing adventure. Designed to encourage kids to explore new foods, this class will feature a new recipe each week. Young cooks will learn about healthy eating and good food choices while they master basic kitchen skills and begin to establish good habits that will last a lifetime. This winter and spring season’s recipes may include fruit kabobs, hummus in a carrot patch, Nachos, and popcorn trail mix. Your young chef will take home all recipes and handouts at the end of the class. Non-refundable materials fee of $30 included.

grades 1–3 / 6 sessions / $120

SES Cafeteria
546a
Fridays Jan 27–Mar 17
2:50–3:50 pm no class Feb 17 & 24

grades 3–5 / 6 sessions / $120

GFS Staff Lounge
546b
Thursdays Feb 2–Mar 16
3:20–4:20 pm no class Feb 23

GFS Staff Lounge
546c
Thursdays April 6–May 18
3:20–4:20 pm no class Apr 13

KHS Cafeteria
546d
Fridays April 7–May 19
3:20–4:20 pm no class Apr 14

Nouveau Nutrition presents Kurious Kids’ Kitchen

grades 1–3, 3–5

Put on your chef’s hat and expand your palate in this learn-by-doing adventure. Designed to encourage kids to explore new foods, this class will feature a new recipe each week. Young cooks will learn about healthy eating and good food choices while they master basic kitchen skills and begin to establish good habits that will last a lifetime. This winter and spring season’s recipes may include fruit kabobs, hummus in a carrot patch, Nachos, and popcorn trail mix. Your young chef will take home all recipes and handouts at the end of the class. Non-refundable materials fee of $30 included.

grades 1–3 / 6 sessions / $120

SES Cafeteria
546a
Fridays Jan 27–Mar 17
2:50–3:50 pm no class Feb 17 & 24

grades 3–5 / 6 sessions / $120

GFS Staff Lounge
546b
Thursdays Feb 2–Mar 16
3:20–4:20 pm no class Feb 23

GFS Staff Lounge
546c
Thursdays April 6–May 18
3:20–4:20 pm no class Apr 13

KHS Cafeteria
546d
Fridays April 7–May 19
3:20–4:20 pm no class Apr 14

Kira Pantchenko is a nutrition expert and the founder of Nouveau Nutrition. She believes that if you give children a healthy meal, they will eat well for a lifetime. Visit www.nnKids.com.

REGISTER l online westportcontinuinged.com l phone 203.341.1209 l in person Staples High School 1040

Kids Division

Afterschool Art Blast

grades 1–5

Experiment, design, and create with a wide variety of art materials and techniques in workshops presented by the Westport Arts Center. Each weekly workshop will encompass a complete project that invites students to manipulate materials and delve into unique art processes. You’ll leave not only with a finished project created with high quality art materials but also with skills and knowledge that will help to future arts endeavors. Comfortable clothing that can get a little messy is recommended. Repeat students are welcome; each session features new and exciting projects. [Taught by a Westport Arts Center educator]

8 sessions / $280 + 6 sessions / $210

LLS Art Rm. 6
549a
8 Mondays Jan 23–Mar 20
3:20–4:50 pm no class Feb 20

LLS Art Rm. 6
549b
6 Mondays Apr 3–May 15
3:20–4:50 pm no class Apr 10
Kids Division

Fork, Knife, Spoon Cooking grades 3–5

What you cook and what you eat matters, and there is much to be learned in a cooking lesson. Fork, Knife, Spoon chefs get to exercise their creativity, improve their team building skills, implement their math skills, and, most importantly, make the connection between food and health. As always, this semester’s menus feature fresh, local, and seasonal ingredients and new recipes. In the winter, you’ll learn to make baked chicken tacos, garlic butter roasted carrots, country apple fritter bread, and double chocolate zucchini bread. In the spring, join us for mini spinach and cheese puffies, chicken Caesar meatballs, cinnamon roll breakfast pancakes, and baked apple pie eclairrolls. Each student will receive the day’s recipes at the end of class. Non-refundable materials fee of $10 included. [Taught by Maria or Raz Farinas, Fork, Knife, Spoon Cooking]

8 sessions / $225
SES Kitchen
542a
Tuesdays
Jan 24–Mar 21
9:20–10:40 am
no class Feb 21

542b
Tuesdays
Jan 24–Mar 21
9:20–10:40 am
no class Feb 21

LLS Kitchen
542c
Wednesdays
Jan 25–Mar 29
9:30–10:30 am
no class Feb 22, Mar 22

542f
Wednesdays
Apr 19–May 24
9:30–10:30 am

6 sessions / $160
SES Kitchen
542d
Tuesdays
Apr 4–May 16
9:20–10:40 am
no class Apr 11

CES Kitchen
542e
Tuesdays
Apr 4–May 16
9:20–10:40 am
no class Apr 11

LLS Kitchen
542f
Wednesdays
Apr 19–May 24
9:30–10:30 am

Valentine’s Day Edible Houses grades K–5

What better time to make sweets for the sweet? Join a chef from Fork, Knife, Spoon Cooking and bedeck a beautiful sweetheart in a chocolate cookie crumb garden, and more. Houses will be wrapped in cello paper for easy transport home. Non-refundable materials fee of $5 included. [Taught by Maria or Raz Farinas, Fork, Knife, Spoon Cooking]

1 session / $40
KHS Cafeteria
551a
Monday
May 8
9:30–10:30 am

LLS Art Rm. 6
551b
Tuesday
May 9
9:30–10:30 am

SES Cafeteria
551c
Wednesday
May 10
9:20–10:20 am

CES Conf. Rm. 11
551d
Thursday
May 11
9:30–10:30 am

GFS Auditorium
551e
Friday
May 12
9:30–10:30 am

Fitness + Sports
See our Middle School section for more fitness classes, including CT Juniors Volleyball program (grades 4 and up)

Kempo Karate: Introduction to Martial Arts grades K–5

Using teaching techniques that incorporate character building with traditional martial arts training methods, Kempo Academy instructors will teach a series of punches, kicks, and blocks in a fun and controlled environment. There is no fighting or contact. You’ll learn to understand and use martial arts as you develop self-confidence, self-discipline, self-control, focus, and respect for others. Students will receive a white belt and have the option to purchase a gi, the traditional uniform, for $42. At the conclusion of the program, all eligible students will be invited to do optional belt rank testing fee of $50 at Kempo Academy of Martial Arts, Westport. All students must submit a waiver form, available in our office and on our website, to Westport Continuing Education prior to the first class meeting. Wear comfortable clothes and gym shoes.

8 sessions / $189
SSES Gym
324a
Mondays
Jan 30–Mar 27
9:30–10:30 am
no class Feb 20

KHS Gym
324b
Wednesdays
Feb 1–Apr 5
9:30–10:30 am
no class Feb 22, Mar 22

CES Gym
324c
Fridays
Jan 27–Apr 7
9:30–10:30 am
no class Feb 22, Mar 24

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.

8 sessions / $225
SSES Gym
324a
Mondays
Jan 30–Mar 27
9:30–10:30 am
no class Feb 20

KHS Gym
324b
Wednesdays
Feb 1–Apr 5
9:30–10:30 am
no class Feb 22, Mar 22

CES Gym
324c
Fridays
Jan 27–Apr 7
9:30–10:30 am
no class Feb 22, Mar 24

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.worldkick.com

Kids Division

Springtime Birdhouses (for kids, not birds!) grades K–6

The early bird may get the worm, but we’ve got something a little yummier. Join a chef from Fork, Knife, Spoon Cooking and build an edible birdhouse using chew mein noodles for nests, speckled chocolate eggs, mini candy peas and carrots you can plant in a chocolate cookie crumb garden, and more. Houses will be wrapped in cello paper for easy transport home. Non-refundable materials fee of $5 included.

1 session / $40
KHS Cafeteria
551a
Monday
May 8
9:30–10:30 am

LLS Art Rm. 6
551b
Tuesday
May 9
9:30–10:30 am

SES Cafeteria
551c
Wednesday
May 10
9:20–10:20 am

CES Conf. Rm. 11
551d
Thursday
May 11
9:30–10:30 am

GFS Auditorium
551e
Friday
May 12
9:30–10:30 am

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 Winter Sunday Shootout grades 2–6; 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; join anytime. Call for prices.

12 sessions / $175
SES Gym
324
Sundays
Dec 4–Mar 19
1:00–2:30 pm
no class Dec 25,
Jan 1, 15, Feb 19

World Champion Taekwondo

Coach Chris Fay, the Shot Doctor, presents Westport AllStars Basketball Spring Clinic

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 smaller ballers. Staff includes top area coaches.

20 sessions / $250
SES Gym
322a
Tue & Thu
Mar 28–May 25
2:30–4:30 pm
no class Apr 11 & 13

322b
Tue & Thu
Mar 28–May 25
6:30–7:30 pm
no class Apr 11 & 13

322c
Tue & Thu
Mar 28–May 25
6:30–7:30 pm
no class Apr 11 & 13

WEB PAGES FOR WESTPORT

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

**Bricks 4 Kids®**

**grades K–3**

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 Kids® presents Remote Control Mania**

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, inventors, 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 after-school hours.

**8 sessions / $215**

**CES Art Rm. 19**

Mondays Jan 30–Mar 27

927a 3:20–5:00 pm no class Feb 20

927b 3:20–5:00 pm no class Feb 17, 24, Mar 24, Apr 14

**Bricks 4 Kids® presents Construction Craze**

Put your hard hat and head on over to our construction site! Make your own tools, from a hand-held drill to a power saw to an all-terrain bulldozer. One of those devices has a history stretching from the Stone Age to the Space Age... know which one? How about where the word bulldozer comes from? Or how big the biggest dump truck in the world is? Catch the Construction Craze and build your knowledge of construction while you construct motorized models of dump trucks, jackhammers, drills, power saws, and more.

**6 sessions / $160**

**GFS 105**

Mondays Apr 17–May 22

928a 3:20–5:00 pm

**5 sessions / $125**

**CES Art Rm. 108**

Fridays May 5–Jun 2

928b 3:20–5:00 pm

**Mad Science**

**grades 7–9**

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

**Mad Science presents Sense-sational Science**

Your five senses give you clues about what’s yummy and what’s yucky, what’s safe and what’s scary, and the difference between perfume and pee-yew! Explore the senses with us and have a hair-raising experience. See the world through rainbow-colored glasses and color your world with a Technicolor blender. Discover why your nose is as important as your tongue when it comes to how your food tastes and how to travel using sound. Let Mad Science help you sharpen your senses, so you can make sense of the world.

**8 sessions / $215**

**SES 134**

Mondays Jan 30–Mar 27

912a 2:50–3:50 pm no class Feb 20

912b 3:20–4:20 pm no class Feb 21

**KHS Art Rm. 108**

Wednesdays Feb 1–Apr 5

912c 3:20–4:20 pm no class Feb 22, Mar 22

912d 3:20–4:20 pm no class Feb 17, 24, Mar 24

**CES Art Rm. 19**

Wednesdays Feb 1–Apr 5

912e 3:20–4:20 pm no class Feb 22, Apr 21

**Zaniac**

**grades 3–5**

Zaniac’s mission is to provide programming so kids can become self-directed, curious scientists, engineers, and designers.

**Zaniac presents Game Based Learning: Minecraft™ Exploration**

**grades K–2**

Minecraft™ is much more than a game. In this game-based learning class, Zaniac instructors guide students through Minecraft™ challenges designed to teach math and science concepts. Students learn Cartesian coordinates and how to use them to navigate through a digital world, as they work with friends to accomplish group missions. They’ll explore concepts like biomes and gravity, life science and physics, mechanics, design, architecture, space exploration, and more, all while playing the game they love. No prior experience necessary; repeat students are welcome.

**8 sessions / $160**

**KHS Comp. Lab**

Mondays Feb 27–Apr 24

610 3:20–4:20 pm no class Apr 10

**Zaniac presents Game Based Learning: Minecraft™ Galaxy**

**grades 3–5**

If you can’t beat them, join them. You probably couldn’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, Zaniac instructors will lead your child on a cosmic adventure. In Minecraft Galaxy, future space travelers can design and build their own spacecraft using the Galactcraft mod (that’s short for “modification”—feel free to impress your kids with the terminology). But Zaniac can make it educational. In this game-based learning class, Zaniac instructors lead you on a cosmic adventure. In Minecraft Galaxy, future space travelers can design and build their own spacecraft using the Galactcraft mod (that’s short for “modification”—feel free to impress your kids with the terminology). But Zaniac can make it educational. In this game-based learning class, Zaniac instructors guide students through Minecraft™ challenges designed to teach math and science concepts. Students learn Cartesian coordinates and how to use them to navigate through a digital world, as they work with friends to accomplish group missions. They’ll explore concepts like biomes and gravity, life science and physics, mechanics, design, architecture, space exploration, and more, all while playing the game they love. No prior experience necessary; repeat students are welcome.

**7 sessions / $150**

**LLS Music Rm. 132**

Mondays Jan 26–Mar 2

318a 3:20–4:20 pm no class Feb 20

KHS 11 Tuesdays Jan 24–Apr 4

3:20–4:20 pm no class Feb 21

SES Library Wednesdays Jan 24–Apr 4

3:20–4:20 pm no class Feb 17

CES 43 Thursdays Jan 26–Apr 20

3:20–4:20 pm no class Feb 23, Mar 24, Apr 12

**GFS Library**

Fridays Jan 27–Apr 28

3:20–4:20 pm no class Feb 17, Feb 24;

**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.**

**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; return students welcome.

**10 sessions / $205**

**LLS Music Rm. 132**

318a Mondays Jan 23–Apr 3

3:20–4:20 pm no class Feb 20

KHS 11 Tuesdays Jan 24–Apr 4

3:20–4:20 pm no class Feb 21

**SES Library**

Wednesdays Jan 25–Apr 4

2:50–3:50 pm no class Feb 22, Mar 22, Apr 12

**CES 43**

Thursdays Jan 26–Apr 20

3:20–4:20 pm no class Feb 23, Mar 24, Apr 12

**GFS Library**

Fridays Jan 27–Apr 28

3:20–4:20 pm no class Feb 24;
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.

Citizen Invention presents Creative Robotics
grades K–2
Kids and robots go together like green eggs and ham, like Batman and Robin, like thunder and lightning! Creative Robotics introduces little engineers to a variety of age-appropriate robots and robotics kits—like Ozobots, Dash and Dot, and littleBits, electronic building blocks. Learn to create, code, and connect to the digital world, and program your tiny ‘bot to draw, dance, navigate a maze, play a board game, and more.

6 sessions / $150
GFS 105 3:20–4:20 pm no class Feb 20
CES 39 3:20–4:20 pm no class Feb 21
CES Workshop 211 Wednesdays Feb 1–Mar 15
604c 3:20–4:20 pm no class Feb 22
CES Workshop 39 Tuesdays Apr 4–May 16
604d 3:20–4:20 pm no class Apr 11
LLS Workshop 211 Wednesdays Apr 19–May 24
604e 3:20–4:20 pm

Citizen Invention presents Creative Robotics
grades 3–5
The robots are here! There are robots to do chores, robots that are family companions, and robots that can assist with everyday activities. A vending machine is one kind of robot; a remote control car is another. What kinds of robot do you want to build?

6 sessions / $180
LLS Room 125 3:30–4:35 pm no class Feb 23
605a Fridays Feb 3–Mar 31
605b 2:50–3:50 pm no class Feb 17, 24, Mar 24
KHS Art Rm. 108 3:20–3:40 pm
605c 3:20–3:40 pm

Scratch for Kids 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’s fun! 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
CES 26 Wednesdays Feb 1–Apr 5
619a 3:20–4:20 pm no class Feb 22, Mar 22
KHS 205 Thursdays Jan 26–Mar 30
619b 3:20–4:20 pm no class Feb 23, Mar 23
GFS 106 Fridays Jan 27–Apr 7
619c 3:20–4:20 pm no class Feb 17, 24, Mar 24

With classes that are fun and creative, CompuChild ensures 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.

Theater Arts
TheaterPlay! presents
Hamilton & Broadway Edition
grades K–1, 2–5
An innovative, fun-filled, play-based way to learn about the theater: this TheaterPlay! class features icebreaker games, improvisation, movement, and dance. Hip hop, Broadway songs, scene work (grades 2–5 only), and even stage combat. Whether you have child who longs for the limelight or one who doesn’t even like to have his picture taken, this class offers something for everyone. TheaterPlay! is grounded in the belief that students learn through creative theater games and what could be more fun than make-believe? Bring a nut-free snack; class may be held outdoors without permission. (Taught by Laura Pendergast)

grades K–1 / 8 sessions / $165
GFS Music Rm. 127 Thursdays Feb 2–Apr 6
692a 3:20–4:20 pm no class Feb 23, Mar 23
KHS Library Fridays Jan 27–Apr 7
692b 3:20–4:20 pm no class Feb 17, 24, Mar 24
GFS Music Rm. 127 Thursdays Apr 27–Jun 1
692c 3:20–4:20 pm

KHS Library
Fridays Apr 28–Jun 2
692a 3:20–4:20 pm

grades 2–5 / 8 sessions / $165
CES 24 Mondays Jan 30–Mar 27
692e 3:20–4:20 pm no class Feb 20
GFS Music Rm. 127 Tuesdays Jan 31–Mar 28
692f 3:20–4:20 pm no class Feb 21
LLS Music Rm. 1 Wednesdays Feb 1–Apr 5
692g 3:20–4:20 pm no class Feb 22, Mar 22
grades 2–5 / 6 sessions / $79
CES 24 Mondays Apr 17–May 22
692h 3:20–4:20 pm

GFS Music Rm. 127 Tuesdays Apr 25–May 30
692i 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.

Little Actors
grades K–2
The Greeks knew it and recent research confirms it: drama enhances understanding, empathy, complex thinking, even spatial reasoning and vocabulary, for the audience and the performers. It’s never too early to take center stage, and Little Actors is the perfect introduction to the theater arts. Using improvisation, drama exercises, storytelling, and a weekly craft project, Little Actors will focus on teamwork, listening, and basic stage movement. Join the troupe and develop imagination through creative play. Parents are invited to attend an informal presentation during the last week of class.

8 sessions / $105
LLS Music Rm. 1 Tuesdays Jan 31–Mar 28
627a 3:20–4:20 pm no class Feb 21
CES Conf. Rm. 11 Wednesdays Apr 26–May 31
627b 3:20–4:20 pm

SLES Music Rm. 121 Thursdays Feb 2–May 11
627c 3:20–4:20 pm no class Feb 23, Mar 23

One Act Players
grades 3–5
If anyone’s ever told you to stop being so dramatic, don’t listen. Instead, take this class designed to develop the vocal and physical techniques that support strong storytelling. Our very own One Act Players will be guided through informal auditions, casting, rehearsals, and, finally, a performance. Each class will build on the previous one, and all classes will be geared towards students discovering their most creative and confident self. Learn acting techniques, polish your public speaking skills, or just come and play! (Taught by Elizabeth Donnelly)

8 sessions / $160
CES Conf. Rm. 21 Wednesdays Feb 1–Apr 5
628a 3:20–4:50 pm no class Feb 22, Mar 22
SLES Music Rm. 121 Thursdays Feb 2–Apr 6
628b 2:50–4:20 pm no class Feb 23, Mar 23
6 sessions / $119
LLS Music Rm. 1 Tuesdays Apr 25–May 30
628c 3:20–4:20 pm

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 scarcest Card trick! Promise we will perform 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 aids for new students. Non-refundable materials fee of $5 per week included.

12 sessions / $225
LLS Music Rm. 1 3:20–4:20 pm no class Feb 23, Mar 23
641a Thursdays Feb 2–May 11
67a 3:20–4:20 pm

LLES Music Rm. 1 Tuesdays Jan 31–Mar 28
67a 3:20–4:20 pm no class Feb 21
CES Conf. Rm. 11 Wednesdays Apr 26–May 31
67b 3:20–4:20 pm

SLES Music Rm. 121 Thursdays Apr 27–Jun 1
67c 3:20–4:20 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.

Turn the page for more Theater classes
Kids Division

Lights, Camera, Action!
grades 3–5
Always wanted to direct? Learn how to create your own movies using video cameras and Movie 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

LLS LMC
Thursdays
2:30–4:20 pm
no class Feb 23, Mar 23

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.

Middle School
See page 23 for Connie Goodman Tennis (6–8) and page 28 Westport AllStars Basketball Winter Sunday Shooter (6–8) and Spring Clinic (6–12)

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

SHS 1036
Thursdays
Mar 9, 16 & 30
3:15–5:15 pm

Shingles, Suffering, and Aging:
grades 11–12
In this class, students will learn about the medical and biological factors that contribute to the aging process and the physical effects of aging on the body. Students will explore the cultural and social influences on aging, and develop an understanding of how aging affects individuals of all ages. This course will also prepare students for college-level courses in gerontology.
6 sessions / $325

SHS 1038
Sundays
Apr 9–May 21
10:00–12:00 pm

A series of 5 clinics, each covering a different aspect of the game, plus, a 6th day of game play! This program is not for beginners. 8th graders are expected to have prior experience before signing up. 7th graders must have participated in the CT Juniors 2017 Winter Program in order to participate in the Spring Volleyball Program.
Spring Volleyball Program
grades 7–12
A series of 5 clinics, each covering a different aspect of the game, plus, a 6th day of game play! This program is not for beginners. 8th graders are expected to have prior experience before signing up. 7th graders must have participated in the CT Juniors 2017 Winter Program in order to participate in the Spring Volleyball Program.
6 sessions / $275

SHS Fieldhouse
Sundays
Apr 23–Jun 11
250: 5:00–7:00 pm

Don’t settle for takeout; hack your snacks! Take a culinary tour of the world with us and learn to make your favorite global grub tastier, healthier, and cheaper. Re-create the food you love, with fewer calories and fresher ingredients, in less time than it takes to get pizza delivered. You’ll improve your kitchen skills, expand your palate, and learn by doing. From homemade tortillas for terrific tacos to marvelous meatballs, we promise you’ll cook up some fun. Themes include: Mexican Fiesta, Chinese Takeout, Buen Appetito, and Vamos a Cereal. A non-refundable fee of $40 is included. Please note: the classrooms and kitchens where our cooking classes are held are not food allergy free. Nuts, shellfish, etc., are used frequently.
4 sessions / $199

SHS Room 273
Wednesdays
Mar 1–Mar 29
3:00–5:00 pm
no class Mar 22

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.nmkids.com.

Nouveau Nutrition presents Global Cuisine:
Around the World in 4 Weeks
grades 6–8
Don’t settle for takeout; hack your snacks! Take a culinary tour of the world with us and learn to make your favorite global grub tastier, healthier, and cheaper. Re-create the food you love, with fewer calories and fresher ingredients, in less time than it takes to get pizza delivered. You’ll improve your kitchen skills, expand your palate, and learn by doing. From homemade tortillas for terrific tacos to marvelous meatballs, we promise you’ll cook up some fun. Themes include: Mexican Fiesta, Chinese Takeout, Buen Appetito, and Vamos a Cereal. A non-refundable fee of $40 is included. Please note: the classrooms and kitchens where our cooking classes are held are not food allergy free. Nuts, shellfish, etc., are used frequently.
4 sessions / $199

SHS Room 273
Wednesdays
Mar 1–Mar 29
3:00–5:00 pm
no class Mar 22

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.nmkids.com.

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 Kitchiner 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. Almost ready to go to space? Problem solved.
6 sessions / $140

BMS 272
Tuesdays
Feb 28–April 4
3:00–4:30 pm

BMS 272
Fridays
Mar 3–April 7
3:00–4:30 pm

Lou Kitchiner runs the rocketry program at Renbrook Summer Adventure and is an active member of the National Association of Rocketry. A Westport music teacher, Lou likes to whistle as he works on his rockets.

Public Speaking
grades 6–8
Does the thought of a class presentation make you break out in a cold sweat? Would you rather do almost anything than give a speech? Even though it may fill you with fear, public speaking is an important skill, and it’s one you can master. Do it where you feel comfortable, with teachers you already know. Practice the fundamentals of good public speaking, learn to speak extemporaneously (and what extemporaneously means), and, ultimately, speak in front of a group. This class will use public speaking games, TED Talks, and school projects to make learning to—gasp—speak in front of a crowd fun. At least less terrifying.
4 sessions / $139

BMS 213
Thursdays
Apr 6–May 4
3:00–4:30 pm
no class Apr 13

Alison Antunovich and Courtney Ruggiero are 6th grade teachers at Bedford Middle School. They’ve co-taught a TED Talks workshop through the Connecticut Writing Project at Fairfield University, and they’re excited to bring their experience back to Westport. If you ask them nicely, they’ll both stand up and recite a poem. Neither is afraid of public speaking... anymore.

High School
See previous page for CT Juniors Volleyball Spring Program and page 29 for Westport AllStars Basketball Spring Clinic (6–12)

American Red Cross Lifeguarding Class
Participants must be 16 years old or on before the final scheduled session of this course; please see our website for swimming pool locations.
Learn the skills you need to prevent, recognize, and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until EMS personnel take over. The class will cover water rescue skills, first aid, CPR for adults, children, and infants, use of an AED. Students must be present for the entire class time to receive certification. Non-refundable fees of $35 for Red Cross certification cards and $5 for class materials are included.
5 sessions / $395

SHS Pool & Rm. 186
Tuesday–Saturday
8:00 am–2:00 pm
Feb 26 makeup day

Jeff Doonwerd is a physical education teacher at Staples High School and has been teaching aquatic and lifeguard courses for the last four years. He is a certified American Red Cross Lifeguard Instructor and has over 15 years of lifeguarding experience at various aquatic facilities.

Turn the page for more High School classes

Kids Division
Kids Division

PSAT 10
Staples High School sophomores only
Take a timed PSAT 10, administered according to College Board guidelines and scored by the College Board. Learn about your strengths and weaknesses on this important test designed especially for sophomores. Limited enrollment. $15 College Board scoring fee included. Bring No. 2 pencils; mechanical pencils not allowed. Registration ends February 24. No refunds; storm date March 18.

Mar 11 / 7:30-11:30 am / check in SHS Lobby / $5

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.

New 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 March 11 test
5 sessions / $170
SHS 3523: Wednesday Jan 29-Mar 1
309a: 2:30-5:00 pm no class Feb 22

Prepare for May 6 & June 3 tests
5 sessions / $170
SHS 3523: Wednesdays Mar 22-Apr 26
309b: 2:30-5:00 pm no class Apr 12

New 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 or be currently enrolled in Algebra 2. See our website for which review book to purchase prior to the start of class. [Taught by Brian Smith]

Prepare for Mar 11 test
5 sessions / $170
SHS 3523: Mondays Jan 23-Feb 27
309c: 6:15-8:45 pm no class Feb 20

Prepare for May 6 & June 3 tests
5 sessions / $170
SHS 3523: Mondays Mar 13-Apr 24
309d: 6:15-8:45 pm no class Mar 27, Apr 10

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
(¼ 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
306c: Registrants must also sign up for 307c
SHS 1034: Tues & Thurs Jan 26-Mar 23
3:00-5:00 pm no class Feb 1 & 23
No afternoon class on Jan 31; registrants must attend parent/child class 307c that night; see below

306d: Registrants must also sign up for 307d
SHS 1034: Tues & Thurs Apr 4-May 30
3:00-5:00 pm no class Apr 11 & 13
No afternoon class on Apr 6; registrants must attend parent/child class 307d that night; see below

After completing your Driver Ed class, you must come to our office to request the CS-1 Form, which you will need for your road test; expect to wait 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 306c
307c: SHS 1034
Tuesday Jan 31 6:00-8:00 pm

For those taking 306d
307d: SHS 1034
Thursday Apr 6 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-, 1.5-, 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.

Kids Division

Drug Education, a parent or legal guardian and his or her child have attended a 2-hour Mandatory Safe Driving Practices Class. New registrants must also sign up for 307d. Registrants must also sign up for 307c.

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 306c
307c: SHS 1034
Tuesday Jan 31 6:00-8:00 pm

For those taking 306d
307d: SHS 1034
Thursday Apr 6 6:00-8:00 pm

Safe Driving & Alcohol & Drug Education
Required for home-trained or private driving school-trained stu- dentes 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-, 1.5-, 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.

Kids Division
### Registration Form

**Westport Continuing Education: Winter / Spring 2017**

<table>
<thead>
<tr>
<th>Today’s Date</th>
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<tbody>
<tr>
<td><strong>Name</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Street Address</strong></td>
<td><strong>City</strong></td>
</tr>
<tr>
<td><strong>Home Phone</strong></td>
<td><strong>Work Phone</strong></td>
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<tr>
<td><strong>Email Address</strong></td>
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</tbody>
</table>

**Registrians in grades K–12, please complete this section.**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Date of Birth</th>
<th>School</th>
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<table>
<thead>
<tr>
<th>Names of Parents / Guardians</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emergency Contact Name</strong></td>
<td><strong>Phone</strong></td>
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</table>

**Please list:**

- **Health Problems**
- **Allergies**
- **Medications**

<table>
<thead>
<tr>
<th>Child’s Doctor’s Name</th>
<th><strong>Phone Number</strong></th>
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</table>

**Course No.**

<table>
<thead>
<tr>
<th>Title</th>
<th>Start Date</th>
<th>No. of Sessions</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
</table>

- Westport senior (62 or older) [ ]

- Registration fee: $10 / $5 for Westport seniors

**Total**

**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

<table>
<thead>
<tr>
<th>Credit Card #</th>
<th>Exp. Date</th>
<th>3 Digit Security Code</th>
</tr>
</thead>
</table>

**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 / Fax (203) 341-1218 / Drop off Staples High School, Room 1040**

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### 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.

**Center hours:**

- Monday–Friday / 7:30 am–4:30 pm
- Thursday / 7:30 am–8:00 pm
- Saturday / 8:30 am–2:00 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

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### 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. 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 class.

For Information about Norwalk’s extensive continuing education programs contact:

- [www.norwalkpublicschools.org](http://www.norwalkpublicschools.org)
- (click on the header for District and then on Continuing Education)
- Or contact Linda Cerri at:
  - (203) 854-4115 or cerri@norwalkps.org.

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

Westport Continuing Education has partnered with ed2go to offer a wide range of interactive, online courses. Affordable, fun, fast, and convenient, all classes are taught by expert instructors. And because you set the pace, you can ask questions and give or receive advice at any time during the course. Upon successful completion of the course, you will be able to download a certificate of completion. Browse through hundreds of courses on a wide variety of topics; new classes are added frequently.

To register, go to [www.westportcontinuinged.com](http://www.westportcontinuinged.com) and click on the ed2go link.

- Accounting + Finance
- Business + College Readiness
- Computer Applications + Design
- Composition + Health Care + Medical
- Language + Arts + Law + Legal
- Personal Development
- Teaching + Education
- Technology + Writing + Publishing
Stay tuned for our Summer 2017 catalog...

Camps, clinics, classes, and course for kids of all ages
- Discovery Camp
- Sports & Fun Camp
- All-Stars Sport & Fitness Camp
- Summer Theater Camps
- Art + Music Camps
- Cooking Camps
- Sports Camps
... and more!

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.

Camps, clinics, classes, and course for kids of all ages

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 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@westport.k12.ct.us 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.

Handicapped Access
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@westport.k12.ct.us.

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. 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:

www.westportcontinuinged.com

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

www.westportcontinuinged.com