

WESTPORT **CONTINUING EDUCATION**

Fall 2015

**CARVE OUT A
GREAT EXPERIENCE!**

Classes for Children & Adults

www.westportcontinuinged.com

203•341•1209



Westport Continuing Education • Fall 2015 Catalog

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

ADULTS AND KIDS K-12

WELCOME!

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

REGISTRATION PROCEDURES
GENERAL INFORMATION
POLICIES: see inside back cover

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CATALOG DESIGN: Imagination Unlimited

WESTPORT PUBLIC SCHOOLS
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Watch for all of our CATALOGS!

- Summer – in March
- Fall – in August
- Winter/Spring – in December

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

This Catalog is available in large print upon request.

Welcome to Westport's Fall 2015 Continuing Education Programs!

We encourage you to use the information in this catalog as you plan your fall activities. Browse through the exceptional programs and classes being offered during the Fall 2015 session.

For both children and adults, this catalog is filled with offerings designed to expand skills and knowledge while enjoying the company of others with similar interests and interacting with highly qualified instructors. Begin your pursuit of a new interest or continue on a path you have already chosen!

Visit our website for class offerings added or expanded after the catalog print deadline. Please let us know if we can do anything to enhance your experience with us. We look forward to your participation!

Skip Crane, of Imagination Unlimited, designed our catalog for more than 15 years prior to his recent passing. We are grateful for his service and feel privileged to have worked with both Skip and his wife Carol throughout the years.

MANDATED PROGRAMS UPDATE

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 to interested Westport residents through Norwalk Public Schools Continuing Education. Registration will be held in the main lobby of Brien McMahon High School (300 Highland Avenue, Norwalk, CT) on Tuesday, September 1 and Wednesday, September 2 from 7:00-8:30 pm. Proof of Westport Residency is required. Students 17 & 18 years of age must present a copy of their school withdrawal papers when registering for any class.

Information about Norwalk's extensive programs are available at www.norwalkpublicschools.org (click on header for District and then on Continuing Education) or contact Linda Cervi at 203-854-4115 or cervil@norwalkps.org.

CLASS LOCATIONS

SHS	Staples High School, 70 North Avenue
BMS	Bedford Middle School, 88 North Avenue
CMS	Coleytown Middle School, 255 North Avenue
CES	Coleytown Elementary School, 65 Easton Road
GFS	Greens Farms Elementary School, 17 Morningside Drive South
KHS	King's Highway Elementary School, 125 Post Road West
LLS	Long Lots Elementary School, 13 Hyde Lane
SES	Saugatuck Elementary School, 170 Riverside Avenue
SC	Westport Center for Senior Activities, 21 Imperial Avenue

REGISTER ONLINE! • www.westportcontinuinged.com

Office open to the Public: Mon-Thurs 8:00 am-8:00 pm • Friday 8:00 am-4:00 pm

Welcome to Our Fall 2015 Catalog!

Table of Contents

CREATIVE ARTS

Acrylic Painting.....	2
Crochet.....	2
Drawing and Acrylic Painting.....	2
Jewelry Making.....	2
Knitting.....	2
Quilting.....	2
Sewing.....	2
Watercolor.....	2

PHOTOGRAPHY

DSLR Camera Operation.....	3
iPhone Camera.....	10

CULINARY ARTS

Cooking with Chef Gans.....	3
-----------------------------	---

DIVERSE INTERESTS

Art of Storytelling.....	4
Bridge.....	4
Dealing with Gifts and Memorabilia.....	3
Dog Obedience.....	4
Gift Wrapping.....	3
Kabbalah.....	4
Parenting the Positive Discipline Way.....	4

FITNESS • HEALTH

Adult Swimming.....	6
Badminton.....	6
Dancer-Fit™.....	6
Fears, Phobias and Flower Essences.....	7
Gentle Yoga.....	5
Get Out Your Kinks.....	5
MELT Method Workshops.....	7
Mindfulness Meditation.....	7
Natural Health - Anxiety & Depression.....	6
Natural Health - Healthy Aging for Men.....	6
Natural Health - Optimizing Your Health.....	6
Nutrition for Life - What Should I Eat?.....	6
Pilates Mat.....	5
Qigong.....	6
Tai Chi.....	6
TRX Plus.....	5
Walk Aerobic Fitness.....	5
Writing for Well-Being.....	7
Yoga.....	5

HOME

Pitfalls to Avoid When Selling Your Home.....	8
Room Transformations.....	8
Stage Your Home to Sell.....	8

LANGUAGES

Chinese.....	8
French.....	8
German.....	8
Italian.....	8
Spanish.....	8

MONEY MATTERS

Estate Planning.....	9
Fundamentals of Investing.....	9
Long Term Care.....	9
Reverse Mortgages.....	9
Social Security.....	9
World of Investing.....	9

THEATER • DANCE

Acting.....	10
Ballroom Dancing.....	10
Dance Fitness and Fun.....	10

TECHNOLOGY • COMPUTERS

Desktop Publishing with Word.....	11
eBay.....	11
Excel 2010 - Beginner & Intermediate.....	11
Intro to Mac.....	10
iPad - Basics and Advanced.....	10
iPhone - Basics and Using the Camera.....	10
Launch Your Online Presence.....	11
LinkedIn.....	11
Photoshop CS6 - Basic and Int/Adv ..	10-11
Windows 8.....	11

KIDS CLASSES

Acting.....	15, 17
Art Exploration.....	14
Artistic Adventures.....	14
ArtLab.....	16
Babysitters Course.....	17
Basketball.....	14
Chess.....	16
Club BEDford.....	17
Cooking with Books.....	14
Edible Halloween Haunted Houses.....	15
Edible Winter Wonderland Houses.....	15
Fork Knife Spoon Cooking.....	17
Global App Developers.....	16
Global Video Games.....	16

KIDS CLASSES (Continued)

Just Sports.....	12
Karate.....	14
Kurious Kid's Cooking.....	16
LEGO® Bricks 4 Kidz® - Factory Fun.....	15
LEGO® Bricks 4 Kidz® - Transportation.....	15
Lights, Camera, Action.....	17
Mad Science - Freaky Physics.....	16
Magic Club.....	15
Rocketry.....	17
Sports & Homework Clubs.....	12
Story Theater.....	14
Study Skills.....	17
Tennis.....	13
Zumba® Kids.....	14

STAYCATIONS on Staff Development Days and School Breaks

Lego® Bricks 4 Kidz® - Nov 3.....	18
Lego® Bricks 4 Kidz® - Jan 15.....	18
Lego® Bricks 4 Kidz® - Feb 16-19.....	18
Lego® Bricks 4 Kidz® - Feb 22.....	18
Sports and Fun Adventures - Feb 16-19.....	18

HIGH SCHOOL

ACT® Prep.....	19
Driver Education.....	20
SAT® Prep.....	19
S4 Study Skills.....	19

INFORMATION

Affirmative Action Policy.....	Inside Back Cover
Class Locations.....	Inside Front Cover
Emergency Closings.....	Inside Back Cover
General Information.....	Inside Back Cover
Handicapped Access.....	Inside Back Cover
Mandated Programs.....	Inside Front Cover
Photographs & Video.....	23
Refund Policy.....	Inside Back Cover
Registration Form.....	24
Teaching Opportunities.....	21-22

WESTPORT CENTER FOR SENIOR ACTIVITIES

.....	23
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GIFT CERTIFICATES

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

Call 203-341-1209
for further information

Follow us on



WestportContinuingEducation

Check our website

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



Online Courses
see p 11

No registration fee if
you register online

#168 Introduction to Drawing and Acrylic Painting | Steve Parton

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

10 Sessions **Sept 29-Dec 1** **SHS Room 1004**
Tuesday **7:00-9:30 pm** **\$235**

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

#168 Advanced Acrylic Painting | Steve Parton

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

10 Sessions **Sept 30-Dec 9*** **SHS Room 1004**
Wednesday **7:00-9:30 pm** **\$235**

*no class Nov 25

#064 Watercolor | Steve Parton

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

10 Sessions **Sept 28-Nov 30** **SHS Room 1004**
Monday **3:00-5:30 pm** **\$235**



#170 Knitting for Beginners | Westport Yarns

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

2 Sessions **Oct 3 & 10**
Saturday **9:00-11:00 am** **\$69**

#171 Beginner Crochet | Westport Yarns

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

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

#452 Sewing | Barbara Hayden

New to sewing, just have a little experience, or have just forgotten how? First you will learn how to pin, cut material, layout and use a pattern, thread your machine, sew a perfect seam, and other basics. Then you will have two weeks off to practice your new techniques and work on your projects. Part Two will cover more advanced skills including how to put in zippers and use velcro for closures, make a pillow with cording, grade around curved seams, make buttonholes, hemming, and other methods used to complete your project. **Please bring your own sewing machine, cloth, and notions.** A list of required materials and local sources will be emailed to students prior to the start of classes.

6 Sessions **Oct 5-Nov 16*** **SHS Room 1007**
Monday **7:00-9:00 pm** **\$125**

*no class Oct 26

#921 Quilting: Mastering the Basics | Alice Garrard

Would you like to make a quilt but don't know how to begin? Expand your sewing skills and create a beautiful quilt top. Learn the fundamentals beginning with color and fabric selection. Also learn how to make templates, do rotary cutting, quick and strip-piecing, set-ins, machine piece, and appliqué. Your quilt top will include sashing and borders. Supply list will be emailed to you prior to the first class. **\$8 supply fee payable to the instructor on the first night.**

8 Sessions **Sept 30-Nov 18** **SHS Room 1007**
Wednesday **6:45-9:00 pm** **\$169**

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

#923 Connecticut Sampler | Alice Garrard **NEW**

Would you like to create a one-of-a-kind "Connecticut Sampler" wall quilt designed by Alice Garrard? Select from traditional, non-traditional and original blocks and borders, while incorporating your own original ideas. You'll learn many different techniques, making this class a perfect next-step to progress "beyond the basics". This is also ideal for more seasoned quilters or those who haven't quilted in a while. **\$8 supply fee payable to the instructor on the first night.**

8 Sessions **Oct 15-Dec 10*** **SHS Room 1007**
Thursday **6:45-9:00 pm** **\$169**

*no class Nov 26

#455 Jewelry Making | Susan Bishop

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

7 Sessions **6:45-9:15 pm** **SHS Room 1012**
\$199

#455a **Wednesday** **Sept 30 - Nov 11**

#455b **Tuesday** **Oct 27 - Dec 8**

#094 DSLR Basic Digital Camera Operation

| **John Zappala**

Learn to use your camera so your images are well-exposed, sharply-focused, and compositionally balanced. Subjects covered will be basic camera operation, composition relating to the photographic masters and painters of the past, the use of flash and tripod, different film speeds and quality settings, white light and color balancing, lighting as related to portraiture and still life, and tips on photographing kids, families, pets, flowers, etc. Sharing of images and visual ideas is encouraged. The instruction will emphasize the basics while promoting your individual creativity. Bring your camera and manual.

8 Sessions **Oct 5-Nov 23** **SHS Room 1036**
Monday **7:00-9:00 pm** **\$149**

John Zappala has a degree in Graphic Design from Farmingdale State U. and a B.F.A. from St. John's. He has practiced and exhibited advertising, fashion, and corporate photography for over 25 years.



Learn to use your
iPhone Camera
~ see pg 10

Culinary Arts

Cooking with Chef Cecily Gans

NEW

Your kids have been raving about Chef Gans – now is your chance to experience her culinary wonder! Her hands-on classes this term include Healthy Holiday Warming Winter menus!

#269 Wednesday, December 2 - \$65

- Winter Greens Salad with Pomegranate Vinaigrette
- White Bean Soup with Herbs
- Puttanesca Braised Cod over Roasted Potatoes
- The Best Flourless Dark Chocolate Cake

#270 Wednesday, December 9 - \$65

- Roasted Winter Squash Soup with Chestnuts
- Mediterranean Style Braised Chicken with Apricots, Olives and Herbs
- Quinoa with Tuscan Kale & Roasted Shallots
- Apple & Cranberry Crumbles

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

SHS Cooking Class Location

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

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

Diverse Interests

#934 It's the Thought that Counts - How to deal with gifts and memorabilia

NEW

| **Susan Lovallo**

- Do you struggle with letting go of gifts people have given you that you don't like?
- Do you have a lot of memorabilia you don't know what to do with? Sentimental items are a dilemma for a lot of people. What to do with grandma's canister collection? Your kids art work? We will discuss what to do with these treasured items. How, where and when to store them for future generations. And ways to part with them.

Thursday **Oct 1** **SHS Room 1052**
7:00-9:00 pm **\$29**

Susan Lovallo is a CPA, Certified Professional Organizer and the owner of Clutter Solutions, LLC, a local company that focuses on organizing homes, offices, time and finances for individuals, families and businesses, as well as training in Quicken and QuickBooks. She is the author of a new book: "Happily Organized: Little Stories About My Mom, the Most Organized Person in the World".

#703 Gift Wrapping | **Lisa Grant**

NEW

Presentation is as important as the present – a beautifully wrapped gift always brings smiles! Professional gift wrappers who have wrapped for Oprah, Bruce Springsteen and Nelson Mandela will teach you gift wrapping techniques inspired by the Japanese ritual of tsutsumi. Wow your friends and family! Learn to choose the right paper and ribbon as well as the tricks to accomplishing a seamless wrap. Practice materials will be provided but you can bring along a gift you need wrapped plus paper to get some expert guidance. Helpful handouts will be available for you to take home. Perfect timing to wrap all your holiday gifts! Non-refundable materials fee of \$5 included.

Wednesday **Dec 2** **SHS Room 1007**
7:00-8:30 pm **\$29**

Lisa Grant wants to share her "passion for paper" and appreciation of fine writing, decorative and gift wrap, which was enhanced while working in a well-known paperie. Lisa has wrapped gifts given by and to celebrities.

Diverse Interests

#933 Parenting the Positive Discipline Way **NEW**

| **Nancy Kovacic**

Positive Discipline is a parenting approach to help children develop self-discipline, responsibility, cooperation and problem-solving skills. Come if you are interested in learning why children misbehave, effective ways to reach your parenting goals, as well as strategies for dealing with sibling conflict, chores and homework hassles. You'll receive a copy of *Positive Discipline* by Jane Nelson.

3 Sessions **Oct 6-20** **SHS Room 1052**
Tuesday **7:00-9:00 pm** **\$99**

Nancy Kovacic is a retired Westport teacher, having taught at CES and KHS for 24 years, and was a Responsive Classroom trainer for the Westport district. She is a Certified Parent Educator of Jane Nelson's "Positive Discipline" and has practiced these principles and strategies for over 15 years both at home and in the classroom.

#443 The Art of Storytelling | **Nina Lesiga** **NEW**

Discover your inner storyteller. Learn how to mine potential stories and learn about the mechanics of storytelling. Tap into your imagining mind, discover your voice and use a combination of theory and practice to make your story compelling. Spoken narratives shared straight from the heart without a script are fresh, authentic and memorable. Whether you seek to preserve family heritage or tradition, share an experience, pitch an idea during a presentation or perform at a storytelling event - this is a terrific opportunity to develop your skill. Leave the class with at least one performance-ready story to impress your audience.

3 Sessions **Oct 28-Nov 11** **SHS Room 1051**
Wednesday **7:00-9:00 pm** **\$75**

Nina Lesiga is a motivational speaker and storyteller. She has presented at libraries, museums, community centers, civic organizations and community colleges throughout Connecticut. She has decades of storytelling experience working for a fast moving global consumer goods company. Check out her website and blog at www.GottaTravelSolo.com.

#936 Kabbalah Now: Spiritual Wisdom **NEW** of the Ages Revealed | **Justin Beck**

You know what you know, you know of what you don't know, but most of all, you don't know what you don't know – this series of classes will help you understand yourself better, live a more fulfilling life, and have a richer experience of who you are and what you are here to contribute. Kabbalah is an ancient wisdom that reveals how the universe and life work. Kabbalah teaches principles that apply to all peoples of all faiths and religions. It's the study of how to receive fulfillment in our lives. Kabbalah gives you information and tools to operate in the world, understand why things happen, and how one can better connect and experience the joy and fulfillment that you are meant to have.

3 Sessions **Nov 5-19** **SHS Room 1052**
Thursday **7:00-9:00 pm** **\$75**

Justin Beck has been studying and practicing Kabbalah for over 15 years. He has studied with many revered rabbis, scholars, teachers and spiritual practitioners. See our website for more information about Mr. Beck.

#290 Dog Obedience (for dogs at least 4 months old)

| **Heather Witt**

Designed to teach the owner how to train his/her dog to be a well-mannered and obedient pet. Topics include: understanding your dog; communicating effectively; basic obedience commands - sit, down, stay, stand, come, and leash walking; and behavior modification - digging, jumping, chewing, barking, etc. Dogs must have a collar and a 6-foot leash. Limit 8. Please note: 1st session is Orientation WITHOUT dogs.

7 Sessions **Oct 5-Nov 16** **SHS Pool Lobby**
Monday **6:30-7:30 pm** **\$145**

Heather Witt is the owner of The Complete Canine Company.

#194 Beginner / Advanced Beginner Bridge

| **Jackie Fuchs**

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

8 Sessions **Sept 30-Nov 18** **SHS Room 2057**
Wednesday **7:00-9:00 pm** **\$149**

#195 Intermediate Bridge | **Jackie Fuchs**

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

8 Sessions **Oct 1-Nov 19** **SHS Room 2057**
Thursday **7:00-9:00 pm** **\$149**

#096 Beginner Bridge in the Afternoon

| **Paul Miller**

Learn the basics of bidding and play of the hand. Bridge provides a good opportunity to create an active social life either locally, on the internet or worldwide. Join us and meet new friends as you learn the basics of this challenging game.

10 Sessions **Sept 28-Nov 30** **SHS Room 2057**
Monday **3:00-5:00 pm** **\$185**

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



BRIDGE

#098 Advanced Beginner Bridge in the Afternoon | **Paul Miller**

This bridge program focuses on reinforcement of basic bidding principles together with expanded use of important and frequently used conventions. Additionally, class will accentuate declarer play and defensive play and carding.

10 Sessions **Oct 1-Dec 10*** **SHS Room 2057**
Thursday **3:00-5:00 pm** **\$185**

*no class Nov 26

#097 Intermediate Bridge in the Afternoon

| **Paul Miller**

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

10 Sessions **Sept 30-Dec 9*** **SHS Room 2057**
Wednesday **3:00-5:00 pm** **\$185**

*no class Nov 25

#177 Yoga ~ for Beginners and Experts Alike

| **Sandy Adamczyk**

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

11 Sessions **\$209/Wspt Sr \$189**
#177a Tuesday **Sept 29-Dec 8** **SHS 2nd Floor Mezz**
7:30-8:45 pm

#177b Thursday **Sept 24-Dec 10 (no class Nov 26)**
6:30-7:45 pm

Westport Center for Senior Activities, 21 Imperial Ave.

Sandy Adamczyk has studied Yoga for 35 years. She offers alternative positions in yoga to accommodate the need and capabilities of individual students and teaches Yoga throughout CT and NY.

#226 Gentle Yoga | **Sandy Adamczyk**

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

10 Sessions **Oct 1-Dec 10*** **SHS 2nd Floor Mezz**
Thursday **4:30-5:45 pm** **\$190/Wspt Sr \$174**

*no class Nov 26

Walk Aerobics Fitness | **Leslie Kerr**

Walk Aerobics brings indoor walking to a whole new level. With basic, easy to follow walk steps set to music, Walk Aerobics offers a total upper and lower body workout for men and women wanting a non-threatening environment in which to build their fitness level. As the pace and intensity of the music increases, upper and lower body moves boost metabolism, increase energy, lift mood, and support overall health and well-being to help us age gracefully. Best of all, you can't do it wrong!

12 Sessions **Sept 21-Dec 7**
Monday **SHS 2nd Floor Mezz**

Walk Aerobics Level I is for those who have never exercised, as well as for those returning to exercise following a short or prolonged absence, and who seek a non-threatening, supportive environment in which to begin.

#162 7:30-8:30 pm **\$120**

Walk Aerobics Level II incorporates walk boosters and more complex walk combinations and is great for those who have been exercising regularly and would like a fun complement to their overall fitness plan.

#159 6:30-7:30 pm **\$120**

PILATES MAT, TRX AND FITNESS CLASSES

With Certified Instructors

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

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

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

#972 TRX Plus

| **Alison Bricken and Charlene Erwin**

TRX is one of the most effective strength training programs available. This fast-paced workout uses gravity to develop functional strength for every part of the body. Most of the exercises are done in a standing position with focus on body alignment, and every exercise builds core strength. In keeping with the latest research on muscular development, we will include additional equipment in each class such as free weights, tubing and physioballs to ensure that you get the most out of your workouts. Sneakers required. This class is not suitable for those with shoulder injuries.

9 Sessions **\$230**

#972a Monday **Sept 21-Nov 16**
11:30 am-12:30 pm

#972b Wednesday **Sept 9-Nov 18 (no class Sept 23, Oct 21)**
10:30-11:30 am

#958 Pilates Mat: The Ultimate Ab Workout **NEW**

| **Alison Bricken and Charlene Erwin**

The Pilates method is the gold standard of ab workouts. No other workout has been created since that builds strength, tones the abs and continues to challenge like this workout does. We will follow the classical approach to the method to ensure that every participant gets the most out of this time tested program so that you will both see and feel the difference in your body. Suitable for all levels. However, if you are not familiar with Pilates, please contact us before registering.

10 Sessions **Sept 8-Nov 17 (no class Nov 3)**
Tuesday **10:30-11:30 am** **\$255**

NEW

#973 Get Out Your Kinks

| **Alison Bricken and Charlene Erwin**

This is the perfect class to end your busy week and prepare for the weekend's activities. We all know how important stretching is, but none of us ever give it the time and attention it deserves. Here is your chance to get out your kinks and stretch every part of your body. We will use a wide range of flexibility techniques and tools (bands, balls, bosus, and Pilates equipment) to achieve a more flexible body. Sneakers required.

10 Sessions **Sept 11-Nov 13**
Friday **10:30-11:30 am** **\$255**



**Register Early —
Classes Fill Quickly**

#163 Dancer-Fit™ | Leslie Kerr

For anyone wanting to be dancer-fit, this fun workout combines easy-to-follow ballet and jazz moves with aerobic interval training to create lean bodies, strong cardiovascular fitness, improved balance, posture, flexibility, and confidence. The program challenges current or former dancers, as well as those who just want to feel like one.

10 Sessions **Oct 1-Dec 10*** **SHS 2nd Floor Mezz**
Thursday **7:00-8:00 pm** **\$100**

*no class Nov 26

Leslie Kerr is the owner of Second Act Fitness, a certified fitness and walk aerobics trainer, and ballroom instructor. A former Rockette, she is the creator of the Dancer-Fit™ program.

#877 Tai Chi for Beginners | Ming Hua He **NEW**

Tai Chi is a unique form of "moving meditation" that calms the mind, relaxes the body and strengthens the spirit. Tai Chi movement is slow and gentle, ideal for people of all ages. Experience greater energy and vitality, relieve chronic health problems and strengthen your body against disease and master the art of living in balance and harmony. Wear loose comfortable clothing.

8 Sessions **Sept 30-Nov 18** **SHS 2nd Floor Mezz**
Wednesday **7:00-8:00 pm** **\$99**

#878 Qigong for Meditation and Relaxation **NEW**

| Ming Hua He

Qigong (pronounced CHEE-Goong) is the science of cultivating the body's internal energy, which is called Qi in Chinese. Qigong is deceptively simple with three components: body, mind, spirit. This beginning class will focus on movements which are gentle, slow, smooth and suitable for all adults. With practice, Qigong may offer increased overall energy, flexibility, balance and coordination, focus and attention, ability to relax, increased immune functions, and help achieve mental and spiritual peace! Wear loose clothing.

8 Sessions **Sept 30-Nov 18** **SHS 2nd Floor Mezz**
Wednesday **8:00-9:00 pm** **\$99**

Ming Hua He has been practicing Tai chi and Qigong for over 20 years with Yin Yang Tai chi Academy. She is a certified Tai chi instructor and has taught Tai chi and Qigong in continuing education systems. Visit www.yinyangtaichi.com for more information about the classes and the instructor.

#175 Badminton – Coed | Peter Bartush

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

9 Sessions **Sept 9-Nov 11*** **SHS Gym**
Wednesday **7:40-9:40 pm** **\$99**

*no class Sept 23

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

#192 Adult Swimming – Beginner to Advanced

| Phil Walklet

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

6 Sessions **Oct 7-Nov 11** **SHS Pool**
Wednesday **7:30-8:45 pm** **\$99/Wspt Sr \$89**

Evidence-Based Natural Health Series **NEW**

| Dr. Kulveen Virdee

#700 Optimizing Your Health

There's so much information available from the natural health industry that leaves many of us feeling overwhelmed and confused about how to become healthier. Dr. Virdee will discuss natural ways you can improve your health including the causes and symptoms of common nutrient deficiencies, and cutting edge research on ways to determine and reverse your biological age.

Thursday **Oct 15** **SHS Room 1047**
7:00-8:30 pm **\$25**

#701 Anxiety & Depression

Many people are unaware of their daily struggle with anxiety and depression, and can go years, or even their entire lives, without seeking support to improve their quality of life. Relationships, self esteem, and careers can eventually deteriorate due to untreated mental illness. Dr. Virdee will explore common and less known symptoms of anxiety and depression, and explore natural ways to promote a healthier mood that include lifestyle modifications, herbs, acupressure points, nutritional therapies, meditative practices and more.

Thursday **Oct 22** **SHS Room 1047**
7:00-8:30 pm **\$25**

#702 Healthy Aging for Men

Men often start to experience a decline in their health once they hit mid-life. Dr. Virdee will explore common health conditions that men face as they age, and discuss natural ways to support healthy aging. This is an essential course for any middle-aged or older man who is seeking better health.

Thursday **Nov 5** **SHS Room 1047**
7:00-8:30 pm **\$25**

Dr. Virdee is a naturopathic physician who practices in Westport. Her undergraduate degree was in biology, with a focus in the field of epigenetics -- the study of how the environment interacts with genes to contribute to health or illness. After medical school, she completed a general medicine residency. She continues to learn about ways we can support our body's capacity to heal itself naturally.

#880 Nutrition for Life – What Should I Eat? **NEW**

| Barbara Lincoln

Good nutrition should be a lifestyle and NOT a fad diet (it should not include juice fasts or detox cleanses). Learn about the basics of nutrition, about the healthiest, most nutritious foods to shop for, and how to eat to increase energy and longevity. Topics covered will include: Organic foods/is it worth it to spend the money on them? Why are we so susceptible to fad diets/why don't they work? What are SUPER foods? Should I avoid gluten? Participants will also have an opportunity to select areas of focus (for example, eating for special health conditions and feeding picky toddlers).

6 Sessions **Oct 1-Nov 5** **SHS Room 1054**
Thursday **7:00-9:00 pm** **\$109**

Barbara Lincoln is a Registered Dietitian with private practices in NYC, Westport and Fairfield. She counsels medical patients and private clients in such areas as weight loss, diabetes, cardiovascular disease and hypertension. She firmly believes that a healthy balanced lifestyle includes a daily dose of chocolate and coffee!

#935 Writing for Well-Being **NEW**

| Joanne Reinhardt

This expressive writing workshop is focused on writing as a tool any of us can use to deepen self-awareness and encourage emotional growth and healing. Classes begin with guided mindful meditation practice to promote a sense of calm and presence. You will then engage in various types of writing prompts. In a supportive environment, you will be asked to share your writing, as we explore unique processes, and insights into pieces. This class is not about critique, but self-exploration thru writing.

4 Sessions **Oct 19-Nov 9** **SHS Room 1051**
Monday **7:00-9:00 pm** **\$79**

Joanne Reinhardt, MSW, LCSW, is a therapist in private practice specializing in issues related to anxiety and depression. She believes in the importance of mindfulness, interplay of mind/body/spirit and creative modes of expression as a means to one's sense of self-awareness and well-being.

#932 Mindfulness Meditation and Stress Reduction

| Dr. Paul Epstein

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

3 Sessions **Sept 29-Oct 13** **SHS Room 1047**
Tuesday **7:30-9:00 pm** **\$55**

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



#879 Fears, Phobias and Flower Essences **NEW**

| Lalie Madriguera

Almost everyone has a fear of something. Dr. Edward Bach, an English physician, developed 38 flower essences that have been used for decades to help people deal with specific states of emotion, heal emotional pain and to lead healthy, productive lives. In addition to an overview of these essences, there will be concentration on how to deal with fears and phobias, and the "Five Flower Formula", an emergency remedy which helps dissolve stress and anxiety.

Wednesday **Nov 4** **SHS Room 1052**
7:00-9:00 pm **\$29**

Lalie Madriguera has formally studied Bach Flower therapy and personally used it in overcoming stage fright. She is the recipient of a New England Emmy Award for producing and directing the documentary "Phobias...Overcoming the Fear" produced with Connecticut Public Television.

#164 Improve Your Workout, Reduce Your Pain: Introduction to MELT Method Soft Foam Roller Techniques

| Kristen Hallett Rzasz

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

Tuesday **Sept 29** **SHS Area Outside Library**
7:00-8:30 pm **\$29**

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

#165 MELT Method for Chronic Back Pain

| Kristen Hallett Rzasz

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

Tuesday **Oct 6** **SHS Area Outside Library**
7:00-8:30 pm **\$29**

#167 Aging Gracefully with the MELT Method

| Kristen Hallett Rzasz

If you have just a few minutes a day to help yourself look good and feel fantastic, this simple self-treatment is for you! This MELT Anti-Aging Workshop featuring the 50-Second Face-lift will show you how you can reduce sagging skin on your face and neckline and give yourself a face-lift daily. Learn how to stimulate cells that produce collagen in your skin and restore your skin's natural hydration from the inside out. Take home tips for great-looking skin. Learn other easy self-treatment techniques for reducing common aging issues, including aches and pains, cellulite, stiffness, and difficulty sleeping utilizing the MELT® Soft Body Roller and Treatment Balls. Bring an exercise mat and water.

Tuesday **Nov 10** **SHS Area Outside Library**
7:00-8:30 pm **\$29**

**No registration fee if
you register online**

#111 Stage Your Home to Sell! | *Kathy Engstrom*

Sell your home quickly... and at top dollar. Stage it! In a fun, interactive class, Kathy will show you what needs to be done to make sure your home looks its best and appeals to buyers.

Thursday **Nov 5** **SHS Room 1047**
3:00-5:00 pm **\$29**

Kathy Engstrom, owner of A Fresh Eye, LLC, is a real estate staging professional. She enjoys the challenge of figuring out how to make a home appeal to the largest number of buyers.

#112 Room Transformations | *Kathy Engstrom*

Transform an ordinary room into a space that lives beautifully! Learn how to use your existing furnishings and accessories to create warmth, harmony and flow. Enjoy a fun, interactive class! Bring a floor plan of your room (hand drawn is fine) and pictures from all angles. Kathy will share basic design theory - and then will work with you to come up with decorating plans to transform your room.

Thursday **Nov 12** **SHS Room 1047**
3:00-5:00 pm **\$29**

Kathy Engstrom, owner of A Fresh Eye, LLC, is a decorating professional and color consultant who believes a room should not only look beautiful but also function effectively for the people who live in it.

#117 How to Avoid Costly Pitfalls when Selling Your Home | *Rob Grodman*

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

2 Sessions **Oct 14 & 21** **SHS Room 1036**
Wednesday **7:00-9:00 pm** **\$35**

Register Early – Offerings depend on minimum enrollment

Languages

#160 Italian for Travelers | *Ashley Trivino* **NEW**

CIAO! This course is designed specifically for travelers and tourists who would like to be able to communicate in situations that arise when traveling. Pronunciation, typical greetings and travel-related dialogue will be covered in a fun learning environment. Enjoy learning Italian culture while you learn to speak simple phrases in Italian.

8 Sessions **Oct 1-Nov 19** **SHS Room 1036**
Thursday **7:00-9:00 pm** **\$135/Wspt Sr \$115**

Ashley Trivino lived abroad in Rome for 7 years where she became fluent in Italian. Ashley enjoys sharing her passion for all things Italian!

#163 Conversational German – Part 1 | *Robert Kibel*

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

8 Sessions **Oct 5-Nov 23** **SHS Room 1055**
Monday **7:00-9:00 pm** **\$135/Wspt Sr \$115**

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

#165 Conversational German – Part 3 **NEW** | *Robert Kibel*

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

8 Sessions **Oct 6-Nov 24** **SHS Room 1055**
Tuesday **7:00-9:00 pm** **\$135/Wspt Sr \$115**

#863 French for Tourists | *Nell Mednick*

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

8 Sessions **Sept 30-Nov 18** **SHS Room 1055**
Wednesday **6:30-8:30 pm** **\$135/Wspt Sr \$115**

#967 Basic Conversational Spanish | *Horacio Ballesteros*

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

10 Sessions **Sept 29-Dec 1** **SHS Room 1054**
Tuesday **6:45-8:45 pm** **\$165/Wspt Sr \$149**

#166 Conversational Chinese for Travelers **NEW** | *Ming Hua He*

This introductory course is ideal for those planning to travel to China for pleasure, educational or business purposes. It is designed for people with little or no prior experience in the language. Emphasis will be on developing basic conversational skills and learning essential vocabulary. Learn about cultural issues that should be given thoughtful consideration while traveling in China. Practice Chinese conversation in a wide variety of practical contexts.

6 Sessions **Oct 5-Nov 9** **SHS Room 1054**
Monday **7:00-9:00 pm** **\$99/Wspt Sr \$89**

Ming Hua He is the founder and director of the Chinese Cultural Exchange, an organization dedicated to promoting Chinese-American relations through education and cultural events. She has developed an effective, unique and integrating Chinese learning technique to inspire travelers to learn this complex language in an easy and fun way.

There is an additional fee for language text/materials

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

#143 Fundamentals of Investing | Brenda Catugno

Through discussion and class materials, we will demystify the world of investing. Understand the meaning of cash equivalents, bonds, stocks, mutual funds, and annuities, and how each category can work for you. This is an excellent course for learning about the basic asset classes and simple strategies for a lifetime of investing.

2 Sessions **Dec 1 & 8** **SHS Room 1047**
Tuesday **7:00-9:00 pm** **\$29/Wspt Sr No Fee**

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

#208 Financial Security for Life: Long Term Care NEW

| Michael Rosenman

Long-term care planning is an integral part of retirement and estate planning. We will discuss the pros and cons of various ways of funding health care. Do you really need long-term care insurance? When is the best time to buy it? Will Medicare or Medicaid take care of me? Bring your questions. Handouts will be provided.

Wednesday **Oct 28** **SHS Room 1051**
7:00-9:00 pm **\$25/Wspt Sr No Fee**

Michael K. Rosenman, CLU® ChFC® CASL® AEP, is a Financial Advisor with Northwestern Mutual since 2001 and is based in Stamford, CT.

#142 Reverse Mortgages - Debunking the Myths

| Sara Cornwall

Have you ever seen a television commercial advocating reverse mortgages? Get the right information from local reverse mortgage expert Sara Cornwall. Sara will debunk the myths around these loans, illustrate the pros and cons, and discuss what makes reverse mortgages different from standard home equity loans. Learn how to find the right lender to fit your needs.

Tuesday **Oct 27** **SHS Room 1052**
7:00-8:30 pm **\$19**

Sara Cornwall, a local reverse mortgage advisor for a leading bank specializing in reverse mortgages, has been a reverse mortgage advisor for over 10 years working with over 2,000 Connecticut homeowners, their families and advisors.



#209 The World of Investing

NEW

| Matthew Porio

The modern investment landscape has evolved considerably since the financial crisis of 2008 and investors these days are faced with numerous challenges and opportunities. Success in today's markets requires a thorough understanding of modern financial products, how they are traded, how they correlate and, most importantly, the risks they represent. This course will take you to the front row of the modern markets and explain the new investing platforms, products, markets and opportunities as they have developed over the last seven years and continue to develop week to week.

8 Sessions **Oct 5-Nov 23** **SHS Room 1052**
Monday **7:00-9:00 pm** **\$145**

Matthew Porio, CFA®, CTP®, is the founding principal of Lucas & Associates, LLC. With a corporate career spanning over 25 years in capital markets, Matt has a wealth of experience creating financial and risk management solutions for companies of all sizes, across a variety of industries in the U.S. and overseas.

#199 Maximizing Your Social Security

| John Brenkovich

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

Wednesday **Oct 21** **SHS Room 2032**
(storm date Oct 28) **7:00-8:30 pm** **\$19**

#162 Estate Planning | Patricia Beauregard

This is a detailed seminar on estate planning techniques and estate administration, with an emphasis on reducing or avoiding transfer taxes and maximizing lifetime wealth. There will be an in-depth review of federal and state transfer tax laws, including why now is the best time to prepare or update an estate plan. Learn about the probate process and the truth about avoiding probate, how wills and trusts are used in estate planning, how to plan for incapacity, and the importance of re-titling assets and updating beneficiary designations. Class will also include retirement assets, gifting, life insurance, digital assets, sophisticated planning, and more! Case studies will be included.

3 Sessions **Sept 30-Oct 14** **SHS Room 2032**
Wednesday **7:00-9:00 pm** **\$75/Wspt Sr \$49**

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

Visit Our Website
www.westportcontinuinged.com
Stay up-to-date on new course offerings!

Theater • Dance

#288 Places! Fun with Acting and Improv for Adults

| Jennifer Devine

Tough day at the office? Need a break from chasing the kids? Come and explore the essentials of acting and improvisation in this fun, energetic, program. In addition to providing a rollicking good time, our activities are designed to relieve stress and strengthen a multitude of core skill sets including: communications, presentation/public speaking, teamwork, emotional intelligence, and problem solving. Our organic, non-competitive approach requires no previous experience and is fun for everyone. Come play!

8 Sessions **Oct 1-Nov 19** **SHS Room 1055**
Thursday **7:00-8:30 pm** **\$189**

Jennifer Devine has more than 20 years' 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 (www.mockingbirdarts.com) which provides programs for adults and children.

#277 Dance Your Way to Fitness and Fun

| Sandy Adamczyk

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

11 Sessions **Sept 29-Dec 8** **SHS 2nd Floor Mezz**
Tuesday **6:15-7:30 pm** **\$209/Wspt Sr \$189**

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

NEW

#951 Ballroom Dancing for Everyone!

| Michael and Nicole Stavola

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

8 Sessions **Tuesday** **Oct 6-Nov 24** **\$125**

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

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

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



Technology • Computers

#121 Intro to Mac | Terri Piekara

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

Prerequisite: familiarity with the keyboard.

2 Sessions **Oct 20 & 27** **SHS Room 1029**
Tuesday **4:00-6:00 pm** **\$59**

#637 iPad Basics | Terri Piekara

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

2 Sessions **SHS Room 1051** **7:00-9:00 pm** **\$59**

#637a **Wednesday** **Sept 30 & Oct 7**

#637b **Tuesday** **Dec 1 & 8**

#638 iPad Beyond the Basics | Terri Piekara

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

Tuesday **Nov 10** **SHS Room 1051**
7:00-9:00 pm **\$29**

#652 iPhone Basics | Terri Piekara

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

Tuesday **Sept 29** **SHS Room 1051**
7:00-9:00 pm **\$29**

#222 iPhone as Your Camera | Terri Piekara

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

7:00-9:00 pm **SHS Room 1051** **\$29**

#222a **Tuesday** **Oct 13**

#222b **Thursday** **Dec 3**

#619 Basic Photoshop CS6 | Craig Burry

For photographers, hobbyists, and those who want to work with digital images. Through studio experience, hands-on work, and lecture, we'll explore the ins and outs of Adobe Photoshop. Topics include: selections and project montage, layer management, scans (reflective, transparent), image manipulation, retouching, and keyboard shortcuts. *Class will be taught on PCs.*

5 Sessions **Oct 1-29** **SHS Room 1033**
Thursday **7:00-9:00 pm** **\$159**

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

#890 Intermediate/Advanced Photoshop CS6

| Craig Burry

Explore the complexities of digital retouching, filtering, and enhancing your photos! Learn how to eliminate scratches, blemishes, and red eye. Learn dodge, burn, saturation, adjustment levels, and curves. We'll cover backgrounds, cropping, gradations, silhouettes, and low key, mid key, and high key. Learn how Bitmapped images and Pixels compare to halftone screening. Learn important functions, tools, methodology, and vocabulary, in applying Photoshop to your field of interest. *Prerequisite: basic understanding of Photoshop. Class will be taught on PCs.*

5 Sessions **Nov 5-Dec 10*** **SHS Room 1033**
Thursday **7:00-9:00 pm** **\$159**

*no class Nov 26

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

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

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

Monday **Oct 5** **SHS Room 1033**
6:45-9:15 pm **\$39**

#657 Desktop Publishing with Word **NEW**

Do you know how to use the desktop publishing tools available in MS Word? You can create professional looking fliers, brochures, newsletters, masthead, graphics including charts, photos, and more. You can also create a book with custom page numbering, chapter/section headings, automatic index, table of contents, and more. Files can be converted into a PDF file that can easily be emailed or stored on a tablet.

Monday **Oct 19** **SHS Room 1033**
6:45-9:15 pm **\$39**

#013 MS Excel 2010

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

Prerequisite: familiarity with the mouse and keyboard.

4 Sessions **Oct 6-27** **SHS Room 1033**
Tuesday **6:45-9:15 pm** **\$149**

#014 Intermediate MS Excel 2010

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

2 Sessions **Nov 10 & 17** **SHS Room 1033**
Tuesday **6:45-9:15 pm** **\$69**

#640 Advance Your Career Using LinkedIn

LinkedIn is a powerful network for sharing your professional credentials. Learn how to create a strong profile that will create a favorable impression. Discover tools to research a company, find a job, and find new clients or business opportunities. Best known for helping you find a new job, LinkedIn is also useful for small business owners and those wishing to maintain and grow connections. Learn how to set up your account.

Monday **Sept 28** **SHS Room 1033**
6:45-9:15 pm **\$39**

#658 Launch and Maximize Your Online Presence via Social Media or a Website

Whether you want to develop your online presence personally or for your business, discover how networking sites can be helpful. In this **demonstration class**, learn about Facebook, LinkedIn, Twitter, and other networking sites. We will also review other sites including Yelp, Houzz, YouTube, personal/business web pages and how such websites can help you professionally and personally. Social media is not a one size fits all, you'll discover the best methods!

Monday **Nov 30** **SHS Room 1033**
6:45-9:15 pm **\$39**

#636 Buying and Selling on eBay

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

Thursday **Oct 15** **SHS Room 2034**
6:30-9:30 pm **\$49**

ONLINE COURSES WITH



Westport Continuing Education has partnered with **ed2go** to offer a wide range of highly interactive courses that you can take entirely over the internet. Our online courses are affordable, fun, fast and convenient and are taught by expert instructors. Take courses from the comfort of your home or office at the times that are most convenient for you. You can ask questions and give or receive advice at any time during the course. Upon successful completion of the course, you will be able to download a certificate of completion. New classes are added frequently. Browse through the hundreds of quality online courses.

Among the categories of course offerings are:

Accounting and Finance • Business
 College Readiness • Computer Applications
 Design and Composition • Health Care and Medical
 Language and Arts • Law and Legal
 Personal Development • Teaching and Education
 Technology • Writing and Publishing

For more information about our online course offerings, go to www.westportcontinuinged.com and click on the **ed2go** link.

KIDS CLASSES follow the Westport Public School calendar. Unless otherwise noted, our classes do not meet on Westport Public School Holidays, Staff Development Days, or Shortened School Days and Elementary students do not have classes during teacher conferences, W, Th, F Dec 2-4

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

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

#836 Sports and Homework Clubs (Gr. 2-5)

Are you looking for fun and excitement after school? This is the club for you! Benefit from teacher directed homework/tutoring sessions and enjoy fun filled sports and activities! Play sports and activities such as basketball, soccer, flag football, wiffleball, kickball, capture the flag and much more! Gain a strong sense of satisfaction and achievement in a non-competitive atmosphere. Develop physical skills, do your homework, meet new friends and have fun participating! Be a part of our team this school year! Staffing levels depend on enrollment.

KHS Room 33 & Gym

#836a	Thursday	Sept 10-Oct 15	3:15-5:00 pm	6 Sessions-\$129
#836b	Thursday	Oct 22-Dec 10 (no class Nov 26, Dec 3)		6 Sessions-\$129

CES Library & Gym

#836c	Tuesday	Sept 8-Oct 13	3:15-5:00 pm	6 Sessions-\$129
#836d	Tuesday	Oct 20-Dec 8 (no class Nov 3)		7 Sessions-\$149

LLS Library & Gym

#836e	Tuesday	Sept 8-Oct 13	3:15-5:00 pm	6 Sessions-\$129
#836f	Tuesday	Oct 20-Dec 8 (no class Nov 3)		7 Sessions-\$149

SES Library & Gym

#836g	Tuesday	David Evans	2:45-4:30 pm	6 Sessions-\$129
#836h	Tuesday	Sept 8-Oct 13		6 Sessions-\$129
		Oct 20-Dec 8 (no class Nov 3)		7 Sessions-\$149

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

#840 Just Sports (Gr. 1-4)

Join us for sports and activities! Participate in games such as proball, pirates' gold, sink the ship, crossover, pinball, basketball, wiffleball, team handball, kickball, tag games, scooters, volleyball, badminton, floor hockey and much more! Make new friends, have fun in a safe environment and improve your sports skills and fitness. Staffing levels depend on enrollment.

KHS Gym

#840a	Monday	Sept 21-Oct 26	3:15-5:00 pm	6 Sessions- \$129
#840b	Monday	Nov 9-Dec 14		6 Sessions- \$129

GFS Gym

#840c	Thursday	Lisa Thomas, Jon Herbst	3:15-5:00 pm	6 Sessions- \$129
#840d	Thursday	Sept 10-Oct 15		6 Sessions- \$129
		Oct 22-Dec 10 (no class Nov 26, Dec 3)		6 Sessions- \$129

SES Gym

#840e	Friday	David Evans	2:45-4:30 pm	6 Sessions- \$129
#840f	Friday	Sept 11-Oct 16		6 Sessions- \$129
		Oct 30-Dec 11 (no class Nov 27, Dec 4)		5 Sessions- \$109

Sign up for Sports and Fun Adventures over February break - see page 18

Kindergarten Tennis with Connie Goodman

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

#827a	Tues, Sept 8-Oct 13	4:15-5:15 pm	SHS outdoors	6 sessions-\$240
#827b	Thurs, Sept 10-Oct 15	4:15-5:15 pm	SHS outdoors	6 sessions-\$240
#827c	Tues, Oct 20-Dec 8 (no class 11/3)	4:00-5:00 pm	GFS gym	7 sessions-\$275
#827d	Thurs, Oct 22-Dec 3 (no class 11/26)	4:00-5:00 pm	LLS gym	6 sessions-\$240
#828a	Tues, Jan 5-Feb 23 (no class 2/16)	4:00-5:00 pm	GFS gym	7 sessions-\$275
#828b	Thurs, Jan 7-Feb 25 (no class 2/18)	4:00-5:00 pm	LLS gym	7 sessions-\$275

Tennis for Grades 1-5 with Connie Goodman

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

Grades 1-2

#341A2	Mon, Sept 21-Oct 19	4:15-5:15 pm	SHS outdoors	5 sessions-\$205
#341B2	Wed, Sept 9-Oct 21 (no class 9/23)	4:15-5:15 pm	SHS outdoors	6 sessions-\$240
#341C2	Fri, Sept 11-Oct 16	4:15-5:15 pm	SHS outdoors	6 sessions-\$240
#343A2	Mon, Oct 26-Dec 14 (no class 11/2)	4:00-5:00 pm	GFS gym	7 sessions-\$275
#343B2	Wed, Oct 28-Dec 9 (no class 11/25)	4:00-5:00 pm	SES gym	6 sessions-\$240
#343C2	Fri, Oct 23-Dec 11 (no class 11/13, 11/27)	4:00-5:00 pm	BMS gym	6 sessions-\$240
#321A2	Mon, Jan 4-Feb 8 (no class 1/18)	4:00-5:00 pm	GFS gym	5 sessions-\$205
#321B2	Wed, Jan 6-Feb 24 (no class 2/17)	4:00-5:00 pm	SES gym	7 sessions-\$275
#321C2	Fri, Jan 8-Feb 26 (no class 1/15, 2/19)	4:00-5:00 pm	BMS gym	6 sessions-\$240

Grades 3-5

#341A3	Mon, Sept 21-Oct 19	5:15-6:15 pm	SHS outdoors	5 sessions-\$205
#341B3	Wed, Sept 9-Oct 21 (no class 9/23)	5:15-6:15 pm	SHS outdoors	6 sessions-\$240
#341C3	Fri, Sept 11-Oct 16	5:15-6:15 pm	SHS outdoors	6 sessions-\$240
#343A3	Mon, Oct 26-Dec 14 (no class 11/2)	5:00-6:00 pm	GFS gym	7 sessions-\$275
#343B3	Wed, Oct 28-Dec 9 (no class 11/25)	5:00-6:00 pm	SES gym	6 sessions-\$240
#343C3	Fri, Oct 23-Dec 11 (no class 11/13, 11/27)	5:00-6:00 pm	BMS gym	6 sessions-\$240
#321A3	Mon, Jan 4-Feb 8 (no class 1/18)	5:00-6:00 pm	GFS gym	5 sessions-\$205
#321B3	Wed, Jan 6-Feb 24 (no class 2/17)	5:00-6:00 pm	SES gym	7 sessions-\$275
#321C3	Fri, Jan 8-Feb 26 (no class 1/15, 2/19)	5:00-6:00 pm	BMS gym	6 sessions-\$240

Tennis for Grades 6-8 with Connie Goodman

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

#341A1	Mon, Sept 21-Oct 19	3:15-4:15 pm	SHS outdoors	5 sessions-\$205
#341C1	Fri, Sept 11-Oct 16	3:15-4:15 pm	SHS outdoors	6 sessions-\$240
#343C1	Fri, Oct 23-Dec 11 (no class 11/13, 11/27)	3:00-4:00 pm	BMS gym	6 sessions-\$240
#321C1	Fri, Jan 8-Feb 26 (no class 1/15, 2/19)	3:00-4:00 pm	BMS gym	6 sessions-\$240

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

| Sensei Douglas DeBarger, Kempo Academy of Martial Arts

Through highly successful teaching techniques that incorporate character building philosophies within traditional martial arts training methods, you will learn to understand and use martial arts to develop self confidence, self discipline, self control, focus, and respect for others. Learn a series of punches, kicks, and blocks in a fun yet controlled environment – there is no fighting or contact. Wear comfortable clothes and gym shoes. You will receive a white belt and have the option to purchase a Gi (uniform shirt and pants for \$42). All eligible students will be invited to do optional belt rank testing at the Kempo Academy of Martial Arts studio in Westport at the conclusion of the program (test fee is \$50). All students must submit a completed waiver form to our office prior to the first class meeting; the form is available in our office and on our website. Visit www.kempokaratect.com.

10 Sessions

\$135

#303a	Monday	Sept 21-Nov 30 (no class Nov 2)	CES Gym
	3:20-4:20 pm		
#303b	Tuesday	Sept 29-Dec 8 (no class Nov 3)	KHS Gym
	3:20-4:20 pm		
#303c	Wednesday	Sept 16-Dec 9 (no class Sept 23, Nov 25, Dec 2)	GFS Gym
	3:20-4:20 pm		
#303d	Thursday	Sept 24-Dec 10 (no class Nov 26, Dec 3)	SES Gym
	2:50-3:50 pm		
#303e	Friday	Sept 25-Dec 11 (no class Nov 27, Dec 4)	LLS Gym
	3:20-4:20 pm		

#322 Westport All-Stars Basketball Clinics NEW (Boys & Girls Gr. 2 & up – intermediate to advanced and elite players)

Learn to play the right way with CT Elite Instructor and Travel Coach Chris Fay, a.k.a. The Shot Doctor, in this progressive developmental program. Shooting, ball handling, skills, drills, and scrimmages featuring fundamentals, defense, strategy and sportsmanship taught by experienced coaches will elevate your game. Wednesday nights will be game play in the main gym at Staples High School where we have access to two full courts and 6 glass backboards. Sign up as an individual, with friends or your whole team! In addition to Chris Fay, the anticipated staff will include Charles Miller from Staples and Eric Sobelman from Fairfield Prep.

17 Sessions Sept 9-Nov 11 SHS Gym
(no class Sept 14 & 23) \$255

#322a Gr. 2-5 Mondays 6:00-7:15 pm & Wednesday 6:00-7:30 pm
#322b Gr. 6-12 Mondays 7:15-8:30 pm & Wednesday 6:00-7:30 pm

#856 Zumba® Kids (Gr. 2-5) | Ashley Trivino NEW

Zumba® is a worldwide fitness phenomenon, combining Latin and International music with fun aerobic kid-friendly dance moves. Zumba® takes the “work” out of workout, mixing low-intensity and high-energy moves for a calorie burning dance fitness party! It’s a fun healthy way for girls and boys to exercise and learn some dance skills while developing confidence, self-esteem, coordination and respect for others. The classes are non-competitive and designed for everyone, and most of all, are fun! Get moving to the music!

8 Sessions \$69

#856a	Monday	Oct 5-Nov 23 3:20-4:20 pm	LLS Gym
#856b	Wednesday	Sept 30-Nov 18 3:20-4:20 pm	KHS Gym

NEW

#658 Story Theatre (Gr. K-2) | Elizabeth Donnelly

Engage in group warm-up and work with improv/drama games to develop an understanding of storytelling. Each week we will read a children’s book to act out with basic props and costumes. Classwork is geared towards facilitating creativity and teamwork. An informal performance of scene work and drama games will be presented to parents the last week of class.

8 Sessions Sept 25-Nov 13 KHS Library
Friday 3:20-4:20 pm \$105

Elizabeth’s regional acting credits include numerous productions in CT and NYC. She is a Founding member of CT based Equity theatre company Fifth Letter Productions and a faculty member at the Warner Theatre Center for Arts Education.

NEW

#543 Cooking with Books (Gr. K-2) | Maria Farinas

Bring literature to life with Cooking with Books! Learn about fresh homemade donuts while listening to *The Great Donut Parade*, cheesy meatball cups with *Cloudy with a Chance of Meatballs*, homemade fruit salsa, guacamole, and chips with *Manana Iguana* and so much more! Enjoy a popular classic read aloud, discuss some of the highlights, and then cook up something delicious from the tale. Non-refundable materials fee of \$10 included.

8 Sessions Sept 30-Nov 18 LLS Cafeteria
Wednesday 3:20-4:20 pm \$220

Maria Farinas is the Chef/Teacher/Owner of Fork Knife Spoon Cooking based in Wilton, CT. ‘Cooking with Books’ is a unique literature-based cooking program designed to help students build their reading and listening skills, all while they have fun with cooking.

#469 Artistic Adventures (Gr. K-3)

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

8 Sessions Sept 30-Nov 18 LLS Art Room 6
Wednesday 3:20-5:00 pm \$229

#467 Art Exploration (Gr. K-3) | Jennifer Pagan

Have fun — mix, splatter, and sculpt with a variety of 2-3 dimensional art materials! Open up your imagination and creativity to make beautiful artworks and crafts. We’ll explore techniques, including, but not limited to drawing, printmaking, painting, collaging, and sculpting. We’ll draw inspiration from works of famous artists, modern designs, the materials and our own lives.

8 Sessions Oct 1-Nov 19 CES Art Room 19
Thursday 3:20-5:00 pm \$229

**Register Early —
Classes Fill Quickly**

BRICKS 4 KIDZ® (Gr. K-3)



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

#898 BRICKS 4 KIDZ® presents **NEW** LEGO® Factory Fun

Have you ever wondered how things are made? Or wanted to operate the big machines in a factory? Factories rely on special machines to help build, move and package the things we use every day. Come build kid-sized versions of these clever creations, such as a scissor lift, specialized conveyor belts and even a robot! You'll learn about the engineering challenges involved in machine design and maybe be inspired to invent your own machine!

#898a	6 Sessions	Sept 21-Oct 26	GFS Room 105
	Monday	3:20-5:00 pm	\$160
#898b	5 Sessions	Sept 18-Oct 16	KHS Art Room
	Friday	3:20-5:00 pm	\$135

#899 BRICKS 4 KIDZ® presents LEGO® **NEW** World of Transportation

If you like planes, trains and automobiles, then this unit is for you! Build motorized models of cars, dragsters, railroad crossing gates, airplanes and more. These models rock, roll and spin! Explore the history of transportation from horse and buggy and trains to the development of the automobile and flight. Follow our step-by-step model plans to create your vehicle and then customize it to your own specifications and take your mini-figure for a ride!

#899a	7 Sessions	Nov 2-Dec 14	GFS Room 105
	Monday	3:20-5:00 pm	\$185
#899b	6 Sessions	Oct 23-Dec 11*	KHS Art Room
	Friday	3:20-5:00 pm	\$160
*no class Nov 27, Dec 4			

Enjoy Bricks 4 KIDZ®
on School Breaks and Staff Development Days
- see pg 18

#841 Magic Club – featuring Nisan Eventoff, internationally known Master Magician (Gr. K-5)

Learn the secrets of the professional magician and experience the wonder of magic! In this critically acclaimed program, you'll learn presentation skills, leadership skills, and speaking skills. Build self-confidence and poise, improve body coordination and communication skills, and learn creative planning and stage presence. In addition, each week you will receive magic tricks and materials to take home with you! Students repeating this class will receive new tricks to take home and will assist as magic aides for new students. A truly MAGICAL experience awaits you! Non-refundable materials fee of \$5 per week included.

9 Sessions	Oct 1-Dec 10*	LLS Music Room
Thursday	3:20-4:20 pm	\$165

*no class Nov 26, Dec 3

#544 Edible Halloween Haunted Houses (Gr. K-5) **NEW**

| Maria Farinas

This is NOT your average house decorating class! Join a chef from Fork Knife Spoon Cooking in Wilton and make some super spooky and totally awesome edible Haunted Houses! Decorate a pre-constructed haunted house with all kinds of edible, yummy, and extra spooky decorations just in time for Halloween. Candy corn, gummy spiders, black and orange gumdrops, broken pretzel windows, creamy chocolate frosting, marshmallow ghosts, and so much more! It makes an awesome centerpiece as well. Houses will be wrapped in cello paper for easy transport home. Non-refundable materials fee of \$5 included.

#544a	Monday	Oct 26	KHS Cafeteria
		3:20-4:20 pm	\$35
#544b	Tuesday	Oct 27	CES Art Room 19
		3:20-4:20 pm	\$35
#544c	Thursday	Oct 29	GFS Room 105
		3:20-4:20 pm	\$35

#545 Edible Winter Wonderland Houses (Gr. K-5) **NEW**

| Maria Farinas

This is NOT your average house decorating class! Join a chef from Fork Knife Spoon Cooking in Wilton and make some truly spectacular Winter Wonderland edible houses. Decorate a pre-constructed house with all kinds of creative and inventive winter decorations including: vanilla icing, sparkling snow sprinkles, snow people with marshmallows, pretzel sticks and licorice scarves, gumdrop igloos, and much more! These make wonderful homemade family gifts or would be a beautiful edible centerpiece or added decoration to your home. Houses will be wrapped in cello paper for easy transport home. Non-refundable materials fee of \$5 included.

#545a	Monday	Dec 7	SES Cafeteria
		2:50-3:50 pm	\$35
#545b	Tuesday	Dec 8	LLS Cafeteria
		3:20-4:20 pm	\$35

#687 Places! Fun with Acting and Improv **NEW** (Gr. 1-2, 3-5) | Jennifer Devine

Explore the essentials of acting and improvisation in this fun, energetic program. In addition to providing a rollicking good time, our activities are designed to build and strengthen a multitude of core skill sets including: communications, literacy, presentation/public speaking, social skills, teamwork, emotional intelligence, problem solving, confidence, and self-esteem. Our nurturing, play-based, non-competitive approach requires no previous experience and is fun for everyone. Come play! Bring a nut free snack.

8 Sessions			\$150
#687a	Gr. 1-2	Sept 15-Nov 10	SES Auditorium
	Tuesday	2:45-4:00 pm	(no class Nov 3)
#687b	Gr. 3-5	Sept 16-Nov 11	SES Auditorium
	Wednesday	2:45-4:00 pm	(no class Sept 23)
#687c	Gr. 3-5	Sept 17-Nov 5	GFS Music Room 127
	Thursday	3:15-4:30 pm	

Jennifer Devine has more than 20 years' 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 (www.mockingbirdarts.com) which provides acting and improv programs for adults and children.

#546 Kurious Kid's Cooking (Gr. 1-3) **NEW**

| *Kira Pantschenko*

Expand your palate in this 'learn by doing' adventure! With Chef's hat in tow, you'll be encouraged to be creative and explore new foods. Make and sample a healthy fun recipe each week. Food habits learned as children are carried with you as teenagers and adults. Empower your child with knowledge about healthy eating so they will make appropriate food choices that will last a lifetime. Take home recipes and handouts. Possible foods that will be prepared: DIY go-gurts, fruit kabobs, strawberry peanut butter crepes, healthy dark chocolate no-bake bars, carrots in a hummus patch and Nutella banana sushi! Non-refundable materials fee of \$30 included.

6 Sessions **Oct 7-Nov 11** **GFS Cafeteria**
Wednesday **3:20-4:20 pm** **\$109**

Kira Pantschenko is a nutrition expert and the founder of Nouveau Nutrition. "Give a child a healthy meal and you feed them for a day; teach a child how to make a healthy meal and they will eat well for a lifetime." Visit www.nouveaunutrition.com

#909 MAD SCIENCE presents Freaky Physics, Forces & Flight! (Gr. 1-4) | *Mad Science*

With a focus on STEM learning, play engineer, chemist and stunt pilot! Investigate physics fundamentals and bring your scientific mind to learn secrets behind basic magic tricks. You'll be shocked by what you learn about electricity, blown away by your experiments with air pressure, and swept away by the excitement of working with waves. Discover the forces of flight, navigate electrical mazes and work as a junior engineer as you build triangles, cylinders and arches that make buildings and skyscrapers. Amazing Mad Science take home items included with each class. Don't miss this exciting, fun adventure with Mad Science!

8 Sessions **\$215**

#909a Monday	Sept 28-Nov 16 2:50-3:50 pm	SES Room 126
#909b Tuesday	Sept 29-Nov 24 3:20-4:20 pm	GFS Art Room 130 (no class Nov 3)
#909c Wednesday	Sept 30-Nov 18 3:20-4:20 pm	KHS Art Room 108
#909d Friday	Oct 2-Nov 20 3:20-4:20 pm	LLS Art Room 6
#909e Friday	Oct 2-Nov 20 3:20-4:20 pm	CES Art Room 19

#549 Afterschool ArtLab (Gr. 1-4) **NEW**

| *Westport Arts Center*

This mixed media art class will explore different techniques and artistic concepts. Each weekly workshop will encompass a complete project that invites you 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 skills and understanding that will transfer to future arts endeavors. Comfortable clothing that can get a little messy is encouraged! Class will be taught by Lindsay Heffernan, Manager of Education at the Westport Arts Center.

8 Sessions **\$280**

#549a Wednesday	Sept 30-Nov 18 3:20-4:50 pm	GFS Art Room 130
#549b Thursday	Oct 1-Nov 19 2:50-4:20 pm	SES Art Room 126

#318 Chess Class (Gr. 1-5)

| *National Educational Chess Association*

For children who are ready and able to focus on chess in a structured setting. Beginners will learn the rules, how to checkmate, see several moves ahead, and how to write down their moves. Advanced students will learn strategy, openings, endings, and the history of the game. Limited class size.

9 Sessions **\$180**

#318a Monday	Oct 5-Nov 30 3:20-4:20 pm	LLS Cafeteria
#318b Tuesday	Sept 29-Dec 1 3:20-4:20 pm	KHS Room 11 (no class Nov 3)
#318c Wednesday	Sept 30-Dec 9 2:50-3:50 pm	SES Room 168 (no class Nov 25, Dec 2)
#318d Thursday	Oct 1-Dec 10 3:20-4:20 pm	CES Room 43 (no class Nov 26, Dec 3)
#318e Friday	Oct 2-Dec 11 3:20-4:20 pm	GFS Cafeteria (no class Nov 27, Dec 4)

Level Up Village (LUV) offers the first ever program in Global STEAM (science, tech, engineering, arts and math) enrichment courses that promote design thinking and one-to-one collaboration on real-world problems between U.S. students and students in developing countries. Students in LUV classes can expect innovative, fun challenges that connect them directly to a global partner student living in poverty, setting them both up to gain global collaboration and STEAM skills.

#547 Global Video Games (Gr. 3-5) **NEW**

Don't just play the game, MAKE the game! Learn the "Scratch" program (designed by the brilliant folks at MIT) to build a video game or animation, use your drawings in your game, and get ready to blow your parents and friends away with your cool creations! You'll be remixing and working with a partner student at a Level Up Village global partner program who gets to take this class thanks to you. You'll be learning literacy, math, logic and presentation skills while having fun!

8 Sessions **\$200**

#547a Tuesday	Sept 29-Nov 24 3:20-4:35 pm	LLS Computer Lab (no class Nov 3)
#547b Thursday	Oct 1-Nov 19 3:20-4:35 pm	KHS Computer Lab

#548 Global App Developers (Gr. 3-5) **NEW**

You've downloaded them, you've played them. Now it's time to build your very own awesome app! No prior coding knowledge is necessary - learn to apply the app design process from concept to download. And after the class is over, you get to keep your student license to the app building software you will be using - that means if you want to keep building new apps after this class, you can! So get ready to impress your friends and family! Connect with your global partner student and share your apps with them.

8 Sessions **\$220**

Wednesday	Sept 30-Nov 18 3:20-4:35 pm	CES Computer Lab
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No registration fee if you register online

#659 **Intro to Acting (Gr. 3-5)** **NEW**
 | *Elizabeth Donnelly*

Develop a vocal and physical technique to support strong storytelling. Each week improv and drama games will be used to grow your creativity and confidence and you will work on an assigned scene to be presented to parents at the final week of class.

8 Sessions **Sept 25-Nov 13** **KHS Library**
Friday **4:30-6:00 pm** **\$159**

#542 **Fork Knife Spoon Cooking (Gr. 3-5)** **NEW**
 | *Maria Farinas*

Exercise your creativity, work on teambuilding skills, learn to read a recipe, improve math skills, and recognize the importance of fresh, seasonal, and local ingredients, all while cooking up some yummy food and having LOTS of good old fashioned FUN! Try out some great fall recipes including: Pumpkin French Toast Breakfast "cupcakes," Butternut Squash Lasagna with eggroll wrappers, Spooky Meatloaf Fingers (for Halloween), baked apples with streusel topping, and much more! Non-refundable materials fee of \$10 included.

8 Sessions **Oct 1-Nov 19** **SES Cafeteria**
Thursday **2:50-3:50 pm** **\$220**

#663 **Lights, Camera, Action! (Gr. 4-6)**
 | *Barbara Eilertsen*

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

8 Sessions **Oct 8-Dec 10*** **LLS LMC**
Thursday **3:20-4:20 pm** **\$119**

*no class Nov 26, Dec 3

#449 **Rocketry (Gr. 6-8)** | *Lou Kitchner*

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

6 Sessions **Oct 9-Nov 13** **BMS Room 272**
Friday **3:00-4:30 pm** **\$135**

#367 **American Red Cross Babysitters Course**
(Age 11 to 15) | *Stephanie Crowe (#367a)*
Paula Lacy (#367b)

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

3 Sessions **SHS Room 1047** **\$155**
#367a **Thursday** **Oct 8, 15, 22** **3:15-5:15 pm**
#367b **Monday** **Nov 9, 16, 23** **3:00-5:00 pm**

#681 **Study Skills Workshop (Gr. 6-8)** | *Bryan Davis*

Gain an understanding of the importance of good organization and study skills. Regain control over your binders and notebooks. After assessing your current study skills and organization habits, you will learn how to keep your materials, notes, homework, and binders organized. Learn strategies to help break down long-term projects, create a personalized study routine, and plan out your time, so you can be successful for the rest of the year!

4 Sessions **3:00-4:30 pm** **\$65**
#681a **Tuesday** **Sept 15-Oct 6** **CMS Room 217**
#681b **Wednesday** **Sept 16-Oct 14*** **BMS Room 235**
 *no class Sept 23

Why WCE Kids programs?

- location, location, location
- affordable rates
- trusted providers

Club BEDford MIDDLE SCHOOL AFTER SCHOOL PROGRAM

Join CLUB BED...the middle school educational after school program: includes homework support, sports, games, crafts, flexible hours and caring educators. At Club Bed we will provide a quiet study and reading space, along with project materials. We communicate with teachers to facilitate daily, long term projects and missing work. When the homework is done we have a variety of games, crafts and activities to entertain our students. Club BED takes place at Bedford Middle School Room 274, **Monday-Thursday from 3:00-5:30 pm** when school is in session.

	<u>Any 2 days</u>	<u>Any 3 days</u>	<u>4 days</u>
Any 1 week (M-Th)	\$50	\$70	\$90
Aug 31-Sept 24 (no class Sept 7, 14, 23)	\$160	\$230	\$285
Sept 28-Oct 22	\$160	\$230	\$285
Oct 26-Nov 19 (no class Nov 3)	\$160	\$230	\$285
Nov 23-Dec 22 (no class Nov 25-26)	\$160	\$230	\$285

Register by calling us at
203-341-1209

STAYCATIONS

STAFF DEVELOPMENT DAYS AND SCHOOL BREAKS

BRICKS 4 KIDZ® (Gr. K-3)

NEW

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

November 3 Staff Development Day

#897 Angry Birdie Camp

Angry Birds is a game about catapulting birds to knock over structures to earn points. Experience the thrill of Angry Birds by building different birds with LEGO® bricks! Launch the birds through the air, build motor-powered racing karts and machines for them, and more!

8:30-11:30 am SHS Room 1004 \$59

#896 LEGO® Pirate's Quest Camp

Shiver me timbers as you explore the popular culture behind the life of a pirate. Build a motorized pirate ship, a helm and an anchor, as we batten down the hatches and prepare for mutiny. Protect the hands on deck by building a launching catapult. Beware me mateys, if it's too late, you must abandon ship and build a rowboat to escape. Watch out for crocodiles! Anchors aweigh!

12:00-3:00 pm SHS Room 1004 \$59

**Stay all day — Sign up for both
Angry Birdie and LEGO® Pirate's Quest Camps and
bring a nut free lunch — \$119**

January 15 Staff Development Day

#895 LEGO® Force of Nature Camp

Fasten your seatbelts; we're in for some wild weather! Explore the when, where, how and why of amazing and powerful forces of nature. Build models that represent the motion of a particular weather or event - tornado, tsunami, earthquake and cyclone. Learn how they move, why they happen and what you can do to stay safe! The lessons are designed to improve your child's understanding of the forces of nature, while taking care not to alarm.

8:30-11:30 am SHS Room 1004 \$59

#894 LEGO® Model Designer Camp

How do LEGO® brick model-designers come up with their ideas? Where do they begin, and how do the ideas go from concept to completion? Explore the creative process of model design. Learn the function of different LEGO® components and discover how those components can work together to create all kinds of solid structures and moving parts. At the end of the day, you will have the opportunity to present your own design.

12:00-3:00 pm SHS Room 1004 \$59

**Stay all day — Sign-up for both
LEGO® Force of Nature and LEGO® Model Designer
Camps and bring a nut free lunch — \$119**

February 22 Staff Development Day

#893 LEGO® Sports Spectacular Camp

Explore sports ranging from gymnastics to biking, mini-golf to airplane acrobatics! This camp is a great way to get "sporty" kids building and get LEGO® fans interested in sports. Lessons focus on the importance of physical fitness and different aspects of fitness, such as stamina and strength; and the mechanics of sports, such as the physics involved in golf and the components of a stationary bike. Have fun playing with the models you build - hit a plastic golf ball with the mini-golf model, watch the gymnast spin around the bar and see tiny airplanes spin around and around on the air show model.

8:30-11:30 am SHS Room 1004 \$59

#892 Bricks Air, Land, and Sea Camp

Step aboard to build some exciting ways to get from here to there! Take to the sky in our Bricks 4 Kidz® helicopter model, race across the beach in an ingenious land sail, or zoom through the water on a jet ski. Learn what makes each machine unique and how it moves, exploring concepts such as buoyancy, propulsion, lift and g-forces! What other ways will you invent to travel through air, land and sea? Whether you're a high-speed thrill-seeker or just curious about how things work, this camp offers something for everyone.

12:00-3:00 pm SHS Room 1004 \$59

**Stay all day — Sign-up for both
LEGO® Sports Spectacular and Bricks Air, Land, and
Sea Camps and bring a nut free lunch — \$119**

February Vacation – Feb 16-19

#891 LEGO® Life Science Camp

Explore the fascinating science of living things and build engaging models of creatures from caterpillars to dinosaurs. Explore topics such as how the human body stays cool, the amazing life cycle of a butterfly, and investigate the Venus Fly Trap -- a plant that eats bugs! If you love creatures, this is the camp for you.

8:30-11:30 am SHS Room 1004 \$219

#890 Clash of Bricks Camp

Gather your barbarians and archers! It's time for battle...Bricks 4 Kidz® style! Collect and store gold and elixir to train troops and build villages. Stop at nothing to defend your village from enemy attacks! Experience the thrill of battling barbarians, greedy goblins, powerful PEKKAs, and wild wall breakers. All this and more at Clash of Bricks camp!

12:00-3:00 pm SHS Room 1004 \$219

**Stay all day — Sign-up for both
LEGO® Life Science and Clash of Bricks Camps
and bring a nut free lunch — \$389**

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

Are you wondering what to do during your school breaks? Join us and experience a sports camp taught by certified Physical Education teachers. Participate in age appropriate activities that are safe physically, mentally and emotionally! Rollerblading, snowshoeing, proball, pirates' gold, sink the ship, crossover, pinball, basketball, wiffleball, team handball, tag games, scooters, volleyball, badminton, floor hockey and much more! Rollerblading and snowshoeing are only offered for students in grades 3-5. Bring drinks, peanut-free snacks and if you are staying all day bring lunch!

4 Sessions Tues-Fri Feb 16-19 GFS Gym

#838a 8:15 am-3:15 pm \$159

#838b 8:15-11:30 am \$85

#838c 12:00-3:15 pm \$85

Prepare for Fall 2015 SAT®

NOTE: This fall our SAT® Prep classes will be geared toward preparing students for the Fall 2015 SAT®, which is the version that has been given the last few years. Starting in 2016, a new version of the SAT® will be administered to students, and we will offer appropriate prep classes in the winter. Visit www.collegeboard.org for further information about the two versions of the SAT®. The decision as to which SAT® your child should take is yours to make in consultation with your child's guidance counselor.

#308 SAT® Prep – Critical Reading/Writing

| Ashley Gayanilo

Prepare for the Critical Reading and Writing sections of the Fall 2015 SAT®. Learn test-taking strategies, review fundamentals in reading comprehension, sentence completion and essay writing. Teaching strategies include large group instruction, practice exams and individual student instruction. Increase your vocabulary, learn to become a better writer and improve your SAT® scores!!! Please see our website for which review book to purchase prior to the start of class.

#308a	5 Sessions	Sept 30-Oct 28	SHS Room 2030
	Wednesday	2:30-5:00 pm	\$170
#308b	5 Sessions	Oct 27-Dec 1*	SHS Room 2030
	Tuesday	6:00-8:30 pm	\$170
	*no class Nov 3		

#309 SAT® Prep – Math | Brian Smith

Prepare for the Fall 2015 SAT®. Learn test-taking strategies, review fundamentals in arithmetic, algebra, and geometry. Teaching strategies include large group instruction, practice exams and individual student instruction. Build up your confidence and improve your SAT® scores!!! Please see our website for which review book to purchase prior to the start of class.

#309a	5 Sessions	Oct 1-29	SHS Room 2030
	Thursday	6:00-8:30 pm	\$170
#309b	5 Sessions	Oct 26-Nov 23	SHS Room 2030
	Monday	6:00-8:30 pm	\$170

Prepare for October and December ACT®

#311 ACT® Prep | Ashley Gayanilo (#311a); Brian Smith (#311b); John Killian (#311c)

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

#311a	English & Writing	5 Sessions	SHS Room 2030
Tues	Sept 15-Oct 20*	2:30-5:00 pm	\$170
	*no class Sept 22		
#311b	Math	5 Sessions	SHS Room 2030
Mon	Sept 21-Oct 19	6:00-8:30 pm	\$170
#311c	Science	2 Sessions	SHS Room 2030
Wed	Oct 7 & 14	6:45-9:00 pm	\$75



#688 S4 Study Skills Parent Workshop **NEW**

FREE SESSION! S4's Study Skills Parent Workshop is a highly interactive hour long session that will provide parents with students in **grades 6-12** with practical tools and best practices as to how they may best support their student at home. Materials will be

provided. **Registration required - register online with S4 Study Skills at <http://S4StudySkills.com/westport>**
Thursday Oct 8 6:30-7:30 pm SHS Room 1049

#689 Essential Study Skills (Gr. 9-12) **NEW**

| S4 Study Skills

Essential Study Skills will teach you practical step-by-step ways to study, organize, manage time, prepare for tests, and use executive functioning strategies - essential skills in today's competitive academic environment. You will learn to: take notes when reading and listening • understand the difference between high level ideas and supporting details • plan, organize and manage time • study and prepare for class and tests • apply strategies for active reading and listening • pay attention and stay focused • study and stay on-task for precision, retention and speed • feel confident in your abilities. **Register online with S4 Study Skills at <http://S4StudySkills.com/westport>**

5 Sessions Oct 19-Nov 16 SHS Room 1049
Monday 2:30-4:00 pm \$395

#690 Comprehensive Study Skills (Gr. 9-12) **NEW**

| S4 Study Skills

Comprehensive Study Skills will teach you how to assess and apply your learning style to eliminate distractions, stay focused, increase information retention and improve motivation, while deepening your reading and writing skills. You will learn to: discover how you learn best • stay focused and eliminate distractions • increase motivation • read deeper, engage more, remember longer • employ critical thinking strategies • increase retention, reduce stress. **Register online with S4 Study Skills at <http://S4StudySkills.com/westport>**

5 Sessions Oct 21-Nov 18 SHS Room 1049
Wednesday 2:30-4:00 pm \$395



**Register Early —
Classes Fill Quickly**

STATE OF CONNECTICUT DEPARTMENT OF MOTOR VEHICLES CERTIFIED DRIVER EDUCATION

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

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

#306 Driver and Traffic Safety Education • (1/4 credit toward graduation)

| **Rob Rogers (#306a, #306c); Toby Watson (#306b)**

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

SHS Room 1034 \$220

#306a Tues & Thurs Sept 10-Nov 10 (no class Sept 17, 22, 24) 6:00-8:00 pm (MUST ALSO SIGN UP FOR #307a)

#306b Mon & Tues Oct 5-Nov 24* (no class Nov 3) 2:30-4:30 pm (MUST ALSO SIGN UP FOR #307b)

*No afternoon class on Monday Oct 12 – attend parent/child class (#307b) that night – see below

#306c Tues & Thurs Nov 24-Jan 26** (no class Nov 26, Dec 24, 29, 31) 3:00-5:00 pm (MUST ALSO SIGN UP FOR #307c)

**No afternoon class on Tuesday Dec 1 – attend parent/child class (#307c) that night – see below

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

#307 ***2 Hour Parent and Child Mandatory Safe Driving Practices Classes SHS Room 1034

As part of the state-mandated 8 hour Safe Driving and Alcohol and Drug Education, a parent or legal guardian and their child must together attend one of the following sessions which must be registered for in advance.

#307a Sept 15 Tues 6:00-8:00 pm ONLY AVAILABLE TO THOSE TAKING #306a

#307b Oct 12 Mon 6:00-8:00 pm ONLY AVAILABLE TO THOSE TAKING #306b

#307c Dec 1 Tues 6:00-8:00 pm ONLY AVAILABLE TO THOSE TAKING #306c

#304 Behind-the-Wheel Instruction (Learner's Permit required) \$440

Driving hours (8) are scheduled by appointment at mutually agreeable times after school and/or on weekends. Student/teacher ratio is 1/1. Begin the driving instruction well in advance of the testing date. You can begin Behind-the-Wheel instruction after you have started your 30 hours of classroom instruction. Lessons may be scheduled in 1, 1½, or 2 hour increments. Instruction includes local driving in commercial and residential areas, and parking skills. Vehicles are dual-brake controlled. As a follow-up to each structured lesson, additional hours of practice driving with a parent is required by the state of Connecticut to total 40 hours of instruction. For the student who has completed the 30 hour Driver and Traffic Safety Education course, the learner's permit must be in effect for at least 120 days (180 days otherwise) before the student can take the road test to obtain a driver's license. Contact your insurance company to determine if you will get a discount for completing BTW instruction. **Payments for BTW can be made in two installments. Please note: If a student needs to cancel a lesson, the student is responsible for contacting the instructor at least one day in advance. Failure to do so will result in the student being charged for the lesson.**

#305 Safe Driving and Alcohol and Drug Education • 8 hours • SHS • \$125

Required for home trained or private driving school trained students under 18. Call our office for the dates offered.

(Note: These hours are included in 30 hour Driver and Traffic Safety Education.)

Westport Continuing Education : Teaching Opportunities

Are you passionate about a hobby? An expert in a particular subject? WCE offers classroom and experiential learning programs for adults and children at all levels of creative and academic development. Be bold, experiment, and embrace curiosity in the company of like-minded people. Consider submitting a class proposal today.

Instructor Name

Address

City

State

Zip

Home Phone

Work Phone

Cell Phone

Email Address(es)

Proposed Course Title

Course Description (to be used for advertising purposes; WCE reserves the right to edit any and all copy for accepted courses. Please limit your description to 250 words; attach a 2nd sheet, if necessary):

Course Details

Number of sessions	Hour(s) per session	Max./Min. # of students	Materials fee per student (if applicable)
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Preferred day of the week (M-Th)	Preferred start/end times	Preferred start date
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Desired compensation	Specify grade range and/or adult ed
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Equipment and/or materials needed

Instructor Biography (to be used for advertising purposes; WCE reserves the right to edit any and all copy. Please limit your description to 250 words; attach a 2nd sheet, if necessary):

Instructor Qualifications (list relevant education, degrees; if this is a hobby and/or personal interest, indicate the length of time you have studied or otherwise been involved in the subject):

References (please list 2 people who can speak knowledgeably about your qualifications for the activity/area listed above):

Name	Contact Information (phone and/or email address)
------	--

Name	Contact Information (phone and/or email address)
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Instructor Availability

Fall (Sept.–Dec.) Winter/Spring (Jan.–June) Summer (late June–Aug.)

Please submit the completed form, along with your résumé, by email (conted@westport.k12.ct.us), mail (attn. WCE / 70 North Avenue / Westport, CT / 06880), or fax (203-341-1218).

WCE notes

Westport Center for Senior Activities 21 Imperial Avenue

Please visit online at:

www.westportct.gov/seniorcenter
or like on Facebook by typing in
Westport Senior Center

facebook

Center Hours:

Monday – Friday 7:30 am – 4:30 pm

Thursday 7:30 am – 8:00 pm

Saturday 8:30 am – 3:00 pm

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

Among the courses taught at the Center are:

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

Photographs and Video

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

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

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

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

WESTPORT CONTINUING EDUCATION REGISTRATION FORM • FALL 2015

Today's Date: _____

Name _____ Email address _____

Street Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

REGISTRANTS IN GRADES K-12 COMPLETE THIS SECTION:

Grade _____ Date of Birth _____ School _____

Names of Parents or Guardians _____

Emergency Contact _____
 Name Phone Relationship to child

List _____
 Health Problems Allergies Medications

Child's Doctor's Name _____ Phone Number _____

Course #	Title	Start Date	# of Sessions	Time	Location	Fee
Westport Senior (62 or older) Yes ___						Registration Fee \$10* (\$5 for Westport Seniors)
Total						\$

*Registration fees do not apply to one session courses.
No registration fee for online registrations.

Payment Type: (Circle One)



Check (payable to Westport Continuing Education)

Credit Card # _____ Exp Date _____ 3 Digit Security Code _____

Print Name on Card: _____

Billing Address (if different than mailing address) _____

Refund Policy – see inside back of catalog or our website

Ways to Register:

Online: www.westportcontinuinged.com

Mail: 70 North Avenue, Westport CT 06880

Fax: 203-341-1218

Phone: 203-341-1209

In Person: Staples High School, Room 1040

General Information

WELCOME!

KIDS K-12 • ADULTS RESIDENTS • NON RESIDENTS

REGISTER EARLY

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

HOW TO REGISTER

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

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

PAYMENT IN FULL must accompany your registration. Please note that all registrations must be made in advance. No walk-in registrations can be accepted by any instructor for any class.

CLASS LOCATIONS

- See inside front cover for the building addresses.
- Schools may have events when we cannot use their facility; check your email for class cancellations or changes.
- Room assignments for adult classes will be posted nightly in the main entrance at SHS.

PROGRAM COSTS

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

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

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

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.

ADULT Classes will NOT meet on:

Sept 14, 17 (if class meets at SHS), **22** (evening classes) **23, 24** (if class meets at SHS), **Nov 25-27**

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

- Westport Public School Holidays: **Sept 7, 14, 23, Nov 26-27**
- Shortened School Day: **Nov 25**
- Staff Development Days: **Nov 3 except for Staycation Programs and evening Driver Education**
- Unless otherwise noted, classes for elementary students will NOT meet on Teacher Conference Days: **Dec 2-4**

INCLEMENT WEATHER/EMERGENCY CLOSING INFORMATION

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

OUR REFUND POLICY

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

WESTPORT SENIORS (62+)

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

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

REGISTER ONLINE! • www.westportcontinuinged.com

RESIDENTIAL CUSTOMER



Scan here with your smartphone
or iPhone (with appropriate app)
to go to our website

Fall 2015

www.westportcontinuinged.com 203-341-1209

Over 30 NEW classes for Adults and Kids

**Fitness...Acting...Foreign Languages...Writing...
Financial Matters... Diverse Interests... Kids Cooking...
STEM programs and many more**

Register online at anytime

