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## Weekly Calendar : Adult Division

### monday

#### Arts + Crafts

All Sewn Up

DSLR: Basic Digital

Camera Operation

Watercolor

#### Cards + Games

Beginner Bridge in the Afternoon

#### Cooking

Cooking with Emilie, Your  
French Chef

#### Family + Pets

Dog Obedience

Positive Discipline for  
Young Children

#### Fitness + Health

TRX Plus

#### Languages

Conversational German, Part 2

Conversational German, Part 3

#### Money Matters

Modern Financial Markets

Money Talks:

Workshops on Modern Finance

#### Technology + Computers

Intro to Windows

#### Writing

Get Your Personal Essay Published

### tuesday

#### Arts + Crafts

Introduction to Drawing &

Acrylic Painting

Jewelry Making

#### Fitness + Health

MELT Method® Workshops

Natural Health Series:

Optimizing Your Health

Anxiety & Depression

Pilates Mat: Ultimate Ab Workout

Tennis for Adults

#### Languages

Conversational German, Parts 1 & 2

Intermediate Conversational

Spanish

#### Mind + Body

Cultivating Happiness:

Live a More Satisfying Life

How Biography Becomes Biology &

How You Can Heal

Mindfulness Meditation &

Stress Reduction

Using Mind-Body Medicine for

Health & Healing

#### Money Matters

Fundamentals of Investing

How to Avoid Costly Pitfalls When

Selling Your Home

Maximizing Your Social Security

#### Technology + Computers

Cool Apps for iPhones & iPads

iBasics: Intro to iPhone & iPad

Intermediate MS Excel 2010

The Internet of Things

iPhone/iPad Tips & Tricks

MS Excel 2010

#### Theater + Dance

The Art of Storytelling

Ballroom Dancing

### wednesday

#### Arts + Crafts

Advanced Acrylic Painting

Furniture Painting Workshops

Handmade Hostess Gifts

Jewelry Making

Photo Ops: Sports Event

Photography for Non-Professionals

Quilting FAQs

#### Cards + Games

Beginner / Advanced

Beginner Bridge

Intermediate Bridge

Intermediate Bridge in  
the Afternoon

#### Cooking

Cooking with Chef Cecily Gans

#### Family + Pets

Positive Discipline for Teenagers &  
Young Adults

#### Fitness + Health

Adult Swimming

Badminton

First Aid / CPR / AED

Qigong for Meditation & Relaxation

TRX Plus

Tai Chi for Beginners

#### Home + Garden

Container Gardening I & II

#### Mind + Body

Kabbalah Now

#### Money Matters

Estate Planning

Financial Security for Life:

Long-Term Care

#### Technology + Computers

iPhone Photography

#### Theater + Dance

Act Up: Acting for Adults

# thursday

# friday

## Arts + Crafts

**Show Me Your HeART:  
Mixed Media Adventures  
Quilting: Mastering the Basics**

## Cards + Games

**Intermediate Bridge  
Play of the Hand  
Advanced Beginner Bridge  
in the Afternoon**

## Fitness + Health

**Yoga for Beginners & Experts Alike  
Understanding Your Changing  
Hormones: A Natural Approach  
Natural Health Series:  
Stress in the Workplace  
Stress & Your Home Life**

## Home + Garden

**Stop Having Dinner with  
Your Paperwork**

## Languages

**Basic Conversational Spanish  
Italian for Travelers**

## Mind + Body

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

## Technology + Computers

**Basic Photoshop CS6  
Intermediate / Advanced Photoshop**

## Theater + Dance

**Places! Fun with Acting & Improv  
for Adults**

## Mind + Body

**Writing for Well-Being**

# saturday

## Arts + Crafts

**Furniture Painting Workshops  
Knit 1, Cowl 2**

## Important Information

### Class Location

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

### Class Schedules

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

### School Closings

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

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

### Westport Seniors

Westport seniors (age 62 and up) may receive a reduced fee for some classes, as indicated in the catalog.

**See page 36 for more information about the Westport Senior Center.**

## Arts + Crafts

### Homemade Hostess Gifts

Jump feet first into the sometimes daunting world of crafting. You'll be introduced to crafting's essential go-to tools and materials as you complete several on-trend projects you can give as hostess gifts. Open up a world of possibilities, from handmade cheese boards and wine totes to those cool little moss-covered pots you see... well, you know where you see them. Learn to love burlap, chalkboard paint, hot glue guns, X-ACTO knives, and more. Leave each class with a step-by-step cheat sheet, so you can recreate each project on your own. A non-refundable materials fee of \$5 is included.

**134**                      **\$45**  
2 Wednesdays      Mar 30 & Apr 6  
7:00-8:30 pm        SHS 1004

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

### Furniture Painting Workshops

Open any design magazine, and it's obvious: painted furniture is in. If you can hold a paintbrush, you can paint your own. You'll start with the basic techniques you need to replicate a variety of surfaces: velvety and rustic finishes, two-color distressed finish, color wash, and waxed, then move on to gold and silver leafing, decoupage, basic stenciling, crackling, and other enhancements. Materials are included; no chemicals or stripping. Classes will be held at the instructor's studio in Bridgeport.

**943a**                      **\$215**  
2 Wednesdays      Mar 9 & Mar 16  
10:00 am-1:30 pm    Address will be emailed prior to class

**943b**                      **\$215**  
2 Saturdays            Mar 12 & Mar 19  
10:00 am-1:30 pm    Address will be emailed prior to class

*Kate Allen is a certified decorative furniture painter and founder of Furniture Reimagined, a company specializing in workshops, custom furniture painting, and design services.*

### Show Me Your HeART: Mixed Media Adventures

Using eclectic materials, unique insights, messy fun, and guided prompts, this class will inspire you to draw on creativity as a means of personal expression and to make beautiful, personal art. You'll discover what being in the "flow" feels like and how freeing it can be to use art to navigate through life's difficult detours. Learn to embrace the beauty of your mistakes, negotiate the curves that all artists come across in their work, utilize a range of materials, and deploy innovative strategies for conquering a blank page or empty canvas. A non-refundable materials fee of \$5 is included.

**942**                      **\$105**  
6 Thursdays        Mar 3-Apr 7  
7:00-9:00 pm        SHS 1004

*Amy Oestreicher is an artist, actress, musician, and writer residing in Westport. She specializes in acrylics, mixed media, and collage, and her work has been exhibited in juried exhibitions throughout New England. Visit [www.amyoes.com](http://www.amyoes.com) and her Etsy shop, AllspiceAndAcrylics.*

### Introduction to Drawing & Acrylic Painting

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

**168**                      **\$235**  
10 Tuesdays        Jan 26-Apr 5 (no class Feb 16)  
7:00-9:30 pm        SHS 1004

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

### Advanced Acrylic Painting

Already experienced with acrylics? Want to stretch your wings? Take advantage of expert guidance and critical feedback and take your painting further in a supportive, fun atmosphere. Each week will feature demonstrations and discussions of materials

and techniques you can use to enhance your vision. Personal projects are encouraged. Materials list available in the office and on our website. [Taught by Steve Parton]

**166** **\$235**  
10 Wednesdays Jan 27-Apr 13 (no class Feb 3 & 17)  
7:00-9:30 pm SHS 1004

## Watercolor

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

**064** **\$235**  
10 Mondays Jan 25-Apr 11 (no class Feb 15 & 22)  
3:00-5:30 pm SHS 1004

## Jewelry Making

This structured introductory course will take you from design to finished piece. Along the way, you'll learn about soldering, wiring, buffing, and more. You'll use those new skills to create pendants, earrings, brooches, and necklaces, and you'll work with various wires, metals, semi-precious stones, and beads. A non-refundable materials fee of \$20 is included; additional fees may apply when using more expensive materials.

**455a** **\$199**  
7 Tuesdays Feb 23-Apr 5  
6:45-9:15 pm SHS 1012

**455b** **\$199**  
7 Wednesdays Mar 23-May 11 (no class Apr 20)  
6:45-9:15 pm SHS 1012

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

## Knit 1, Cowl 2

Always wanted to learn how to knit but think you're all thumbs? Let the experts at Westport Yarns help you spin a good yarn in this class for beginners and those who need a refresher. Learn the basics, from casting on, to knitting and purling, to binding off.

We'll discuss the woolly and wonderful world of yarn and what fibers and weights work best for which projects. We'll teach you how to review your work, notice and fix your mistakes, and then we'll get you started on a cozy winter cowl, which you'll be able to complete on your own. Purchase your yarn and needles at the first class. [Taught by instructors from Westport Yarns]

**170** **\$69**  
2 Saturdays Feb 6 & Feb 13  
9:00-11:00 am Westport Yarns, 582 Post Road East

## All Sewn Up

New to sewing, have just a little experience, or simply forgotten how? Learn—or relearn—how to pin, cut material, lay out and use a pattern, thread your machine, sew a perfect seam, and other basics. Then we'll cover more advanced skills, including how to put in zippers, use velcro for closures, make a pillow with cording, grade around curved seams, sew buttonholes, hem, and more. Please bring your own sewing machine, cloth, and notions. A list of required materials and local sources will be emailed prior to the start of classes.

**452** **\$125**  
6 Mondays Mar 7-Apr 25 (no class Mar 28 & Apr 18)  
7:00-9:00 pm SHS 1007

*Barbara Hayden, a lifelong resident of Westport, worked for many years as a special education teacher in Stamford. She has taught sewing in adult education programs for over seven years. When she's not sewing, she cans and makes jam, two other skills her Midwestern mother taught her.*

## Quilting: Mastering the Basics

Expand your sewing skills, meet other crafters, and walk away with a beautiful quilt top. Learn the fundamentals, beginning with color and fabric selection. Move on to making templates, rotary cutting, quick and strip piecing, set-ins, machine piecing, and appliqués. Your quilt top will include sashing and borders. A supply list will be emailed prior to the first class; please bring an \$8 supply fee, payable to the instructor, on the first night.

**921** **\$169**  
8 Thursdays Apr 7-Jun 2 (no class Apr 21)  
3:00-5:15 pm SHS 1007

*Alice Garrard, an internationally recognized award-winning quilter, has been quilting for over 25 years.*

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

## Adult Division

### Quilting FAQs

If you have an unfinished quilt sitting in a drawer, or if you're working on a quilt but are stuck, you're not alone. Join other con-founded crafters as you tackle and solve your toughest quilting quandaries. Master quilter Alice Garrard will provide the expert guidance; you provide the questions. This class does not cover hand or machine quilting, but it does include binding, set-ins, and circles. Please submit your questions, complications, and concerns by the start of class to [conted@westport.k12.ct.us](mailto:conted@westport.k12.ct.us), subject line: Quilting Question. [Taught by Alice Garrard]

**924**                    **\$95**  
4 Wednesdays    May 4-May 25  
6:45-9:00 pm      SHS 1007

### DSLR: Basic Digital Camera Operation

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

**094**                    **\$149**  
8 Mondays            Feb 1-Apr 4 (no class Feb 15 & 22)  
7:00-9:00 pm        SHS 1036

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

### Photo Ops: Sports & Event Photography for Non-Professionals

Never miss another goal or another Kodak moment. In just three workshops, learn how to best use your camera to capture outdoor sports, such as soccer, baseball, and field hockey, and indoor events and games, such as gymnastics, dance recitals, and theatrical performances. The course will cover both practical and aesthetic considerations and will include lectures and visual presentations. Student participation is encouraged; DSLR cameras are preferred, but point-and-shoot cameras are fine too. [Taught by John Zappala]

**099**                    **\$65**  
3 Wednesdays    Mar 2-Mar 16  
7:00-9:00 pm      SHS 1036

## Cards + Games

### Beginner / Advanced Beginner Bridge

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

**194**                    **\$149**  
8 Wednesdays    Jan 27-Mar 30 (no class Feb 3 & 17)  
7:00-9:00 pm      SHS 2057

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

### Intermediate Bridge

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

**195a**                    **\$149**  
8 Thursdays      Feb 11-Apr 7 (no class Feb 18)  
7:00-9:00 pm      SHS 2057

**195b**                    **\$129**  
7 Wednesdays    Apr 13-Jun 1 (no class Apr 20)  
7:00-9:00 pm      SHS 2057

### Play of the Hand

Players with all levels of bridge experience will enjoy this course focusing on offensive and defensive play of the hand. Come ready to learn techniques to improve your play. Hands will be prepared and randomly dealt. [Taught by Jackie Fuchs]

**095**                    **\$109**  
6 Thursdays      Apr 28-Jun 2  
7:00-9:00 pm      SHS 2057

## Beginner Bridge in the Afternoon

Bridge is an entertaining and engaging way to sharpen your cognitive skills and build an active social life, either locally, on the Internet, or worldwide. Join us and meet new friends as you learn the basics of bidding and play of the hand.

**096a**                 **\$149**  
 8 Mondays           Jan 25-Mar 28 (no class Feb 15 & 22)  
 3:00-5:00 pm       SHS 2057

**096b**                 **\$149**  
 8 Mondays           April 11-Jun 13 (no class Apr 18, May 30)  
 3:00-5:00 pm       SHS 2057

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

## Advanced Beginner Bridge in the Afternoon

For players who are comfortable with basic play, this bridge class will focus on reinforcing basic bidding principles, as well as on the use of important and frequently used conventions. The class will also accentuate declarer play, defensive play, and carding. [Taught by Paul Miller]

**098a**                 **\$149**  
 8 Thursdays       Jan 28-Mar 24 (no class Feb 18)  
 3:00-5:00 pm       SHS 2057

**098b**                 **\$149**  
 8 Thursdays       Apr 7-Jun 2 (no class Apr 21)  
 3:00-5:00 pm       SHS 2057

## Intermediate Bridge in the Afternoon

The focus of this class is on declarer play, defensive play, and carding, further use of conventions, weak two, and pre-emptive and slam bids. [Taught by Paul Miller]

**097a**                 **\$149**  
 8 Wednesdays     Jan 27-Mar 23 (no class Feb 17)  
 3:00-5:00 pm       SHS 2057

**097b**                 **\$149**  
 8 Wednesdays     Apr 6-Jun 1 (no class Apr 20)  
 3:00-5:00 pm       SHS 2057

## Cooking

### Cooking with Chef Cecily Gans

A non-refundable food fee of \$15 is included.

#### Eat Your Heart Out: A Valentine's Day Dinner

Roasted Cornish game hens with fresh herbes de Provence • Rose and pomegranate sauce • Whipped Japanese yams and honey roasted red carrots • Mocha espresso crème brûlée

**134**                 **\$65**  
 1 Wednesday       Feb 10  
 7:00-9:00 pm       SHS 182

#### Spring Holidays: A Dairy-Free Dinner

Roasted cod with olives, sundried tomatoes, and fresh herbs • Sautéed spring greens • Olive oil mashed potatoes • Lemon olive oil cake

**135**                 **\$65**  
 1 Wednesday       Mar 23  
 7:00-9:00 pm       SHS 182

#### Spring Has Sprung: A Seasonal Supper

Roasted salmon with spring greens and herbs • Asparagus and new potatoes with shaved spring onions and saffron aioli • Strawberry coconut panna cotta

**136**                 **\$65**  
 1 Wednesday       Apr 13  
 7:00-9:00 pm       SHS 182

*Chef Gans has been turning kids into cooks for 17 years at Staples High School. Experience her crackerjack culinary skills yourself and discover just how delicious life can be in her hands-on classes.*

### Cooking with Emilie, Your French Chef

#### Boeuf Bourguignon & Profiteroles

Join Chef Emilie for a hands-on class featuring two of France's quintessential dishes: boeuf bourguignon, a slow cooked stew of beef, wine, and vegetables, and profiteroles, ice cream-stuffed pastry puffs. It's the perfect meal for a wintry day and a delicious way to impress your family and friends. Bring containers for your samples. A non-refundable food fee of \$25 is included.

**400**                 **\$65**  
 1 Monday           Feb 29  
 6:30-9:00 pm       SHS 184

**Turn the page for more Cooking classes**

## Adult Division

### French Macarons

Learn the secrets of making caramel, raspberry, and chocolate macarons, a favorite French dessert. With a sweet filling sandwiched between meringue cookies, macarons are not your average Oreo. If you can't remember the last time a cookie made you say *ooh-la-la*, this is the class for you. Bring a container for your samples. A non-refundable food fee of \$15 is included.

**299**                      **\$55**  
1 Monday                  Apr 25  
6:30-9:00 pm              SHS 184

*Emilie Roy is the owner of Emilie Your French Chef, a catering company. After culinary training in Paris and New York, she moved to Connecticut, where she lives with her husband and three children. When she's not in the kitchen, Emilie can found be running or enjoying a glass of Merlot, but not at the same time.*

### SHS Cooking Classes Location

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

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

## Family + Pets

### Positive Discipline for Young Children

Positive Discipline is a parenting approach that helps children develop self-discipline, responsibility, cooperation, and problem-solving skills. This class will examine the reasons why children misbehave, and you'll leave with effective ways to reach your parenting goals, as well as strategies for dealing with sibling conflict, chores, and homework hassles. In addition to a newfound understanding of why your child acts up and acts out, you'll also take away a copy of *Positive Discipline*, by Jane Nelson.

**933**                      **\$99**  
3 Mondays                  Mar 7-Mar 21  
7:00-9:00 pm              SHS 1049

*Nancy Kovacic is a retired Westport teacher. She taught in the Westport school system for 24 years and was a responsive classroom trainer for the district. Now a certified parent educator, Nancy has practiced Positive Discipline principles and strategies for over 15 years, both at home and in the classroom.*

### Positive Discipline for Teenagers & Young Adults

Based on the teachings of Alfred Adler, Positive Discipline is a program designed to teach young people to become responsible, respectful, and resourceful members of their communities. In this experiential class, you'll learn about the teenage brain, what works—and what doesn't—when it comes to discipline, and what parents can do to raise their children in our fast-paced, complex culture. The class will consist of facilitated small group exercises and opportunities to practice parenting strategies that help children feel a sense of connection. This class is for parents of children ages 12-25 years of age.

**938**                      **\$109**  
6 Wednesdays          Mar 23-May 11 (no class Apr 13 & 20)  
7:00-9:00 pm              SHS 1052

*Kristen Ancker is a certified Positive Discipline parent and teacher educator. She has worked in Montessori schools in Massachusetts and Connecticut for the past 15 years. She received her BA from the University of New Hampshire and her MA from the University of New Haven.*

### Dog Obedience

(for dogs at least 4 months old)

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

**290**                      **\$145**  
7 Mondays                  Feb 29-Apr 11  
6:30-7:30 pm              SHS Pool Lobby

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



## Fitness + Health

### Pilates for Every Body

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

Mats and equipment are provided for all Pilates for Every Body classes. If you have questions about which class is right for you, email [pilatesforeverybodywestport@yahoo.com](mailto:pilatesforeverybodywestport@yahoo.com) or call (203) 226-1924.

#### TRX Plus

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

**972a** **\$309**  
12 Fridays Feb 5-May 27 (Note: day & time changed)  
(no class Feb 19, 26, Mar 25, Apr 1, 22)  
10:30 am-11:30 pm 177 Post Rd. West (Nash's Plaza)

**972b** **\$309**  
12 Wednesdays Feb 3-May 25  
(no class Feb 17, 24, Mar 23, 30, Apr 20)  
10:30-11:30 am 177 Post Rd. West (Nash's Plaza)

*Alison Bricken and Charlene Erwin are co-owners of Pilates for Every Body, a studio devoted to women's health and fitness. They are both certified Pilates and TRX instructors, and Yamuna Bodyrolling Practitioners.*

### Pilates Mat: The Ultimate Ab Workout

The Pilates method is the gold standard of ab workouts. Developed in the early 20th century, Pilates builds strength, tones the abs, and increases flexibility like no other workout. This class follows the classical approach to Pilates, thereby ensuring that every participant gets the most out of this time-tested program. You'll both see and feel the difference in your body. Suitable for all levels; if you are not familiar with Pilates, please contact Pilates for Every Body before registering. [Taught by Alison Bricken and Charlene Erwin]

**958** **\$309**  
12 Tuesdays Feb 2-May 24  
(no class Feb 16, 23, Mar 22, 29, Apr 19)  
10:30-11:30 am 177 Post Rd. West (Nash's Plaza)

### Tai Chi for Beginners

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, so it's ideal for people of all ages. No matter your age or fitness level, this class will help you experience greater energy and vitality, alleviate chronic health problems, strengthen your body against disease, and master the art of living in balance and harmony. Wear loose clothing.

**877** **\$99**  
8 Wednesdays Feb 10-Apr 6 (no class Feb 17)  
7:30-8:30 pm SHS 2<sup>nd</sup> floor mezzanine

*Ming Hua He has been practicing tai chi and qigong for over 20 years with Yin Yang Taijiquan Academy. She is a certified tai chi instructor and has taught tai chi and qigong in regional continuing education systems. Visit [www.yinyangtaichi.com](http://www.yinyangtaichi.com).*

### Qigong for Meditation & Relaxation

Qigong is the science of cultivating the body's internal energy, or *qi* in Chinese. A holistic system of postures and movements, qigong is deceptively simple, with three components: body, mind, and spirit. This class will focus on movements that are gentle, slow, smooth, and suitable for all adults. With practice, qigong can offer increased overall energy, flexibility, balance and coordination, focus and attention, relaxation, and health. In the process, it will help you achieve mental and spiritual peace. Wear loose clothing. [Taught by Ming Hua He]

**878** **\$99**  
8 Wednesdays Feb 10-Apr 6 (no class Feb 17)  
6:30-7:30 pm SHS 2<sup>nd</sup> floor mezzanine

### Yoga for Beginners & Experts Alike

A complete mind-body system for the attainment of wellness, yoga is thousands of years old, but it is as relevant and effective today as it ever was. In this class, you'll learn techniques to loosen the muscles that cause tension and eliminate weaknesses that cause pain. Better still, you'll leave every class feeling refreshed and at peace. All levels welcome. Bring a mat and towel.

**177a** **\$185**  
8 Thursdays Jan 28-Mar 24 (no class Feb 18)  
6:30-7:45 pm WSC, 21 Imperial Ave.

**177b** **\$185**  
8 Thursdays Apr 7-Jun 2 (no class Apr 21)  
6:30-7:45 pm WSC, 21 Imperial Ave.

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

**Turn the page for more Fitness + Health classes**

## Adult Division

### Badminton

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

**175**                      **\$110**

10 Wednesdays    Mar 23-Jun 1 (no class Apr 20)  
7:40-9:40 pm        SHS Gym

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

### Tennis for Adults

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

#### Beginner / Advanced Beginner

**141a**                      **\$139**  
5 Tuesdays            May 10-Jun 7  
6:00-7:00 pm        SHS Tennis Courts

#### Low Intermediate / Intermediate

**141b**                      **\$139**  
5 Tuesdays            May 10-Jun 7  
7:00-8:00 pm        SHS Tennis Courts

*Fairfield County Tennis has been providing quality tennis instruction for all ages and levels of play for over 15 years. All of their teaching professionals are USPTR certified.*

### Adult Swimming: Beginner to Advanced

One of the best overall exercise methods, swimming increases flexibility, endurance, muscle strength, and cardiovascular fitness. And because it places no stress on your joints, it's an ideal recreational activity for people of all ages. So treat yourself to

the pleasures of the pool with this class for first time learners, for those brushing up on long-forgotten strokes, or for regular swimmers. Teaching is geared to your level and your pace; we'll help you learn how to swim... or how to swim well.

**192a**                      **\$99 / \$89 for Westport seniors**  
6 Wednesdays        Jan 27-Mar 16 (no class Feb 3 & 17)  
7:30-8:45 pm        SHS Pool

**192b**                      **\$99 / \$89 for Westport seniors**  
6 Wednesdays        Mar 30-May 11 (no class Apr 20)  
7:30-8:45 pm        SHS Pool

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

### Improve Your Workout, Reduce Your Pain: MELT Method® Soft Foam Roller Techniques

Have difficulty falling asleep or staying asleep? Feel exhausted by afternoon? Stiff when you wake up? Bloating or struggling with your weight? These symptoms are not simply the effects of aging; your body is trying to get your attention. You can feel energized, strong, and pain-free at any age with the MELT Method®, an innovative self-treatment program to help you get out—and stay out—of pain and reduce the effects of aging in just minutes a day. Bring an exercise mat and water. Participants should be able to get on and off the floor with little difficulty.

**164**                      **\$29**  
1 Tuesday                Feb 9 (storm date Feb 23)  
7:00-8:30 pm        SHS 2<sup>nd</sup> floor mezzanine

*Kristen Hallett Rzasa is the owner of InterPlay Health, a whole-life wellness company focused on fitness, nutrition, and fun for women. She is a Jazzercise instructor, health coach, certified MELT Method® instructor, and host of the radio show A Matter of Balance: A Woman's Quest for Health, Harmony & Kick Ass Heels. Visit [www.interplayhealth.com](http://www.interplayhealth.com).*

### MELT Method® for Chronic Back Pain

Learn how to reduce chronic back pain with this simple self-treatment method. Using positive compression and tension techniques, you'll rehydrate your connective tissue and rebalance your nervous system. The result? Improved alignment and muscle timing, plus reduced inflammation, joint compression, and pain. If you feel stiff in the morning, have neck, back, or shoulder

pain, trouble sleeping, 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. [Taught by Kristen Hallett Rzasa]

**165**                    **\$29**  
1 Tuesday            Mar 1  
7:00-8:30 pm        SHS 2<sup>nd</sup> floor mezzanine

### MELT Method® for Office

Whether you spend your days sitting at a computer or running from meeting to meeting, office work can lead to nagging aches and pains—even injuries. MELT® is a simple self-treatment technique that rebalances your nervous system and rehydrates your connective tissue. Learn how easy it is to improve your alignment, focus, and productivity. The MELT® hand and foot treatment is your secret weapon against midday fatigue and the strain of repetitive tasks. Bring an exercise mat and water to class. All participants should be able to get on and off the floor and the roller with little difficulty. [Taught by Kristen Hallett Rzasa]

**167**                    **\$29**  
1 Tuesday            Apr 5  
7:00-8:30 pm        SHS 2<sup>nd</sup> floor mezzanine

### Understanding Your Changing Hormones: A Natural Approach

Hormones are critical to the efficient, regular function of your body's most important systems. Don't let 'em drive you crazy. The goal of this workshop is to provide you with an understanding of what hormones are; how they may affect your body; how doctors measure, assess, and evaluate your hormone levels; what those tests mean; and what natural, evidence-based approaches are available to you to help balance—or restore balance to—your body.

**881**                    **\$49**  
3 Thursdays        Mar 31-Apr 14  
7:00-8:30 pm        SHS 1049

*Dr. Salvatore Fiorentino is a licensed naturopathic physician and the founder and medical director of the Center for Natural Health, LLC. Dr. Fiorentino also taught high school science for 10 years in Long Island, where he witnessed firsthand the power and might of the miniscule hormone.*

### Natural Health Series: Stress in the Workplace

Join Dr. Kulveen Virdee for an exploration into the unique stressors that challenge career-oriented professionals as they attempt to maintain work/life balance. We'll discuss the latest research on the ways work—and what that means in the 21<sup>st</sup> century—contributes to burnout, exhaustion, and decreased quality of life. Dr. Virdee will offer strategies to maximize energy, mood, and productivity in the workplace.

**704**                    **\$25**  
1 Thursday            Mar 3  
7:00-8:30 pm        SHS 1047

*Dr. Kulveen Virdee is a naturopathic physician who practices in Westport. Her undergraduate degree is in biology, with a focus on epigenetics, and she completed a general medicine residency. She is also a professor of nutrition and immunology at the University of Bridgeport and enjoys keeping up to date on the latest research in the field of natural medicine.*

### Natural Health Series: Optimizing Your Health

There's so much information available from the natural health industry that it leaves many of us feeling overwhelmed and confused about how to become healthier. Let Dr. Virdee show you natural ways to improve your health and reverse your biological age. [Taught by Dr. Kulveen Virdee]

**700**                    **\$25**  
1 Tuesday            Mar 15  
7:00-8:30 pm        SHS 1049

### Natural Health Series: Stress & Your Home Life

This class is for parents who devote their time to tending to their homes and families. The unique stressors of multitasking, coordinating and juggling multiple schedules, and meeting deadlines often means you have little to no time to take care of yourself. This class will explore the physiological changes that can result from the demands of full-time parenting and research-based ways to offset these changes. [Taught by Dr. Kulveen Virdee]

**705**                    **\$25**  
1 Thursday            May 5  
7:00-8:30 pm        SHS 1047

Turn the page for more Fitness + Health classes

## Adult Division

### Natural Health Series: Anxiety & Depression

Many people are unaware of their daily struggle with anxiety and depression and can go years—or even entire lives—without seeking support to improve their quality of life. Join Dr. Virdee as she explores common and less well-known symptoms of anxiety and depression. Learn about natural ways to promote a healthier mood, including lifestyle modifications, herbs, acupuncture, nutritional therapies, meditative practices, and more. [Taught by Dr. Kulveen Virdee]

**701**                    **\$25**  
1 Tuesday            May 10  
7:00-8:30 pm        SHS 1047

### First Aid / CPR / AED

The training you'll receive in this class meets OSHA guidelines for first aid programs. Lifesaving skills covered will include:

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

Students must be present for the entire class time to receive certification. Non-refundable fees of \$27 for Red Cross certification cards and \$13 for class materials are included.

**216**                    **\$149**  
3 Wednesdays     Mar 16, 23, 30  
7:00-9:15 pm        SHS 1047

*Corey Iamonico is in her sixth year as assistant athletic trainer at Staples High School. She has taught first aid for Westport Continuing Education for several years.*

## Home + Garden

### Stop Having Dinner With Your Paperwork

Do you have to push aside the stacks of paperwork on your table before every meal? Mail piled up on your kitchen counter? Years of paperwork and no idea what to keep and what to toss? You're not alone; paperwork regularly tops

the list of clutter problems. Have no fear—we have the solution. Learn a step-by-step method to address daily paperwork; how, when, and where to file papers; and how long papers should be kept. We have a paper management system that is simple to set-up and easy to maintain. Let us help you too.

**937**                    **\$29**  
1 Thursday            Mar 3  
7:00-9:00 pm        SHS 1051

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

### Container Gardening

The popularity of container gardening is growing by leaps and bounds. From front porches to kitchen windowsills, you see them everywhere. And the beautiful thing about them, other than the plants themselves? Container gardens are simple to create and easy to maintain; apply a few basic principals and even first-time gardeners can bloom. If you love plants but have limited space and time, if you've always wanted to garden, this is the class for you. Get a little dirty and leave with a gorgeous, portable garden. Bring your own containers, gloves, and a small trowel. Non-refundable materials fee of \$5 per class is included.

### Container Gardening I

#### Indoor Container Gardening: Tropicals for Sun

**119a**                    **\$25**  
1 Wednesday        Feb 24  
3:00-4:30 pm        SHS 1012

#### Indoor Container Gardening: Tropicals for Shade

**119b**                    **\$25**  
1 Wednesday        Mar 2  
3:00-4:30 pm        SHS 1012

#### Indoor Container Gardening: Terrarium Garden

**119c**                    **\$25**  
1 Wednesday        Mar 9  
3:00-4:30 pm        SHS 1012

#### Indoor Container Gardening: Succulent Garden

**119d**                    **\$25**  
1 Wednesday        Mar 16  
3:00-4:30 pm        SHS 1012

**Sign up for all 4 workshops for \$80.**

## Container Gardening II

### Outdoor Container Gardening: Annuals & Perennials for Sun

**120a**                 **\$25**  
1 Wednesday     Apr 27  
3:00-4:30 pm     SHS 1012

### Outdoor Container Gardening: Annuals & Perennials for Shade

**120b**                 **\$25**  
1 Wednesday     May 4  
3:00-4:30 pm     SHS 1012

### Outdoor Container Gardening: Vegetable Garden

**120c**                 **\$25**  
1 Wednesday     May 11  
3:00-4:30 pm     SHS 1012

### Outdoor Container Gardening: Mixed Herb Garden

**120d**                 **\$25**  
1 Wednesday     May 18  
3:00-4:30 pm     SHS 1012

**Sign up for all 4 workshops for \$80.**

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

## Languages

**There is an additional fee for language texts and materials.**

### Basic Conversational Spanish

Spanish has been spoken in what is now the United States since the 16<sup>th</sup> century. The language of Cervantes' *Don Quixote* and García Márquez's *One Hundred Years of Solitude*, Spanish is now this country's second most spoken language. Join us for a class that uses a conversational approach to learn vocabulary and common phrases and to explore Spanish culture. Whether you're studying for travel, conversation, or business purposes, you'll gain the confidence you need to speak about food, travel, directions, lodging, shopping, and more.

**967**                 **\$135 / \$115 for Westport seniors**  
8 Thursdays     Feb 25-Apr 14  
7:00-9:00 pm     SHS 1054

*Sarah O'Mahoney has taught for the Westport School District for the last 10 years. She earned her BA from the University of Rhode Island and her MA from the University of Saint Joseph. In her free time, Sarah uses her vast knowledge of Spanish to eat tapas, drink vino, and dance the flamenco.*

### Intermediate Conversational Spanish

For those who have already taken Basic Conversational Spanish, this course, taught by one of Staples' favorite language teachers, will continue at the intermediate level. Increase your vocabulary, explore idiomatic and colloquial phrases, and feel more confident speaking Spanish as you experience this next level of conversational Spanish.

**950**                 **\$149 / \$134 for Westport seniors**  
8 Tuesdays       Mar 8-May 3 (no class Apr 19)  
6:45-8:45 pm     SHS 1054

*Horacio Ballesteros was born and raised in Mexico City and has been teaching Spanish at Staples High School and for Westport Continuing Education for more than 20 years. He has maintained his sense of humor, in English and in Spanish, for all those years.*

### Conversational German, Part 1

A major world language, German is spoken by 95 million people worldwide. Without German, we wouldn't have *delicatessens*, *pumpernickel*, or *pretzels*. And where would we be without *zeitgeist*, *angst*, and *kitsch*? This class will cover basic conversational German, with a focus on vocabulary and pronunciation, plus a little grammar thrown in for fun. You'll also be introduced to German culture, customs, and idioms. Students should bring to class *Themen Aktuell: 1: Kursbuch* (10-lesson version) and the accompanying *Workbook*, by H. Aufderstrasse, available on Amazon and eBay.

**163**                 **\$135 / \$115 for Westport seniors**  
8 Tuesdays       Jan 26-Mar 22 (no class Feb 16)  
7:00-9:00 pm     SHS 1055

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

### Conversational German, Part 2

You don't need to be a *wunderkind* to take this class. Designed to build on the foundations laid by Conversational German, Part 1, this class will help you elevate your conversational level as you continue to explore German culture and customs. Students should bring to class *Themen Aktuell: 1: Kursbuch* (10-lesson version) and the accompanying *Workbook*, by H. Aufderstrasse, available on Amazon and eBay. [Taught by Robert Kibel]

**164a**               **\$135 / \$115 for Westport seniors**  
8 Mondays         Jan 25-Apr 4 (no class Feb 8, 15 & 22)  
7:00-9:00 pm     SHS 1055

**164b**               **\$135 / \$115 for Westport seniors**  
8 Tuesdays       Apr 5-May 31 (no class Apr 19)  
7:00-9:00 pm     SHS 1055

**Turn the page for more Language classes**

## Adult Division

### Conversational German, Part 3

Raise a *stein of pilsner* and toast to your own success! This class will pick up where Conversational German, Part 2 left off, deepening your conversational prowess and expanding your understanding of German culture and customs. Students should bring to class *Themen Aktuell: 1: Kursbuch* (10-lesson version) and the accompanying *Workbook*, by H. Aufderstrasse, available on Amazon and eBay. [Taught by Robert Kibel]

**165** **\$135 / \$115 for Westport seniors**

6 Mondays Apr 25-Jun 6 (no class May 30)

7:00-9:00 pm SHS 1055

### Italian for Travelers

Italian: the language of Dante, Michelangelo, Romeo and Juliet, of love and pasta. Whether you're planning a trip to Italy or just love Italian food, you'll enjoy this class. Designed for travelers, tourists, and other admirers of *la dolce vita* who want to communicate in Italian, this class will cover pronunciation, typical greetings, and travel-related dialogue. Enjoy learning about Italian culture while you learn to speak simple phrases in Italian, from *arrivederci, Roma to zuppa di pesce*.

**160** **\$135 / \$115 for Westport seniors**

8 Thursdays Feb 25-Apr 14

7:00-9:00 pm SHS 1052

*Ashley Trivino lived in Rome for seven years where she became fluent in Italian and ate a whole lot of pasta. Now settled in Westport with her husband and children, Ashley enjoys sharing her passion for all things Italian.*

## Mind + Body

### Mindfulness Meditation & Stress Reduction

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

**932** **\$39**

2 Tuesdays Mar 8 & Mar 15

7:30-9:00 pm SHS 1047

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

### How Biography Becomes Biology & How You Can Heal

Philosopher George Santayana said that those who do not know the past are condemned to repeat it. Understand how disease tells a story, not just of your cells and a diagnosis but also of your selves and your life. Explore how to integrate the latest scientific evidence of the mind-body connection between childhood trauma and adult disease as an important component of care. [Taught by Dr. Paul Epstein]

**941** **\$25**

1 Tuesday Mar 22

7:30-9:00 pm SHS 1047

### Using Mind-Body Medicine for Health & Healing

Explore the meaning, message, and opportunity of symptoms and disease. Examine the foundational sciences of psychoneuroimmunology, neuroplasticity, and epigenetics. Learn how to use the healing power of the mind to transform stress, pain, and illness into a journey of self-healing and awakening. [Taught by Dr. Paul Epstein]

**942** **\$25**

1 Tuesday Mar 29

7:30-9:00 pm SHS 1047

**Sign up for all three of Dr. Epstein's classes for only \$75.**

### Cultivating Happiness: Live a More Satisfying Life

Happiness isn't a finish line to be crossed; it's a state that can be cultivated. Learn simple but profound changes you can make in your daily life that can help you reduce stress, feel better, function more effectively at work and home, connect with your loved ones, and enjoy life more. Borrowing techniques and practices from the Buddhist and psychotherapy traditions, this course can help set you on the path to happiness.

**939** **\$95**

4 Tuesdays Feb 2-Mar 1

(no class Feb 16; storm date Mar 8)

7:00-9:00 pm SHS 1052

*Tai Pimputkar, LCSW, is a psychotherapist at Whole Psychotherapy in Norwalk and a practiced meditator and student of the Buddhist tradition. She lives joyfully and enjoys teaching others how to do so. Visit [www.wholepsychotherapy.com](http://www.wholepsychotherapy.com).*

## Writing for Well-Being

Writing is a tool every one of us can use to deepen self-awareness. Each of these four classes will begin with guided, mindful meditation in order to cultivate a sense of presence. Then, in the supportive and non-judgmental environment created by this practice, you'll engage in writing exercises and respond to prompts, followed by reflective writing. This class is not about critique of content; rather, its focus is on self-exploration thru the flow and process of writing.

**935** **\$69**  
4 Fridays Apr 29-May 20  
10:00 am-12:00 pm 111 East Ave., Suite 313, Norwalk

*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, in the interplay of mind/body/spirit, and in creative modes of expression as a means to increased self-awareness and well-being.*

## Kabbalah Now: Spiritual Wisdom of the Ages Revealed

An ancient paradigm for living, Kabbalah encompasses universal principles that apply to people of all faiths and all religions, regardless of ethnicity or nationality. It's the study of how to receive fulfillment in your life. In this series of classes, you'll explore the roots and logic of Kabbalah, deepen your understanding of the physical and spiritual universe, and discover powerful tools for finding unity, love, and fulfillment.

**936** **\$75**  
3 Wednesdays Mar 2-Mar 16  
7:00-9:00 pm SHS 1049

*Trained at the Kabbalah Center in Los Angeles, Justin Beck has been studying and practicing Kabbalah for over 15 years in the US and Israel. See our website for more information about Justin.*

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

Dr. Bob Selverstone's Values Clarification course was a Staples' favorite from the mid-1970s through the mid-1990s. If you took the class then, perhaps it's time for a refresher; if you never experienced it—either at Staples or when Bob taught it in the graduate counseling program at the University of Bridgeport—catch it this time around. Leave every class with increased self-knowledge and a smile.

**940** **\$95**  
4 Thursdays Mar 10-Mar 31  
7:00-9:00 pm SHS 1051

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

## Money Matters

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

## Fundamentals of Investing

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

**143** **\$29 / free to Westport seniors**  
2 Tuesdays Mar 29 & Apr 5  
7:00-9:00 pm SHS 1052

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

## Financial Security for Life: Long-Term Care

Long-term care planning is an integral part of retirement and estate planning. Join Michael Rosenman as he discusses 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 cover you when you really need it? Bring your questions; handouts will be provided.

**208** **\$25 / free to Westport seniors**  
1 Wednesday Apr 6  
7:00-9:00 pm SHS 1051

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

**Turn the page for more Money Matters classes**

## Adult Division

### Money Talks: Workshops on Modern Finance

#### ETFs: What are they and how are they used?

**210a** Monday, Feb 29 \$25  
6:30-8:00 pm SHS 1052

#### How does the Federal Reserve work?

**210b** Monday, Mar 7 \$25  
6:30-8:00 pm SHS 1052

#### How to use the Volatility Index

**210c** Monday, Mar 14 \$25  
6:30-8:00 pm SHS 1052

#### Options: Learn the basics

**210d** Monday, Mar 21 \$25  
6:30-8:00 pm SHS 1052

#### Sign up for all 4 workshops for \$80.

Matthew Porio, CFA®, CTP®, is the founding principal of Lucas & Associates, LLC. With a corporate career in capital markets spanning over 25 years, 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.

### Modern Financial Markets

A study of the modern financial markets, this class will cover new investment strategies, products, regulations, and technology. Using the classic case study model, students will learn from examples in the current market, then explore how what they have learned applies to real world situations. [Taught by Matt Porio]

**214** **\$99**  
4 Mondays May 2-May 23  
6:30-8:00 pm SHS 1052

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

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

**117** **\$35**  
2 Tuesdays Feb 2 & Feb 9 (storm date Feb 23)  
7:00-9:00 pm SHS 1036

### Maximizing Your Social Security

Last fall, Congress signed off on historic changes to Social Security; those changes go into effect this spring. Given this new environment, are you prepared for your retirement? In this class, you'll learn how to get the most out of your social security benefits, how to manage longevity risk, and strategies to maximize the amount of money you receive throughout retirement. Among the topics covered will be spousal benefits, the impact of divorce, death, delaying benefits, early retirement, and taxation. You'll also receive *Myths and Facts about Social Security and Social Security: What Should You Do at Age 62*.

**199** **\$25**  
1 Tuesday Mar 22 (storm date Mar 29)  
7:00-8:30 pm SHS 2032

John Brenkovich, CFP, ChFC, AAMS, is the owner of Brenkovich Financial Management, Inc., and a certified financial planner professional, financial advisor and registered principal, and licensed life insurance agent.

### Estate Planning

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

**162** **\$75 / \$49 for Westport seniors**  
3 Wednesdays Feb 24-Mar 9  
7:00-9:00 pm SHS 2032

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.



## Technology + Computers

### iBasics: Intro to iPhone & iPad

They say we only use 10% of our brains; make up for that missing 90% by learning to access 100% of the computing, organizing, and navigating capacity of your devices. In this hands-on class, you'll explore basic features common to both devices, as well as the apps that come already loaded, including Safari, Mail, and Calendar. Bring your fully charged iPhones and iPads; devices should be upgraded to iOS 8 or higher.

**223**                      **\$59**  
 2 Tuesdays            Jan 26 & Feb 2 (storm date Feb 9)  
 7:00-9:00 pm        SHS 1051

*Terri Piekara is a former media assistant who has always loved technology. She worked at the Apple store, where she discovered that she loved teaching more than sales. When Terri isn't teaching, she is either walking her dog or hiking a mountain.*

### iPhone / iPad Tips & Tricks

You already know the basics... you can answer the phone, text, search the web, shop, even play games. But your devices are capable of so much more. Learn the tips and tricks that will make using them more efficient and tailored to your individual needs. From adding a personal email signature to saving articles and websites in Safari, you're bound to learn something new and useful in this fast-paced class. Bring your fully charged iPhones and iPads; devices should be upgraded to iOS 8 or higher. [Taught by Terri Piekara]

**224**                      **\$29**  
 1 Tuesday              Mar 15 (storm date Mar 22)  
 7:00-9:00 pm        SHS 1051

### Cool Apps for iPhones & iPads

There's an app for everything, so which ones do you choose and how do you find them? In this class, we'll explore apps of all kinds: business apps that turn your device into a digital scanner, complete with a digital signature feature; apps that track your fitness; and apps that let you organize recipes, decorating ideas, travel, and more. Bring your fully charged iPhones and iPads; devices should be upgraded to iOS 8 or higher. All participants should know their Apple ID and password. [Taught by Terri Piekara]

**225**                      **\$29**  
 1 Tuesday              Apr 12  
 7:00-8:30 pm        SHS 1051

### iPhone Photography

The iPhone camera: so much potential, so many bad pix. Isn't it time you learned how to use yours to take really good photographs? This class will explore Apple iPhone's camera settings and features. You'll learn to edit, enhance, and share photos with a variety of apps. We're not promising Annie Liebovitz-level photos, but you'll walk away knowing you can proudly post to Pinterest, Facebook, or Instagram. Bring a fully charged iPhone; please know your Apple ID and password. [Taught by Terri Piekara]

**222**                      **\$29**  
 1 Wednesday        Feb 24 (storm date Mar 2)  
 7:00-9:00 pm        SHS 1051

### Basic Photoshop CS6

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

**619**                      **\$159**  
 5 Thursdays        Feb 25-Mar 24  
 7:00-9:00 pm        SHS 1033

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

### Intermediate / Advanced Photoshop CS6

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

**890**                      **\$159**  
 5 Thursdays        Apr 7-May 12 (no class Apr 21)  
 7:00-9:00 pm        SHS 1033

**Turn the page for more Technology + Computers classes**

## Adult Division

### Intro to Windows 10

Windows 10 has successfully integrated the ease of Windows 7 with the visual features of Windows 8 for a more user-friendly system. Bring your Windows 10 laptop to class—or just observe—and discover the improved features of this program. Whether this is your first experience with a Windows operating system or you've upgraded your computer to this new version, you'll learn about clever shortcuts, new toolbar options, notifications, settings, app updates, and more.

**659**                    **\$39**  
1 Monday              Apr 4  
6:45-9:15 pm        SHS 1033

*Alan Weaver has been teaching computer, technology, and Photoshop classes for Westport Continuing Education for over 18 years. See our website for more information about Alan.*

### 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 more, including working with large spreadsheets. MS Excel 2013 updates will be reviewed. This class will be taught on PCs; all skills are transferable to Mac and to earlier or newer versions of MS Office software. We recommend students bring a fully charged laptop with Excel; desktop PCs are available. Please bring a flash drive (minimum 2G) to save your work on. Optional text: *Microsoft Office 2010 Simplified*, Kate Shoup. [Taught by Alan Weaver]

**013**                    **\$149**  
4 Tuesdays        Mar 1-Mar 22  
6:45-9:15 pm        SHS 1033

### Intermediate MS Excel 2010

If you're already familiar with the basics of Excel, you're ready for this class. We'll cover shortcuts, advanced formulas, linking, and mail merge. You'll learn to manage, sort, and filter large sheets of data, track errors, work with time functions and multi-level "if" statements, and more. If you have specific needs or questions, bring files to class on a flash drive, and we'll address them (time permitting). This class will be taught on PCs; all skills are transferable to Mac and to earlier or newer versions of MS Office software. We recommend students bring a fully charged laptop with Excel; desktop PCs are available. Please bring a flash drive (minimum 2G) to save your work on. Optional text: *Microsoft Office 2010 Simplified*, Kate Shoup. [Taught by Alan Weaver]

**014**                    **\$69**  
2 Tuesdays        Apr 5 & Apr 12  
6:45-9:15 pm        SHS 1033

### The Internet of Things

With the rapid innovation in mobile, cloud, and sensor technologies, intelligent objects that are seamlessly embedded in our daily lives are no longer the stuff of science fiction; they have become integral to our culture. How can we use the Internet of Things (IoT) to facilitate a more efficient and creative life? Using a design thinking approach, this class will explore creative uses of smart objects and the IoT. Participants will have opportunities to experience popular IoT products, including the IFTTT app, Amazon Echo, the Philips Hue lighting system, and more.

**704**                    **\$49**  
2 Tuesdays        Feb 2 & Feb 9  
7:00-8:45 pm        SHS 1029

*Dr. Ching-Fu Lan is a member of EdLab at Columbia University and the founder of Citizen Invention. He appreciates the human-centered focus of design thinking that fosters creativity and has used this approach to spur innovation in workshops for learners and educators. Visit [www.citizeninvention.com](http://www.citizeninvention.com).*

## Theater + Dance

### Places! Fun with Acting & Improv for Adults

Tough day at the office? Need a break from chasing the kids? Come and explore the essentials of acting and improvisation in this entertaining and 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 communication, presentation and public speaking, teamwork, emotional intelligence, and problem solving. Our organic, non-competitive approach requires no previous experience and is fun for everyone. Take your places... and come play!

**288**                    **\$189**  
8 Thursdays      Feb 25-Apr 14  
7:00-8:30 pm        SHS 1055

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

### Act Up: Acting for Adults

If you've ever secretly—or not so secretly—wanted to act, this is your opportunity to study with a professional actor in a safe, non-judgmental, and relaxed environment. Whether you're preparing audition material for community theater, gearing up for

a big presentation at work, or simply want to feel more comfortable speaking in front of an audience, this class will get you where you want to go.

**289**                    **\$159**  
 8 Wednesdays    Feb 24-Apr 13  
 7:00-8:30 pm      SHS 1055

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

## Ballroom Dancing for Everyone

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

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

**951a**                    **\$125**  
 8 Tuesdays        Feb 23-Apr 12  
 7:00-7:45 pm      St. Francis of Assisi Church  
 35 Norfield Road, Weston

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

**951b**                    **\$125**  
 8 Tuesdays        Feb 23-Apr 12  
 7:45-8:30 pm      St. Francis of Assisi Church  
 35 Norfield Road, Weston

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

## The Art of Storytelling

If we've learned anything from Ira Glass and *This American Life*, it's that everyone has a story; let this class help you uncover yours. Learn how to mine your life for potential stories and 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. Whether you want to preserve family heritage, share an experience, pitch an

idea, or perform at a storytelling event, this is the perfect opportunity to develop your skill. Leave the class with at least one performance-ready story to impress your audience.

**443**                    **\$75**  
 3 Tuesdays        Jan 26-Feb 9  
 7:00-9:00 pm      SHS 1049

*Nina Lesiga is a motivational speaker and storyteller. She has presented at libraries, museums, community centers, civic organizations, and community colleges throughout Connecticut. Visit [www.gottatravelsolo.com](http://www.gottatravelsolo.com).*

## Writing

### Get Your Personal Essays Published

Do you have personal essays, blog posts, or almost-finished pieces of writing sitting in files on your laptop or tucked away in a desk drawer—writing you don't know what to do with? This course will focus on polishing selected pieces of writing and exploring where and how to get your work published. You'll leave with at least one piece of finished writing ready to submit for publication and a list of potential outlets where you can send your work.

**444**                    **\$95**  
 4 Mondays         May 2-May 23  
 7:00-9:00 pm      SHS 1047

*Randi Olin is the managing editor of Brain, Child Magazine and a published essayist and feature writer. Her work has appeared in numerous publications, including The Washington Post, Your Teen Magazine, and NY Metro Parents.*

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

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

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

# Weekly Calendar : Kids Division

## coleytown

### Monday

**Citizen Invention: Design Thinking & Everyday Invention I & II**  
**Kempo Karate**

### Tuesday

**Valentine's Day Edible House**

### Wednesday

**Intro to Acting**  
**Level Up Village: Global Video Games**  
**Story Theater**

### Thursday

**Art Exploration**  
**Chess Class**

### Friday

**Mad Science: Crazy Chemworks**  
**Mad Science: TBD**  
**Springtime Edible Birdhouse**

## greens farms

### Monday

**Bricks 4 Kidz: Energy Is Everywhere**  
**Bricks 4 Kidz: Laws of Motion**  
**Fork, Knife, Spoon Cooking**  
**Tennis / grades 1-2**  
**Tennis / grades 3-5**

### Tuesday

**Kindergarten Tennis**  
**Kurious Kids Kitchen**  
**Mad Science: Crazy Chemworks**  
**Mad Science: TBD**

### Wednesday

**Afterschool ArtLab**  
**Kempo Karate**  
**Springtime Edible Birdhouse**

### Thursday

**Not Just Sports**  
**Places! Fun with Acting & Improv**

### Friday

**Chess Class**  
**Citizen Invention: Design Thinking & Everyday Invention I & II**  
**Valentine's Day Edible House**

## kings highway

### Monday

**Not Just Sports**  
**Springtime Edible Birdhouse**  
**Valentine's Day Edible House**

### Tuesday

**Afterschool ArtLab**  
**Chess Class**  
**Kempo Karate**

### Wednesday

**Mad Science: Crazy Chemworks**  
**Mad Science: TBD**

### Thursday

**Cooking with Books**  
**Citizen Invention: Design Thinking & Everyday Invention I & II**  
**Sports & Homework Club**

### Friday

**Bricks 4 Kidz: Energy Is Everywhere**  
**Bricks 4 Kidz: Laws of Motion**  
**Intro to Acting**  
**Story Theater**

# long lots

# saugatuck

## Monday

**Afterschool ArtLab**  
**Chess Class**

## Tuesday

**Citizen Invention: Design Thinking & Everyday Invention I & II**  
**Sports & Homework Club**  
**Springtime Edible Birdhouse**

## Wednesday

**Fork, Knife, Spoon Cooking**  
**Tennis / grades 1-2**  
**Tennis / grades 3-5**  
**Valentine's Day Edible House**

## Thursday

**Kindergarten Tennis**  
**Lights, Camera, Action!**  
**Magic Club**

## Friday

**Kempo Karate**  
**Mad Science: Crazy Chemworks**  
**Mad Science: TBD**

## Monday

**Mad Science: Crazy Chemworks**  
**Mad Science: TBD**  
**Sports & Homework Club**

## Tuesday

**Level Up Village:**  
**Global Storybook Engineers**  
**Places! Fun with Acting & Improv**

## Wednesday

**Chess Class**  
**Music with Mila**  
**Places! Fun with Acting & Improv**  
**Tennis / grades 1-2**  
**Tennis / grades 3-5**

## Thursday

**Afterschool ArtLab**  
**Kempo Karate**  
**Springtime Edible Birdhouse**  
**Valentine's Day Edible House**

## Friday

**Kurious Kids Kitchen**  
**Not Just Sports**

# middle school

**American Red Cross**  
**Babysitters Course (ages 11-15)**  
**Crazy Delicious Cooking (grades 6-8)**  
**CT Juniors Volleyball: Developmental Program (grades 4-8)**  
**Introduction to Woodworking: Build Your Own Project**  
**Level Up Village: Global Inventors**  
**Public Speaking for Students**  
**Rocketry**  
**Tennis (grades 1-2, 3-5 & 6-8)**  
**Yoga Groove for Middle School Girls**

# high school

**ACT® Prep Classes**  
**New SAT® Prep Classes**  
**Driver Education / Classroom Behind the Wheel Instruction**  
**Introduction to Woodworking: Build Your Own Project**

## Important Information

### Class Schedules

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

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

### School Closings

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

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

### Late Fees

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

### Elementary School

Unless otherwise noted, elementary level classes will not meet during Teacher Conference days, March 22-24.

Please use your school's dismissal manager to ensure your child's safe arrival at his or her afterschool program.

## Afterschool Clubs

### Sports & Homework Clubs

*grades 2-5*

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

#### **KHS 22 & Gym** with Mike Quiricone

<b>9 sessions / \$189</b>	<b>836i</b>	Thursdays	3:15-5:00 pm	Jan 14-Mar 17	no class Feb 18
<b>8 sessions / \$169</b>	<b>836j</b>	Thursdays	3:15-5:00 pm	Apr 7-Jun 2	no class Apr 21

#### **LLS Library & Gym** with Alyssa Pepe

<b>9 sessions / \$189</b>	<b>836k</b>	Tuesdays	3:15-5:00 pm	Jan 12-Mar 15	no class Feb 16
<b>8 sessions / \$169</b>	<b>836l</b>	Tuesdays	3:15-5:00 pm	Apr 5-May 31	no class Apr 19

#### **SES Library & Gym** with Dave Evans

<b>9 sessions / \$189</b>	<b>836m</b>	Mondays	2:45-4:30 pm	Jan 11-Mar 28	no class Jan 18, Feb 15 & 22
<b>7 sessions / \$149</b>	<b>836n</b>	Mondays	2:45-4:30 pm	Apr 11-Jun 6	no class Apr 18, May 30

### Not Just Sports (The Program Formerly Known as Just Sports)

*grades 1-4*

To be clear, you'll get your share of sports. But the reality is that this club has always been about more than just sports. Staffed by the teachers your kids love, Not Just Sports provides the same activities and curriculum as gym class. That means your student will be improving his or her fitness and motor skills, but he or she will also be learning important skills and attitudes, like cooperation, collaboration, communication, conflict resolution, problem solving, perseverance, self-expression, and self-control. In short, it's good, clean fun just when kids need it most: after a tough day reading, writing, and 'rithmetic-ing.

#### **GFS Gym** with Lisa Thomas & John Herbst

<b>9 sessions / \$189</b>	<b>840i</b>	Thursdays	3:15-5:00 pm	Jan 14-Mar 17	no class Feb 18
<b>8 sessions / \$169</b>	<b>840j</b>	Thursdays	3:15-5:00 pm	Apr 7-Jun 2	no class Apr 21

#### **KHS Gym** with Mike Quiricone

<b>9 sessions / \$189</b>	<b>840k</b>	Mondays	3:15-5:00 pm	Jan 11-Mar 28	no class Jan 18, Feb 15 & 22
<b>7 sessions / \$149</b>	<b>840l</b>	Mondays	3:15-5:00 pm	Apr 11-Jun 6	no class Apr 18, May 30

#### **SES Gym** with Dave Evans

<b>9 sessions / \$189</b>	<b>840m</b>	Fridays	2:45-4:30 pm	Jan 22-Apr 1	no class Feb 19, Mar 25
<b>7 sessions / \$149</b>	<b>840n</b>	Fridays	2:45-4:30 pm	Apr 15-Jun 3	no class Apr 22

## Afterschool Tennis

### Tennis with Connie Goodman

*grades K-8*

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

#### Kindergarten

##### Tuesdays in the GFS Gym / 4:00-5:00 pm

<b>828a</b>	Jan 5-Feb 23 (no class Feb 16)	7 sessions / \$275
<b>828c</b>	Mar 8-Apr 12	6 sessions / \$240
<b>828e</b>	Apr 26-Jun 7	7 sessions / \$275

##### Thursdays in the LLS Gym / 4:00-5:00 pm

<b>828b</b>	Jan 7-Feb 25 (no class Feb 18)	7 sessions / \$275
<b>828d</b>	Mar 10-Apr 14	6 sessions / \$240
<b>828f</b>	Apr 28-Jun 2	6 sessions / \$240

#### Grades 1-2

##### Mondays in the GFS Gym / 4:00-5:00 pm

<b>321A2</b>	Jan 4-Feb 8 (no class Jan 18)	5 sessions / \$205
<b>323A2</b>	Mar 7-Apr 11	6 sessions / \$240
<b>324A2</b>	Apr 25-Jun 6 (no class May 30)	6 sessions / \$240

##### Wednesdays in the SES Gym / 4:00-5:00 pm

<b>321B2</b>	Jan 6-Feb 24 (no class Feb 17)	7 sessions / \$275
<b>323B2</b>	Mar 9-Apr 13	6 sessions / \$240

##### Wednesdays in the LLS Gym / 4:00-5:00 pm

<b>324B2</b>	Apr 27-Jun 1	6 sessions / \$240
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##### Fridays in the BMS Gym / 4:00-5:00 pm

<b>321C2</b>	Jan 8-Feb 26 (no class Jan 15, Feb 19)	6 sessions / \$240
<b>323C2</b>	Mar 11-Apr 15 (no class Mar 25)	5 sessions / \$205
<b>324C2</b>	Apr 29-Jun 3	6 sessions / \$240

#### Grades 3-5

##### Mondays in the GFS Gym / 5:00-6:00 pm

<b>321A3</b>	Jan 4-Feb 8 (no class Jan 18)	5 sessions / \$205
<b>323A3</b>	Mar 7-Apr 11	6 sessions / \$240
<b>324A3</b>	Apr 25-Jun 6 (no class May 30)	6 sessions / \$240

##### Wednesdays in the SES Gym / 5:00-6:00 pm

<b>321B3</b>	Jan 6-Feb 24 (no class Feb 17)	7 sessions / \$275
<b>323B3</b>	Mar 9-Apr 13	6 sessions / \$240

##### Wednesdays in the LLS Gym / 5:00-6:00 pm

<b>324B3</b>	Apr 27-Jun 1	6 sessions / \$240
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##### Fridays in the BMS Gym / 5:00-6:00 pm

<b>321C3</b>	Jan 8-Feb 26 (no class Jan 15, Feb 19)	6 sessions / \$240
<b>323C3</b>	Mar 11-Apr 15 (no class Mar 25)	5 sessions / \$205
<b>324C3</b>	Apr 29-Jun 3	6 sessions / \$240

#### Grades 6-8

##### Fridays in the BMS Gym / 3:00-4:00 pm

<b>321C1</b>	Jan 8-Feb 26 (no class Jan 15, Feb 19)	6 sessions / \$240
<b>323C1</b>	Mar 11-Apr 15 (no class Mar 25)	5 sessions / \$205
<b>324C1</b>	Apr 29-Jun 3	6 sessions / \$240

## Staff Development Days

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

### January 15

#### Bricks 4 Kidz®

grades K-3

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

#### Bricks 4 Kidz® presents 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 natural phenomena like tornados, tsunamis, earthquakes, and cyclones. Learn how they move, why they happen, and what you can do to stay safe. (Lessons are designed to improve understanding, while taking care not to alarm young weather watchers.)

**1 session / \$59**

**SHS 1004** Friday, Jan 15  
**895** 8:30-11:30 am

#### Bricks 4 Kidz® presents LEGO® Model Designer Camp

How do LEGO® model designers come up with their ideas? Where do they begin and how do their ideas go from concept to completion? Explore the creative process of model design in this one-day workshop. Learn the function of different LEGO® components and discover how those components can work together to create all kinds of immobile and mobile structures. Plus, at the end of the day, you'll have the opportunity to present your own LEGO® model design.

**1 session / \$59**

**SHS 1004** Friday, Jan 15  
**894** 12:00-3:00 pm

**Stay and play all day! Sign-up for both camps for \$119. Please bring a nut free lunch.**

### February 22

#### Bricks 4 Kidz®

grades K-3

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

#### Bricks 4 Kidz® presents LEGO® Sports Spectacular Camp

Explore sports ranging from gymnastics to biking, mini-golf to airplane acrobatics. A great way to get sporty kids building and get LEGO® fans interested in sports, this camp features lessons on the importance of physical fitness and the mechanics of sports. Investigate the physics of golf and the components of a stationary bike. Hit a plastic golf ball with the mini-golf model, watch the gymnast spin around the bar, and see tiny airplanes whirl around and around on the LEGO® air show model.

**1 session / \$59**

**SHS 1004** Monday, Feb 22  
**893** 8:30-11:30 am

#### Bricks 4 Kidz® presents Air, Land & Sea Camp

Take to the sky in our Bricks 4 Kidz® helicopter model, race across the beach on an ingenious sail-powered sand surfer, or zoom through the water on a jet ski. Learn what makes each machine go as you explore concepts like buoyancy, propulsion, lift, and g-force. What other ways will you invent to travel through the air, over the land, and across the sea? This camp offers something for every traveler, whether you're a high-speed thrill-seeker or just curious about how to get from here to there.

**1 session / \$59**

**SHS 1004** Monday, Feb 22  
**892** 12:00-3:00 pm

**Stay and play all day! Sign-up for both camps for \$119. Please bring a nut free lunch.**



## Staycations + School Breaks

Wondering what to do over the February and April vacations? The following programs are brought to you by Westport Continuing Education and our trusted partners. Let us take care of your kids, so you can take care of everything else.

### February + April Vacations

#### Sports & Fun Adventures Camps

*grades 1-5*

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

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

**GFS Gym** with Lisa Thomas & Chris Scholz

<b>838a</b>	Tuesday-Friday	Feb 16-19	8:15 am-3:15 pm
<b>838b</b>	Tuesday-Friday	Feb 16-19	8:15 am-11:30 am
<b>838c</b>	Tuesday-Friday	Feb 16-19	12:00pm-3:15 pm

#### 5 full-day sessions / \$199 or 5 half-day sessions / \$105

**GFS Gym** with Lisa Thomas

<b>838d</b>	Monday-Friday	Apr 18-22	8:15 am-3:15 pm
<b>838e</b>	Monday-Friday	Apr 18-22	8:15 am-11:30 am
<b>838f</b>	Monday-Friday	Apr 18-22	12:00pm -3:15 pm

#### Bricks 4 Kidz® presents LEGO® Life Science Camp

*grades K-3*

Explore the fascinating science of living things and build engaging models of creatures, from caterpillars to dinosaurs. Explore how the human body stays cool, the life cycle of a butterfly, and why—and how—the Venus flytrap eats bugs.

#### 4 sessions / \$219

<b>SHS 1004</b>	Tuesday-Friday	Feb 16-19
<b>891</b>	8:30-11:30 am	

#### Bricks 4 Kidz® presents Clash of Bricks Camp

Gather your barbarians and arm your archers—it's time for battle, Bricks 4 Kidz® style! Collect and store gold and elixir. Train troops and build villages. Stop at nothing to defend your village from enemy attacks. Experience the thrill of battling brutal barbarians, greedy goblins, powerful PEKKAs, and wild wall breakers.

#### 4 sessions / \$219

<b>SHS 1004</b>	Tuesday-Friday	Feb 16-19
<b>890</b>	12:00-3:00 pm	

**Stay and play all day! Sign-up for both camps for \$389. Please bring a nut free lunch.**

#### Bricks 4 Kidz® presents Pokémon® Brick Monsters Camp

*grades K-3*

Capture wild Pokémon® creatures and train them for battle in this camp featuring the magical characters from the popular TV show. Improve your accuracy and power as you learn new moves and use special abilities. Tap into your inner engineer as you build Dratini, Pikachu, Poké Balls, and more. Bring your own Pokémon® trading cards if you want to play and trade at the end of each morning. Think you have what it takes to become a Pokémon® Master? Sign up for this camp and show off your skills as you battle for power in a Pokémon® universe you create out of LEGO® bricks.

#### 5 sessions / \$225

<b>SHS 1004</b>	Monday-Friday	Apr 18-22
<b>922</b>	8:30-11:30 am	

## Elementary School

### Art + Music

#### Afterschool ArtLab

grades 1-4

Explore a variety of techniques and artistic concepts in this mixed media art class brought to you by the Westport Arts Center. Each weekly workshop will encompass a complete project that invites students to manipulate materials and delve into unique art processes. You'll leave not only with a finished project created with high quality art materials but also skills and knowledge that will transfer to future arts endeavors. Comfortable clothing that can get a little messy is recommended. Repeat students are welcome; each new season features all new projects. [Taught by a Westport Arts Center educator]

**8 sessions / \$280 and 6 sessions / \$210**

<b>LLS Art Rm. 6 549a</b>	8 Mondays 3:20-4:50 pm	Jan 25-Mar 28 no class Feb 15 & 22
<b>LLS Art Rm. 6 549b</b>	6 Mondays 3:20-4:50 pm	Apr 11-May 23 no class Apr 18
<b>KHS 108 549c</b>	8 Tuesdays 3:20-4:50 pm	Jan 26-Mar 29 no class Feb 16, Mar 22
<b>KHS 108 549d</b>	6 Tuesdays 3:20-4:50 pm	Apr 12-May 24 no class Apr 19
<b>GFS Art Rm. 130 549e</b>	8 Wednesdays 3:20-4:50 pm	Jan 27-Mar 30 no class Feb 17, Mar 23
<b>GFS Art Rm. 130 549f</b>	6 Wednesdays 3:20-4:50 pm	Apr 13-May 25 no class Apr 20
<b>SES Art Rm. 126 549g</b>	8 Thursdays 2:50-4:20 pm	Jan 28-Mar 31 no class Feb 18, Mar 24
<b>SES Art Rm. 126 549h</b>	6 Thursdays 2:50-4:20 pm	Apr 14-May 26 no class Apr 21

#### Art Exploration

grades K-3

Paint, draw, sculpt, spatter. Cut, paste, collage. Mix, match, and make a beautiful mess with a variety of two and three dimensional art materials. Use your imagination and creativity as you explore techniques, including drawing, printmaking, painting, collaging, and sculpting. We'll draw inspiration from works of famous artists, modern designs, and our own lives.

And since artmaking is never the same thing twice, returning students are welcome to come back for another round of art exploration. Non-refundable materials fee of \$5 included.

**8 sessions / \$169**

<b>CES Art Rm. 19 467a</b>	Thursdays 3:20-4:35 pm	Jan 28-Mar 31 no class Feb 18, Mar 24
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**5 sessions / \$149**

<b>CES Art Rm. 19 467b</b>	Thursdays 3:20-5:00 pm	Apr 28-May 26
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*For as long as she can remember, Jennifer Pagan's life has revolved around her two passions, art and children. She has worked at the Aldrich Contemporary Art Museum and most recently at Westport's own Stepping Stones Preschool. Jennifer has a BFA in printmaking and illustration, and when she's not working, she can be found crocheting impossible projects she finds scrolling through Pinterest.*

#### Music with Mila

grades K-1

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

**6 sessions / \$69**

<b>SES Auditorium 295</b>	Wednesdays 2:50-3:50 pm	Jan 27-Mar 9 no class Feb 17
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*Mila Gottesman began playing piano at the age of five in her native Ukraine. She received her BA and MA degrees in piano performance from the Manhattan School of Music and taught at several regional music schools. Mila continues to teach privately, and her love for piano remains as strong as ever.*

## Cooking

#### Cooking with Books

grades K-2

Bring literature to delicious life in this unique cooking program. Designed to help students build their reading and listening skills through cooking, this class takes young chefs on a trip into the

pages of a book, then teaches them to whip up something yummy from the story. Your young cook will learn how to make turkey ricotta meatballs with zoodles while reading *Cloudy with a Chance of Meatballs*, chicken scratch granola while reading *The Little Red Hen*, and vegetable and banana chocolate wontons while reading *Lion Dancer*—and celebrating the Chinese New Year. Non-refundable materials fee of \$10 included.

**8 sessions / \$220**

**KHS Kitchen**      Thursdays      Feb 25-Apr 28  
**543**                      3:20-4:20 pm      no class Mar 24, Apr 21

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

**Nouveau Nutrition presents**

**Kurious Kids' Kitchen**

**grades 1-3**

Put on your chef's hat and expand your palate in this learn-by-doing adventure. Designed to encourage kids to explore new foods, this class will feature a new recipe each week. Young cooks will learn about healthy eating and good food choices while they master basic kitchen skills and begin to establish good habits that will last a lifetime. This season's recipes may include homemade chewy granola bars, frozen chocolate-banana pops and chocolate granola apple wedges, cheesecake-stuffed strawberries, raspberry-chocolate parfait, chocolate-peanut butter pudding, and guacamole with blue tortilla chips. Take home recipes and handouts. Non-refundable materials fee of \$30 included.

**6 sessions / \$109**

**GFS Staff Lounge**      Tuesdays      Jan 26-Mar 8  
**546a**                      3:20-4:20 pm      no class Feb 16

**SES Cafeteria**              Fridays              Jan 29-Mar 11  
**546b**                      2:50-3:50 pm      no class Feb 19

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

**Fork, Knife, Spoon Cooking**

**grades 3-5**

Cooking is about more than just yum. When you cook, you improve your math and reading skills, strengthen your team building skills, exercise your creativity, and learn to appreciate the importance of fresh, seasonal, and local ingredients. Plus, yum! This cooking class for young chefs will feature winter and spring recipes, including ricotta meatballs with zoodles, chicken pot pie cupcakes, German apple pancakes, zucchini tots, roasted root vegetables, apple pie muffins, and blueberry crumb sticks. Non-refundable materials fee of \$10 included. [Taught by Maria or Raz Farinas, Fork, Knife, Spoon Cooking]

**8 sessions / \$220**

**GFS Staff Lounge**      Mondays              Feb 29-Apr 25  
**542a**                      3:20-4:20 pm      no class Apr 18

**LLS Kitchen**              Wednesdays      Feb 24-Apr 27  
**542b**                      3:20-4:20 pm      no class Mar 23, Apr 20

**Valentine's Day Edible Houses**

**grades K-5**

What better time to make sweets for the sweet? Join a chef from Fork, Knife, Spoon Cooking and bedeck a beautiful sweetheart house with Valentine-themed decorations and goodies. Houses will be wrapped in cello paper for easy transport home. Non-refundable materials fee of \$5 included.

**1 session / \$35**

**KHS Cafeteria**              Monday              Feb 1  
**550a**                      3:20-4:35 pm      storm date Feb 8

**CES Art Rm. 19**              Tuesday              Feb 2  
**550b**                      3:20-4:35 pm      storm date Feb 9

**LLS Art Rm. 6**              Wednesday              Feb 3  
**550c**                      3:20-4:35 pm      storm date Feb 10

**SES Cafeteria**              Thursday              Feb 4  
**550d**                      2:50-4:05 pm      storm date Feb 11

**GFS Auditorium**              Friday              Feb 5  
**550e**                      3:20-4:35 pm      storm date Feb 12

**Turn the page for more Cooking classes**

# Kids Division

## Springtime Birdhouses (for kids, not birds!) grades K-5

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

### 1 session / \$35

<b>KHS Cafeteria 551a</b>	Monday	May 16
	3:20-4:35 pm	
<b>LLS Art Rm. 6 551b</b>	Tuesday	May 17
	3:20-4:35 pm	
<b>GFS Auditorium 551c</b>	Wednesday	May 18
	3:20-4:35 pm	
<b>SES Cafeteria 551d</b>	Thursday	May 19
	2:50-4:05 pm	
<b>CES TBD 551e</b>	Friday	May 20
	3:20-4:35 pm	

## Fitness + Sports

### Kempo Karate: Introduction to Martial Arts grades K-5

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

### 10 sessions / \$135

<b>CES Gym 303a</b>	Mondays	Jan 25-Apr 11
	3:20-4:20 pm	no class Feb 15 & 22
<b>KHS Gym 303b</b>	Tuesdays	Jan 26-Apr 12
	3:20-4:20 pm	no class Feb 16, Mar 22
<b>GFS Gym 303c</b>	Wednesdays	Jan 27-Apr 13
	3:20-4:20 pm	no class Feb 17, Mar 23

<b>SES Gym 303d</b>	Thursdays	Jan 28-Apr 14
	2:50-3:50 pm	no class Feb 18, Mar 24
<b>LLS Gym 303e</b>	Fridays	Jan 29-Apr 15
	3:20-4:20 pm	no class Feb 19, Mar 25

### Westport AllStars Basketball: Spring Program grades 2 & up / boys & girls

Learn to play the right way and prepare for competition and exposure during the AAU and travel seasons. Tune up your game with shooting guru and ball handling wizard CT Elite coach Chris Fay, a.k.a. the Shot Doctor. Featuring shooting, ball handling, skills, drills, and scrimmages, as well as strategy and sportsmanship, this AllStars Basketball clinic will take you and your game to the next level. Play in the main gym at Staples High School, on two full courts with six glass backboards and lower baskets for our smaller ballers. Staff includes Charles Miller from Staples and other professional coaches.

### grades 2-5 / 16 sessions / \$249

<b>SHS Gym 322a</b>	Tuesdays & Thursdays	Mar 29-May 26
	5:30-6:30 pm	no class Apr 19 & 21

### grades 6-12 / 16 sessions / \$249

<b>SHS Gym 322b</b>	Tuesdays & Thursdays	Mar 29-May 26
	6:30-7:30 pm	no class Apr 19 & 21

*Chris Fay played basketball at Fairfield Prep and Norwalk Community College, where he set the single season scoring record. He has extensive experience as an AAU travel basketball coach and is currently a developmental program instructor and travel coach for CT Elite, as well as a U12 National Team coach. Chris enjoys helping kids realize their basketball dreams, one dribble at a time.*

**Please see our Middle School section on page 33 for information about CT Juniors Volleyball program for grades 4-8.**

## STEM

### Bricks 4 Kidz® grades K-3

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

#### Bricks 4 Kidz® presents LEGO® Energy Is Everywhere

Energy is essential to almost everything we do, from turning on the lights in our homes and classrooms to fueling the cars we drive. Learn about the world of energy in all its amazing forms as you explore sources of energy, from wind and solar power to biofuel and fossil fuel. By the end of this class, you'll be able to define terms like renewable, landfill, greenhouse effect, and generator, and you'll have built moving models of some of the awesome ways we power our world.

#### 8 sessions / \$210

<b>GFS 105</b>	Mondays	Jan 25-Mar 28
<b>919a</b>	3:20-5:00 pm	no class Feb 15 & 22
<b>KHS Art Rm. 919b</b>	Fridays	Jan 29-Apr 1
	3:20-5:00 pm	no class Feb 19, Mar 25

#### Bricks 4 Kidz® presents LEGO® Laws of Motion

You're never too young to learn about the Laws of Motion. Get started with concepts like inertia, force, mass, and acceleration in this class designed to explore physics through LEGO® constructions that move. Launch paper footballs at targets with a catapult, give your mini-figures a ride on motorized see-saws and swings, and practice telling time as you build the clock model. This class gives you a foundation for understanding concepts you'll delve deeper into in years to come. For now, build fun stuff out of LEGO® bricks and test out Sir Isaac Newton's Third Law of Motion with models that illustrate his observation that every action has an equal and opposite reaction.

#### 6 sessions / \$160

<b>GFS 105</b>	Mondays	Apr 11-May 23
<b>920a</b>	3:20-5:00 pm	no class Apr 18
<b>KHS Art Rm. 920b</b>	Fridays	Apr 15-May 27
	3:20-5:00 pm	no class Apr 22

### Mad Science grades 1-4

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

#### Mad Science presents Crazy Chemworks

This action-packed STEM program is positively pulsating with classic experiments and crazy concoctions. Have bubbling, billowing, ice cold fun as you explore the changing states of matter. Probe the properties of light with spectacular glow-in-the-dark technology. Perform experiments using real laboratory tools, witness stunning demonstrations, and join in inquiry-based discussions. The perfect introduction to elementary chemistry, Crazy Chemworks gives students the opportunity to apply theoretical concepts to hands-on practice. So much fun they won't even realize how much they're learning. Take home items included with each class.

#### 8 sessions / \$215

<b>SES Art Rm. 126 915a</b>	Mondays	Jan 25-Mar 28
	2:50-3:50 pm	no class Feb 15 & 22
<b>GFS Art Rm. 130 915b</b>	Tuesdays	Jan 26-Mar 29
	3:20-4:20 pm	no class Feb 16, Mar 22
<b>KHS Art Rm. 108 915c</b>	Wednesdays	Jan 27-Mar 30
	3:20-4:20 pm	no class Feb 17, Mar 23
<b>LLS Art Rm. 6 915d</b>	Fridays	Jan 29-Apr 1
	3:20-4:20 pm	no class Feb 19, Mar 25
<b>CES Art Rm. 19 915e</b>	Fridays	Jan 29-Apr 1
	3:20-4:20 pm	no class Feb 19, Mar 25

#### Mad Science (program to be named later)

Check our website for details about the Mad Science class.

#### 6 sessions / \$165

<b>SES Art Rm. 126 915a</b>	Mondays	Apr 25-Jun 6
	2:50-3:50 pm	no class May 30
<b>GFS Art Rm. 130 915b</b>	Tuesdays	Apr 26-May 31
	3:20-4:20 pm	
<b>KHS Art Rm. 108 915c</b>	Wednesdays	Apr 27-Jun 1
	3:20-4:20 pm	
<b>LLS Art Rm. 6 915d</b>	Fridays	Apr 29-Jun 3
	3:20-4:20 pm	
<b>CES Art Rm. 19 915e</b>	Fridays	Apr 29-Jun 3
	3:20-4:20 pm	

Turn the page for more STEM classes

## Kids Division

### Chess Class

#### grades 1-5

This is a class 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 record their moves. Advanced students will learn strategy, openings, endings, and the history of the game. Class size is limited. [Taught by instructors from the National Educational Chess Association]

#### 10 sessions / \$199

<b>LLS Cafeteria</b> <b>318a</b>	Mondays	Jan 25-Apr 11 3:20-4:20 pm no class Feb 15 & 22
<b>KHS 11</b> <b>318b</b>	Tuesdays	Jan 26-Apr 12 3:20-4:20 pm no class Feb 16, Mar 22
<b>SES Library</b> <b>318c</b>	Wednesdays	Jan 27-Apr 13 2:50-3:50 pm no class Feb 17, Mar 23
<b>CES 43</b> <b>318d</b>	Thursdays	Jan 28-Apr 14 3:20-4:20 pm no class Feb 18, Mar 24
<b>GFS Library</b> <b>318e</b>	Fridays	Jan 29-Apr 15 3:20-4:20 pm no class Feb 19, Mar 25

### Citizen Invention

#### grades 3-5

*Dr. Ching-Fu Lan is the founder of Citizen Invention, which aims to foster creative confidence through design thinking and rapid prototyping projects and to empower youth and adults to imagine innovative solutions to everyday problems. Visit [www.citizen-invention.com](http://www.citizen-invention.com).*

#### Citizen Invention presents

##### Design Thinking & Everyday Invention I

Are you an inventor? Got a million ideas—or just one—to make the world a better place? Take your inventor mindset and prototyping skills and turn your incredible ideas into reality. This STEM-based program will use a design thinking approach to help you explore, brainstorm, and prototype everyday invention projects. You'll learn the basics of littleBits™ open-source modular electronics and use common craft and recycled materials to create your own innovative inventions. Be ready to amaze your friends and families with unique toys, pinball machines, interactive art works, and practical gadgets that you invent.

#### 8 sessions / \$200

<b>CES 24</b> <b>600a</b>	Mondays	Jan 25-Mar 28 3:20-4:35 pm no class Feb 15 & 22
<b>LLS 211</b> <b>600b</b>	Tuesdays	Jan 26-Mar 29 3:20-4:35 pm no class Feb 16, Mar 22

**KHS 207**  
**600c**

Thursdays  
3:20-4:35 pm  
Jan 28-Mar 31  
no class Feb 18, Mar 24

**GFS 102**  
**600d**

Fridays  
3:20-4:35 pm  
Jan 29-Apr 1  
no class Feb 19, Mar 25

#### Citizen Invention presents

##### Design Thinking & Everyday Invention II

Design thinking is a user-centered, collaborative, and experimental approach to problem solving. In this class, you'll use the design thinking method and littleBits™ open-source modular electronics to create everyday invention projects. DT&EI II will continue the design and invention adventure, and you'll have another opportunity to create unique robots, magic wands, animatronic models (like those at Stew Leonard's), and more. New learners with no prior experience are welcome to join. [Taught by Dr. Ching-Fu Lan]

#### 6 sessions / \$150

<b>CES 24</b> <b>601a</b>	Mondays	Apr 11 - May 23 3:20-4:35 pm no class Apr 18
<b>LLS 211</b> <b>601b</b>	Tuesdays	Apr 12 - May 24 3:20-4:35 pm no class Apr 19
<b>KHS 207</b> <b>601c</b>	Thursdays	Apr 14 - May 26 3:20-4:35 pm no class Apr 21
<b>GFS 102</b> <b>601d</b>	Fridays	Apr 15 - May 27 3:20-4:35 pm no class Apr 22

### Level Up Village

*Level Up Village offers STEAM enrichment courses that promote design thinking and foster one-to-one collaboration on real-world problems between U.S. students and students in developing countries.*

#### Level Up Village presents

##### Global Storybook Engineers, Jr.

#### grades K-2

Ever wonder what Jack could have done to stop the giant from chasing him down the beanstalk? Think Rapunzel probably could have used something less painful than her own hair to escape from that tower? This class is a delightfully innovative exploration of engineering through the lens of folktales from around the world. Rescue your storybook heroes by building spaghetti towers, boats, BrushBots, and more, plus pair up to exchange video

messages with your global partner. Share the results of your design challenges, learn about another culture, tinker, invent, and construct... and get a hands-on introduction to STEAM and design thinking skills.

**8 sessions / \$230**

**SES Comp. Lab 552**      Tuesdays      Feb 2-Apr 5  
2:50-3:50 pm      no class Feb 16, Mar 22

**Level Up Village presents Global Video Games**  
*grades 3-5*

Don't just play the game; *design* the game. Learn Scratch, a programming language designed by the brilliant folks at MIT, and build a video game or animation. You become the designer, so you can use your own drawings and add your own music. You write the story, choose the characters, and make the rules. Get ready to blow your parents and friends away with your cool creations. You'll be remixing and working with a partner in an international Level Up Village program; they get to take this class thanks to you. And all the while, you'll be improving your literacy, math, logic, and presentation skills. (That part's for your parents. The fun part is for you.)

**8 sessions / \$200**

**SES Comp. Lab 17 547**      Wednesdays      Feb 3-Apr 6  
3:20-4:35 pm      no class Feb 17, Mar 23

**Lights, Camera, Action!**  
*grades 4-6*

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

**8 sessions / \$119**

**663 LLS LMC**      Thursdays      Jan 28-Mar 31  
3:20-4:20 pm      no class Feb 18, Mar 24

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

## Theater Arts

**Story Theatre**  
*grades K-2*

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

**8 sessions / \$105**

**CES Conf. Room 658a**      Wednesdays      Feb 24-Apr 27  
3:20-4:20 pm      no class Mar 23, Apr 20

**KHS Library 658b**      Fridays      Feb 26-Apr 29  
3:20-4:20 pm      no class Mar 25, Apr 22

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

**Places! Fun with Acting & Improv**  
*grades 1-5*

Explore the essentials of acting and improvisation in this entertaining and 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 communication, literacy, presentation and public speaking, teamwork, emotional intelligence, problem solving, confidence, and self-esteem. Our nurturing, play-based, noncompetitive approach requires no previous experience and is fun for everyone. Take your places... and come play! Bring a nut free snack.

**grades 1-2 / 8 sessions / \$150**

**SES 121 Music Rm. 687a**      Tuesdays      Jan 26-Mar 29  
2:45-4:00 pm      no class Feb 16, Mar 22

**grades 1-2 / 6 sessions / \$115**

**SES 121 Music Rm. 687b**      Tuesdays      Apr 26-May 31  
2:45-4:00 pm

*More listings for Places! can be found on the following page.*

**Turn the page for more Theater Arts classes**

## Kids Division

### Places! Fun with Acting & Improv *continued* grades 1-5

#### grades 3-5 / 8 sessions / \$150

**SES Music Rm. 121** Wednesdays Jan 27-Mar 30  
**687c** 2:45-4:00 pm no class Feb 17, Mar 23

#### grades 3-5 / 6 sessions / \$115

**SES Music Rm. 121** Wednesdays Apr 27-Jun 1  
**687d** 2:45-4:00 pm

#### grades 1-3 / 8 sessions / \$150

**GFS Music Rm. 127** Thursdays Jan 28-Mar 31  
**687e** 3:15-4:30 pm no class Feb 18, Mar 24

#### grades 1-3 / 6 sessions / \$115

**GFS Music Rm. 127** Thursdays Apr 28-Jun 2  
**687f** 3:15-4:30 pm

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

### Intro to Acting grades 3-5

If anyone's ever told you to stop being so dramatic, don't listen. Instead, take this class designed to develop the vocal and physical techniques that support strong storytelling. Each week, you'll engage in group warm-ups and participate in improvisation and other drama games, and each week, your creativity and confidence will grow. Over the course of the class, young thespians will work on an assigned scene, which they'll present to parents the final week of class. [Taught by Elizabeth Donnelly]

#### 8 sessions / \$159

**CES Conf. Rm. 659a** Wednesdays Feb 24-Apr 27  
4:30-6:00 pm no class Mar 23, Apr 20

**KHS Library 659b** Fridays Feb 26-Apr 29  
4:30-6:00 pm no class Mar 25, Apr 22

### Magic Club grades K-5

We can't teach you to make your little sister disappear—that wouldn't be right!—but we can reveal the secrets of the professional magician in this critically acclaimed program. Experience the wonder of magic as you learn the ancient art of prestidigitation. Improve your presentation, public speaking, and leadership skills, build self-confidence and poise, and develop stage

presence. Plus, disappearing coins! Magic scarves! Card tricks! We promise a truly magical experience. Each week, you'll receive tricks and materials to take home with you. Students repeating this class will receive new tricks to take home and, with the wave of a wand, will become magical aides for new students. Non-refundable materials fee of \$5 per week included.

#### 12 sessions / \$219

**LLS Music Rm. 841** Thursdays Jan 28-May 5  
3:20-4:20 pm no class Feb 18, Mar 24 & Apr 21

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

## Middle School

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

Be the best babysitter you can be with this class brought to you by the nation's leading provider of childcare education. You'll learn the skills you need to be a safe and responsible babysitter: how to care for children and infants, be a good leader and role model, make good decisions, solve problems, and handle injuries, illnesses, and other household emergencies. Earn your Red Cross Babysitters Certification. You must be present for entire class time to receive Babysitters Certification; no makeup classes are available. [Taught by Red Cross certified teachers, Paula Lacy (367a, 367c) and Stephanie Crowe (367c)]

#### 3 sessions / \$155

**SHS 1047 367a** Mondays Jan 25 - Feb 8  
3:15-5:15 pm

**SHS 1047 367b** Tue, Wed, Thur Mar 22, 23, 24  
3:15-5:15 pm

**SHS 1047 367c** Mondays May 2-16  
3:15-5:15 pm

### Crazy Delicious Cooking with Chef Cecily Gans grades 6-8

Don't just lie there like a couch potato. This spring, cook up something cool with Chef Gans. Each week, you'll discover another super scrumptious ingredient, another handy technique, another crazy delicious recipe. You'll prepare dishes from start to finish and end the afternoon with a feast. Whether you're a hot mess or a mini master chef, you'll have the opportunity to try new foods, learn new skills, and expand your palate. Impress your



friends and family and become the foodie you always wanted to be. A non-refundable fee of \$35 is included. Please note: the classrooms and kitchens where our cooking classes are held are not food allergy free. Nuts, shellfish, etc., are used frequently.

**4 sessions / \$199**

**SHS Room 182** Wednesdays Mar 2-Mar 23  
**273** 3:00-5:00 pm

*Staples High School's Chef Cecily Gans has been turning kids into cooks for 17 years. She runs our popular summer Culinary Camps, and she thinks that life is crazy delicious.*

**CT Juniors Volleyball**

**grades 4-8**

*Now in its 26th year, CT Juniors Volleyball is one of the most respected volleyball development programs in the East. Founded by Tyson Krause, an internationally certified coach and 2003 inductee into the Connecticut High School Volleyball Hall of Fame, CT Juniors is modeled after the most successful California juniors programs—with teaching strategies designed to build skills, intensely committed coaches, players, and parents, and a practice/tournament structure that enables players to form friendships, prepare for high school play, and become leaders, both on and off the court.*

**Developmental Program**

This class is for beginners or those who have had some middle school volleyball experience. Players are instructed by nationally certified coaches, and the emphasis is on developing a sound foundation of individual skills, like passing, serving, hitting, and defense. No tryouts required; registrations are taken on a first-come-first-served basis, as long as space permits. For information about payment plans, visit [www.ctjuniorsvolleyball.com](http://www.ctjuniorsvolleyball.com).

**6 practice dates + 2 play dates / \$335**

**Practice dates**

**350** Sundays Jan 10, 17, 31, Feb 21,

**SHS Fieldhouse** 6:30-8:30 pm Mar 13, Apr 3

**Play dates** Sundays Feb 28 & Apr 10

**CT Sports Center** TBD

*The Connecticut Sports Center is located at 21 South Bradley Rd. Woodbridge. For directions, visit [www.ctsportscenter.com](http://www.ctsportscenter.com).*

**Please see page 23 for information about afterschool tennis for middle school students.**

**Introduction to Woodworking:  
Build Your Own Project**

**grades 7-12**

Measure twice, cut once, and bring your ideas to life. Dream up a project, draw up a design, consult with our expert carpenter, and create your own unique masterpiece. Whether you're all thumbs or you hit the nail on the head every time, this class is designed to introduce, or reintroduce, you to the various tools and machines in our woodshop and to enhance your woodworking skills with hands-on instruction. A fantastic and fun learning experience, this class is the place to try detailed machine work, like turning a pen on a lathe. Class limit of 10. Non-refundable materials fee of \$35 included.

**8 sessions / \$139**

**SHS 192** Wednesdays Jan 27-Mar 23  
**450** 3:00-4:00 pm no class Feb 17

*Michael Sansur is a technology education teacher at Staples High School.*

**Level Up Village presents Global Inventors**

**grades 6-8**

Transform the world as we know it using one of the most innovative technologies of our time, 3D printing. Computer aided design (CAD) software is a powerful tool and, sure, you could use it to build a better mousetrap, but why not use it for a greater social good? In this class, you'll exchange video messages with a global partner in a developing country. Together, you'll identify and learn about a global issue; then you'll collaboratively design, print, and test an invention that helps solve the problem. Master the engineering design process and basic electrical engineering while you make a friend and the world a better place.

**8 sessions / \$299**

**CMS Comp. Lab** Mondays Jan 25-Mar 28  
**553a** 3:00-4:00 pm no class Feb 15 & 22

**BMS LMC** Fridays Jan 29-Apr 1  
**553b** 3:00-4:00 pm no class Feb 19, Mar 25

*Level Up Village offers STEAM enrichment courses that promote design thinking and foster one-to-one collaboration on real-world problems between U.S. students and students in developing countries.*

**Turn the page for more Middle School classes**

## Kids Division

### Public Speaking for Students

grades 6-8

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

**6 sessions / \$85**

**BMS 230** Tuesdays Mar 8-Apr 12  
**691** 3:00-4:00 pm

*Alison Antunovich and Courtney Ruggiero are 8th grade teachers at Bedford Middle School. This summer, they co-taught a TED Talks workshop through the Connecticut Writing Project at Fairfield University, and they're excited to bring their experience back to Westport. If you ask them nicely, they'll both stand up and recite a poem. Neither is afraid of public speaking... anymore.*

### Rocketry

grades 6-8

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

**6 sessions / \$135**

**BMS 272** Fridays Feb 26-Apr 8  
**449** 3:00-4:30 pm no class Mar 25

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

### Yoga Groove for Middle School Girls

grades 6-8

Yoga Groove is self-expression through yoga, dance, and movement. Yoga Groove is the space to flow and be yourself. Yoga Groove is being calm and energized all at the same time. Yoga Groove is learning how to breathe and move and feel good in your body. Yoga Groove is seeing all that you are from the inside and from the outside. Yoga groove celebrates you. Through yoga poses, breath work, dance, and improvisation, you'll discover and acknowledge your great, groovy self. Join us and get into the yoga groove.

**6 sessions / \$85**

**BMS Pod 220** 6 Wednesdays Jan 27-Mar 9  
**857** 3:00-4:00 pm no class Feb 17

*Beth Furman has been studying, teaching, and practicing different movement forms her entire life. She earned an MA in movement studies from Wesleyan University and has her E-RYT 500 in yoga. She has been on staff at Kripalu and has taught yogis of all ages, both privately and at local studios. Beth often practices yoga with her dog Diesel, who reminds her to chill.*

## High School

### ACT® Prep Classes

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

**5 sessions / \$170**

**SHS 2030 English & Writing** [taught by Ashley Gayanilo]  
**311a** Tuesdays May 3-31 2:30-5:00 pm

**SHS 2030 Math** [taught by Brian Smith]  
**311b** Mondays Feb 29-Mar 28 6:00-8:30 pm

**SHS 2030 Math** [taught by Brian Smith]  
**311c** Mondays Apr 11-May 16 6:00-8:30 pm  
no class Apr 18

**2 sessions / \$75**

**SHS 2030 Science** [taught by John Killian]  
**311d** Wednesdays Mar 23 & 30 6:15-8:30 pm

**SHS 2030 Science** [taught by John Killian]  
**311e** Wednesdays May 25 & Jun 1 6:15-8:30 pm

## New SAT® Prep: Critical Reading/Writing

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

See our website for class dates and times.

## New SAT® Prep: Math

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

5 sessions / \$170

**SHS 2030**      Thursdays      Mar 24-Apr 28  
**309**              6:00-8:30 pm      no class Apr 21

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

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

### Driver & Traffic Safety Education (¼ credit toward graduation)

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

30 hours of instruction / \$220

**306d**              *Registrants must also sign up for 307d*  
**SHS 1034**      Tues & Thurs      Feb 4-Mar 31  
                          3:00-5:00 pm      no class Feb 16 & 18  
*No afternoon class on Feb 9; registrants must attend parent/child class 307d that night; see below*

**306e**              *Registrants must also sign up for 307e*  
**SHS 1034**      Tues & Thurs      Apr 12-Jun 7  
                          3:00-5:00 pm      no class Apr 19 & 21  
*No afternoon class on Apr 14; registrants must attend parent/child class 307e that night; see below*

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

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

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

#### For those taking 306d

**307d SHS 1034**      Tuesday      Feb 9      6:00-8:00 pm

#### For those taking 306e

**307e SHS 1034**      Thursday      Apr 14      6:00-8:00 pm

### Safe Driving & Alcohol & Drug Education

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

305 / 8 hours / SHS / \$125

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

### Learner's permit required

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

## Important Information

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

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

Center hours:

**Monday-Friday / 7:30 am-4:30 pm**

**Thursday / 7:30 am-8:00 pm**

**Saturday / 8:30 am-3:00 pm**

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

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

### Mandated Programs

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

**These programs are now offered free to interested Westport residents through Norwalk Public Schools Continuing Education.** Proof of Westport residency is required. Students 17 and 18 years of age must present a copy of their school withdrawal papers when registering for any class.

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**For Information about Norwalk's extensive continuing education programs contact:**

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

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

### Gift Certificates

**For any holiday, birthday, or other special occasion, consider giving a gift certificate for classes at Westport Continuing Education. It's the gift that keeps on giving. Because learning never stops.**

Call (203) 341-1209 for information.



# Registration Form

Winter/Spring 2016

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

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

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

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

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

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

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

**Please list:**

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

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

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

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

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

Credit Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

3 Digit Security Code \_\_\_\_\_

Billing Address (if different than mailing address) \_\_\_\_\_

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

**Mail** WCE, 70 North Avenue, Westport CT 06880 / **Fax** (203) 341-1218 / **Drop off** Staples High School, Room 1040



**Stay tuned for our  
Summer 2016 catalog...**

**Programs for adults and kids**

**High school academic classes**

**Sports camps**

**Fitness programs**

**Theater & film classes**

**Driver Education**

**... and more!**

**CONTINUING  
EDUCATION**

# Course Proposal Form

## Westport Continuing Education Teaching Opportunities

Are you passionate about a hobby? An expert in a particular subject? Want to spread the word about your organization or business? Westport Continuing Education offers classroom and experiential learning programs for adults and children at all levels of creative, athletic, and academic development. Be bold, experiment, and embrace curiosity in the company of like-minded people. Submit a course proposal today.

**Name**

**Street Address** **City** **State** **Zip**

**Home Phone** **Work Phone** **Cell Phone**

**Email Address**

**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 150 words; attach a second sheet, if necessary):

### Course Details

**Number of sessions** **Hour(s) per session** **Max./Min. students** **Materials fee per student (if applicable)**

**Preferred day of the week (M-Th)** **Preferred start/end times** **Preferred start date**

**Desired compensation** **Specify grade range and/or adult ed**

### Equipment and/or materials needed:

# Course Proposal Form

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

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

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

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<b>Name</b>	<b>Contact information (phone and/or email address)</b>
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<b>Name</b>	<b>Contact information (phone and/or email address)</b>
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**Instructor Availability:**  Fall (Sep-Dec)     Winter/Spring (Jan-Jun)     Summer (late Jun-Aug)

**Please submit the completed form, along with a résumé (if applicable), by email to [conted@westport.k12.ct.us](mailto:conted@westport.k12.ct.us), mail to WCE, 70 North Avenue, Westport, CT 06880, or fax to (203) 341-1218.**

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For WCE use

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