



Learn!



Registration Information

Eligibility

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

How to Register



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

www.westportcontinuinged.com.



Fill out the appropriate registration form in the catalog and mail it to us at: WCE, 70 North

Avenue, Westport, CT, 06880.



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



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

Payment

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

Serving you for over 50 years

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

Contact Us

conted@westportps.org

To everything, there is a season.

Sometimes the fall season starts so fast that we don't have time to relish the end of summer! September may bring different weather, but the official "end" of summer is Labor Day weekend. This is the time to celebrate our history and share with family, friends, and community.

It's a time for reflection, but it's okay to keep holding on to summer. There are still more days at the beach or a book or two to squeeze in. There's time to organize those photos or learn how to optimize "The Cloud" or those functions on your new phone. There's time to plan a summer meadow, now that you can admire the plants and flowers that do well in our tough New England weather. There's time to schedule a fun art class with a friend, like learning the "Bob Ross Method!"

I encourage you to sit down with your child and plan some fun after school activities. Do you have a budding actor or sports enthusiast? We've got lots of options for staying active and creative for kids. Keep this catalog in your car and your kids can stay busy with some fun activities on pages 33 and 36.

Do you have an anxious senior ready to choose their next steps? Give them the freedom to drive (and save yourself the time!) through lessons, or help them get ahead with test preparations.

As the earth moves towards the darkness of December, remember that you can make the time to learn, grow, cultivate new skills, or revive long-forgotten ones.

Christine Jewell
Director

Westport Continuing Education

Christine Jewell
Director

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Mary Youngling, *Office Administrator*
Sheila Gallanty, *Catalog Manager*
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non-residents



WELCOME!

Important Information

Cancellation & Refund Policy

Please see page 34.

Class Locations

Unless otherwise noted, adult classes are held at:

Staples High School

70 North Avenue, Westport

Convenient parking is located on the right side of Staples. Use entrance #50, far left door. Signs with class locations are listed in the lobby.

Directions for **Cooking Classes** at Staples are listed on page 9.

Class Schedules

Most classes follow the Westport Public School (WPS) calendar. Please see specific dates for your class under the class description.

School Closings

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

See page 34 for the list of local stations to check.

All class cancellations will be announced on our website:

westportcontinuinged.com

Adult Division

Arts + Crafts

Furniture Painting Workshop

Channel your inner Joanna Gaines! Join us for these relaxed, fun and inspirational furniture painting workshops. The first session will cover the basics of the Annie Sloan Chalk Paint® Method, including four basic techniques: two-color finish, smooth/modern finish, rustic finish and colored wash, plus wax application. The second session will focus on more advanced layering techniques, including dry brushing under a colored wash, frottage, ombre finish and creating a weathered look with wet wax technique. Materials are included, no chemicals or stripping.

943 **\$200**
2 Thursdays Oct 17 & 24
6:00–9:00 pm

Location: D Toth Design, 239 Westport Avenue, Norwalk

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

Jewelry Making 101

This structured introductory course, led by longtime instructor Susan Bishop, will take you from concept to design to finished piece. Learn to use the tools and techniques to create a piece of jewelry: a strand of beads with a clasp, a ring or pendant bezel set with a colorful stone, or a wire bangle or cuff bracelet. You'll work with different metals—brass, copper, and nickel, in wire and sheet form—and try your hand at sawing, piercing, hammering, twisting, texturing, and letter stamping. Solder and polish your custom designs to a lovely finish. Materials fee of \$20 is included; additional fees may apply when using more expensive materials.

455 **\$205**
7 Tuesdays Sept 24–Nov 12 (no class on Oct 8)
6:45–9:15 pm SHS 1012

Susan Bishop has been helping students to craft beautiful jewelry since the early seventies. In the past ten years, she's helped craft enough lovely and unique jewelry to fill a treasure chest.

Jewelry Workshop

If you have previous experience, this course offers you the time, space, and guidance to sharpen your skills, improve your technique, create your own design, and produce a piece of jewelry. Learn how to design a more intricate piece and refine the quality of your project with finishing techniques. Learn to work with designs around a center stone, or to make a hammered chain link

bracelet or necklace. Guidance is available from design concept to creation. Materials fee of \$20 is included; additional fees may apply when using more expensive materials. Prerequisite: beginner jewelry course. [Taught by Sue Bishop]

458a	\$205
7 Thursdays	Sept 26–Nov 7
6:45–9:15 pm	SHS 1012
458b	\$99
3 Thursdays	Nov 21–Dec 12 (no class Nov 28)
6:45–9:15 pm	SHS 1012
458c	\$99
3 Tuesdays	Nov 26–Dec 10
6:45–9:15 pm	SHS 1012

Knitting for Beginners: Stitch It Up

Sit and knit with us in a class created just for beginners. Learn the basics; stitches, knitting abbreviations, reading a pattern, selecting the right yarn, and more. You'll build the confidence to select your own project to work on (in class and at home), such as a scarf or a hat. Materials fee of \$15 is included for a beginner knitting kit (needles, yarn, handouts); the cost of needles and yarn for each student project will be additional, depending on the project.

185 **\$149**
6 Mondays Oct 7–Nov 11
6:30–8:30 pm SHS Library

Andrea Dener, a.k.a. the Yarn Farmer, is a Craft Yarn Council certified instructor who loves to knit and share her passion with others.

Knitting 101: The Basics

For beginners who want to learn the soothing, yet addictive art of knitting or for those who are rusty and need a refresher. Learn the basics: casting on, knit stitch, and purl stitch. Purchase your yarn and needles at the first class. [Taught by instructors from Westport Yarns]

170 **\$69**
2 Thursdays Sept 19 & 26
4:00–6:00 pm Westport Yarns, 582 Post Road East

Knitting 102: Beyond the Basics

Review cast on, knit stitch, purl stitch, and bind off. Enhance your knowledge of knitting by learning how to read stitch pattern instructions such as K1, P1, ribbing and seed stitch, as well as how to join a new yarn and fix simple knitting mistakes. [Taught by instructors from Westport Yarns]

144 **\$69**
2 Thursdays Oct 17 & 24
4:00–6:00 pm Westport Yarns, 582 Post Road East

Adult Division

Knitting 103: Advancing Your Skills

Review of Knitting 101 and 102; plus increases, decreases, and simple finishing techniques; introduction to yarn weights and knitting needles; and how to read a knitting pattern. [Taught by instructors from Westport Yarns]

145	\$69
2 Thursdays	Nov 14 & 21
4:00–6:00 pm	Westport Yarns, 582 Post Road East

Introduction to Drawing & Acrylic Painting

Use acrylics, a versatile medium, 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! Those who wish to draw exclusively or whose main interest is painting are equally welcome. Materials list available in our office and on our website.

168	\$245
10 Tuesdays	Oct 1–Dec 10 (no class Oct 8)
7:00–9:30 pm	SHS 1004

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

Advanced Acrylic & Oil Painting

Already experienced with acrylics or oils? 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	\$220
9 Wednesdays	Oct 2–Dec 11 (no class Oct 9 & Nov 27)
7:00–9:30 pm	SHS 1004

Watercolor

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

064	\$245
10 Mondays	Oct 7–Dec 9
3:00–5:30 pm	SHS 1004

Happy Clouds! Paint like Bob Ross

Bob Ross, the famous PBS TV host of "The Joy of Painting", is a legend. While Bob's zen-like voice and relaxing style hypnotized us all, it was his technique that really captivated us. The freedom of this technique allows your creativity to blossom so that everyone, regardless of ability, can create a painting. Learn his wet-in-wet technique with a trained instructor of the Bob Ross method, using special brushes and thick, quick-drying oil paints to apply several layers of paint to the canvas while still wet. All materials are included. Walk away with a completed painting.

147a	\$79 Seascape Painting
1 Thursday	Oct 17
6:00–9:00 pm	SHS 1004
147b	\$79 Waterfall Painting
1 Thursday	Nov 14
6:00–9:00 pm	SHS 1004

Denise Cirillo-Romaniello has studied traditional oil painting for many years and is a certified Bob Ross Instructor.

What's Up, Doc? Cartoons & Character Design (ages 16–adults)

Character design is a skill that's used across popular media, including animation and book illustration. Every character must be designed in order to establish its personality and role. The design of a character starts further back in the drawing process than you realize. Each adjustment to the basic construction of the head and body produces an effect on the viewer. Knowing what those effects are, and knowing how to use them, are key to creating memorable characters. Learn the tools to create a wide array of appealing characters.

146	\$109
6 Thursdays	Sept 26–Oct 31
7:00–8:30 pm	SHS 1010

Christopher Hart has written over 100 how-to-draw books on how to draw anime & manga, cartoons, figure drawing, fashion illustration, art for children, coloring books and more. He has sold over 7 million books, which have been translated into 20 languages. Visit www.christopherhartbooks.com.

Adult Division

Photography:

DSLR Basic Digital Camera Operation

Need help understanding how to use your DSLR camera? This class will help you understand the operating fundamentals of your camera and photography in general. All those buttons and switches will be explained so that your picture will come out well exposed and you can be confident in your picture taking abilities. Whether you are interested in photographing your friends and family, nature, landscapes or sports, this course will certainly help you. Your pictures will come out great every time. Bring your camera and manual.

094 **\$125**

6 Wednesdays Sept 25–Nov 6 (no class Oct 9)
7:00–9:00 pm SHS 1054

John Zappala has practiced and exhibited advertising, fashion, and corporate photography for over 25 years.

Business + Money Matters

Please note that our instructors are hired to teach general concepts and not to provide specific advice to individuals. Please consult your financial advisors or attorneys before making investment decisions.

Intro to Google Suite:

Gmail, Calendar, Contacts & More

Gmail can be a powerful tool, learn how to use more effectively. Use Google Drive to store, sync, and share files with ease; it's a powerful tool that allows you to keep all your work in one place, view different file formats without buying extra software, and access your files from any device. Finally, Docs, Sheets, Slides, and Forms: sure, they're helpful for typing up memos and organizing data, but chances are, you're not using them to their—or your!—full potential. Join us and find out how to unleash the power of Google. Bring your own device loaded with Google Suite.

231 **\$69**

3 Tuesdays Oct 15–29
6:30–8:30 pm SHS 1034

Valentina Vallinotto began her career as a math and physics teacher. She became a project manager and tech manual editor, before moving to Google. She works as a change management consultant.

MS Excel for Business

With more than one billion Microsoft Office users globally, Excel has become the professional standard in offices across the globe for pretty much anything that requires management of large amounts of data. For small business owners in particular, Excel offers tools that can benefit the bottom line: calculate, table, chart, and compare data; track, post, and record transactions; generate financial reports; and much more. Join our expert

and discover the hidden capabilities in the world's most popular—but underutilized—desktop program. Bring your own device loaded with MS Excel. [Taught by Valentina Vallinotto]

232

Tuesday & Thursday
6:30–8:30 pm

\$55

Oct 1 & 3
SHS 1034

Social Media for Business

Are you ready to start strategically engaging with your existing customers rather than just sporadically posting on your business's social media accounts? Do you want to attract new customers? Join digital news producer Jessica Grunenberg as she teaches you techniques to effectively use Facebook, Twitter, Instagram, and LinkedIn to grow your business. You'll learn how to increase your followers, when to post to maximize your reach, how to create content your customers care about, and tips on everything from hashtags to handling comments. Develop an effective and efficient social media strategy for your brand or business.

146

3 Tuesdays
7:00–9:00 pm

\$49

Oct 22–Nov 5
SHS 1049

Veteran journalist Jessica Grunenberg worked for News 12, where she was responsible for creating digital content and social media. Jessica consults small businesses and nonprofits to implement social media strategies and create engaging content.

Grant Writing

If you are raising funds for a nonprofit organization or you're looking for grants from foundations, corporate sources, or individual sources, learn the tools you need to research and write a winning proposal. Beginning with the basics, our instructor will take you through the components of a grant, from cover letter to executive summary and statement of need, methodology, evaluation, and budget. We'll review the Connecticut Common Grant application form and discuss grant reporting, and you'll hear expert advice on researching funding opportunities, cultivating contacts, and dealing with rejection. Materials fee of \$5 included.

141

Friday

9:00 am–3:00 pm Westport Public Library

\$89

Oct 18

Beverly Salzman teaches grant writing, nonprofit management, fundraising, and related courses at the University of New Haven and other regional colleges.

Adult Division

Make an Impact with Your Money – Socially Responsible Investing

Investing can be an opportunity to create a better future for the broader world. Whether it is climate change, gender equality, income inequality, animal welfare or other social issues, investors can make their voices heard with their money. Socially responsible investing aims to incorporate environmental, social and governance factors into investment decisions, and seeks to align an investor's personal goals and values with the promotion of a more responsible, equitable and sustainable world. We'll explore how to invest according to your principles while still achieving your financial goals. Topics include how to define your financial and socially responsible investing goals, understand your different responsible investment options and techniques, and how to implement responsible concepts into your portfolio.

220 **\$29**
1 Monday Nov 4
7:00–8:30 pm SHS 1034

James M. Rankowitz, CFP®, a financial advisor and Vice President – Investments at The Rankowitz Cilwik Financial Group of Wells Fargo Advisors in White Plains, NY, has been a financial advisor since 2011, is a Certified Financial Planner™ professional, and holds an MS in Personal Financial Planning from the College for Financial Planning.

Fundamentals 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 **\$49**
2 Tuesdays Dec 3 & 10
6:30–8:30 pm SHS 1036

Brenda Catugno, ChFC®, CFP®, 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.

Take the Fear Out of Facing Your Finances

At some point in their lives, 90% of women will be in charge of their own or their family's finances. We'll discuss action plans to build or secure a strong foundation for your financial future, including setting your financial goals, getting your accounts organized, the benefits of and how to create a spending plan, the need for establishing your estate plan, determining your investment risk tolerance, and being tax wise to help you worry less so you can focus on your bright future. [Taught by Brenda Catugno]

145 **\$39**
2 Tuesdays Nov 12 & 19
10:30 am–12:00 pm Westport Public Library

Get the Most Out of Your Social Security

Worried about how to effectively utilize Social Security? We'll discuss how people strategically plan for Social Security in relation to their other retirement savings and benefits. You'll learn how to maximize your Social Security benefit for your situation, how the benefit is taxed, how the spousal benefit works, how a widow, widower, or survivor benefit works, how divorcees may be able to claim on their ex-spouse's earnings, and what claiming strategies may still be available and how they work, and more. [Taught by James Rankowitz]

217 **\$29**
1 Monday Oct 7
7:00–8:30 pm SHS 1034

Medicare & More

Mention the word Medicare and you're likely to get a confused look in return. We'll sort through the Parts (A - Hospital; B - Physician and Outpatient Coverage; D - Drug Coverage), and review the pros and cons of Medicare Supplement Plans and Medicare Advantage Plans. Learn about IRMAA (Income Related Monthly Adjusted Amount), Medicare Savings Programs, a Medical Power of Attorney, and how to protect your assets from nursing homes without having long-term care insurance. So join us if you are a senior, a child of a senior, or just want to know more.

221 **\$29**
1 Thursday Oct 3
6:30–8:00 pm SHS 1047

Lou Pelletier and his daughter Jessica Pelletier, of American Senior Benefits, have been teaching classes on Medicare and retirement planning for many years at adult education programs, libraries and hospitals.

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

Retirement planning is complex, encompassing accumulation and asset management; cash flow and "de-cumulation"; lifetime income distribution to cover expenses; risk management; legacy planning to direct assets efficiently to the people you care about; and strategic tax planning. We'll also learn discuss long-term care planning and funding solutions, including long-term care insurance. It's a lot to manage; this class can help.

215 **\$49**
2 Tuesdays Nov 12 & 19
6:30–8:30 pm SHS 1036

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

Adult Division

Estate Planning

Join us for an in-depth review of estate planning and the estate administration process. We'll identify the elements of a properly constructed estate plan and explore federal and state transfer tax laws, as well as health care documents, living wills, power of attorney, and conservatorships. Learn about the probate process and the truth about avoiding probate, retirement assets, gifting, life insurance, intangible assets, Medicaid and long term care planning, maintaining autonomy as we age, and more. Through case studies and interactive discussion, participants will gain insight into the difficult issues faced by families.

262 **\$75**
3 Tuesdays Oct 15–29
6:30–8:30 pm SHS 1051

Alyson Marcucio, a partner at Chipman Mazzucco Emerson LLC, practices in the areas of estate planning and administration, probate, and elder law.

Cards + Games

Mah Jongg for Beginners

These days, mah jongg has fans of all ages. Played with 152 tiles, this rummy-style game of skill, strategy, calculation, and chance is easy to learn, exciting to play, and extremely social. Whether you're new to the table or looking for a refresher class, join us and (re)discover the oldest game in town. A non-refundable 2019 Mah Jongg card fee of \$10 is included.

243a **\$135**
6 Wednesdays Nov 6–Dec 18 (no class Nov 27)
7:00–9:00 pm SHS Library

Fran Rackson plays both mah jongg and canasta every week, and she's taught lots of people to play her favorite games.

243b **\$135**
6 Mondays Sept 23–Nov 4 (no class Sept 30)
3:00–5:00 pm SHS Library

Sherri Raifaisen has been teaching mah jongg for years. She plays in weekly games with friends, and loves it when her students join her. She says that mah jongg keeps your mind sharp!

Mah Jongg: Open Play

If you know how to play and are looking for a regular game, look no further. We'll provide the mah jongg sets, a comfortable space, and an expert instructor to supervise and assist as necessary. You provide the laughter and the camaraderie! Bring a friend or two (or bring a whole table of friends!), and please bring the current mah jongg card. If you don't have a card, please call us to find out how to order one. [Supervised by Sherri Raifaisen]

245 **\$125**
8 Tuesdays Sept 24–Nov 19 (no session Oct 8)
3:00–5:00 pm SHS Library

Canasta for Beginners*

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

244 **\$85**
4 Wednesdays Sept 18–Oct 16 (no class Oct 9)
7:00–9:00 pm SHS Library

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 several simple bridge conventions. Lessons will be followed by supervised play of preset hands.

194 **\$149**
8 Thursdays Sept 26–Nov 14
7:00–9:00 pm SHS 1051

Jackie Fuchs has been teaching bridge in the area for more than 20 years. She welcomes players who want to brush up on their bridge or those who want to update their knowledge.

Advanced Beginner / Intermediate Bridge

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

196 **\$149**
8 Wednesdays Sept 25–Nov 20 (no class Oct 9)
7:00–9:00 pm SHS 1051

Bridge for True Beginners

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

235 **\$125**
8 Mondays Oct 7–Dec 2 (no class Nov 4)
4:00–5:30 pm SHS 2034

Mike Hess has been mentoring and teaching bridge for over 30 years. He is a Sapphire Life Master and has earned over 3,500 masterpoints. Mike has won pair and team events at the club,

Adult Division

sectional, and regional levels, including the 2016 CT Unit 126 pairs title and the 2017 Flight A Grand National Teams for District 25. He was part of the New England team that won the Summer National Bridge Championships in Toronto in July 2017.

Bridge for Advanced Beginners / Intermediates

Build upon your knowledge and learn more about important competitive conventions, like Michaels, Splinters, Jacoby 2NT, and Negative Doubles. We'll cover advances in defensive play: what to discard, giving count, and how to use suit preference signals. We'll use Standard American bidding based on five-card majors and will cover important basic bidding conventions, like Blackwood, Stayman, and transfers. Comprised of short lectures followed by the bidding and play of real bridge hands, this class is for players who are ready for more complex play. See website for required texts. [Taught by Mike Hess]

237 **\$169**
8 Thursdays Oct 3–Nov 21
3:30–5:30 pm SHS 2034

Cooking

Fairfield Cheese Company: Introduction to Cheese & Wine Pairing

Pairing great cheese with wine is an intimidating proposition for many cheese lovers. Learn the basic theory behind pairing. Then you will taste various combinations of cheese and wine samples, examining the validity and reality of the pairings. Plan for this class to be interactive so come ready to join in! You'll leave class looking at cheese in a whole new way. Class held at Fairfield Cheese Company, 2090 Post Road, Fairfield, CT.

305 **\$50**
1 Thursday Nov 14 7:00–9:00 pm

Every cheese has a story, a history, a farmer, and a cheesemaker behind it. The staff at Fairfield Cheese Company love to share these stories, their passion, and knowledge of the complex world of cheese.

Italian Cooking & Culture with Simona Zanelli: Cook a Little, Eat a Little, Talk a Little

See page 14 for Simona's Italian language class!

Homemade Ravioli & Sauces (and Dessert too!)

Homemade pasta is easy and fun to make, but it can be intimidating to start from scratch. Join our Italian chef and learn the secrets of making delicious ravioli. We'll make *ravioli di pesce* (shrimp and salmon filling) with a delicate tomato cream sauce, and cheese ravioli with a butter sage sauce.

Learn about interesting ways to use oranges to create elaborate desserts as we prepare *budino all'arancia* (orange pudding).

430 **\$70** (Food fee of \$18 included)
1 Wednesday Dec 11
7:00–9:00 pm SHS 184

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

Indian Cooking with Aditi Goswami

After a corporate career that took her around the globe, Aditi Goswami founded Calcutta Kitchens in 2009. Her premium simmer sauces are now available nationwide. Aditi returns to her native India frequently to revive her passion for Indian food.

Indian Vegetarian and Vegan Cooking

Few cuisines celebrate and give prominence to legumes and vegetables the way Indian cooking does. Americans are becoming more and more familiar with these foods in all their rich and nutritious variety and with the benefits of incorporating them into a well-balanced daily diet. Join us and learn Indian methods of making beans, lentils, and vegetables into a healthful and delicious part of your everyday meals. All new dishes; repeat customers welcome.

181 **\$65** (food fee of \$10 included)
1 Wednesday Oct 2
6:30–8:30 pm SHS 182

Comfort Curries

Join us and learn to make a quick and comforting chicken curry, a heavenly vegetable curry, and a few great rice pilafs. Cook 'em on Sunday, and enjoy 'em the rest of the week! All new dishes; repeat customers welcome.

169 **\$65** (food fee of \$10 included)
1 Wednesday Oct 23
6:30–8:30 pm SHS 182

Patel Brothers: One-Stop Shopping Trip

Join Aditi at Patel Bros. and receive an aisle-by-aisle tour of ingredients, including the produce and spices found in the Indian subcontinent and the Middle East.

170 **\$35**
1 Wednesday Nov 6
6:30–8:30 pm Patel Brothers, 330 Connecticut Ave, Norwalk

SHS Cooking Classes Location

If your cooking class is at Staples High School, enter through the Lou Nistico Sports Complex/South Entrance on the left side of the school; kitchens are down the hallway on your left. Note: the kitchens are not food allergy free; nuts, shellfish, etc. are used frequently.

Adult Division

Greek Cooking with Chrysanthé Lygnos

Inspired by the food of her childhood, Chrysanthé brings the cuisine and culture of Greece to our kitchens. She loves to share her culture and its culinary traditions with friends, family, and now students.

Entertaining with Greek Meze Tapas

- Greek meatballs with mint
- Shrimp *saganaki* (tomato and feta base)
- *Tiropites* (mini cheese pies)
- *Taramosalata* (meze made from cured roe)

118 **\$75** (food fee of \$25 included)
1 Monday Oct 28
6:00–8:30 pm SHS 182

Holiday Desserts Greek Style

- *Kourabiedes* (Greek shortbread cookies in powdered sugar)
- *Melomakarona* (honey cookie with walnuts)
- *Baklava* (phyllo pastry dessert with nuts and honey)
- Greek Coffee

119 **\$70** (food fee of \$20 included)
1 Wednesday Dec 4
6:00–8:30 pm SHS 182

Fitness + Sports

Adult Swimming: Beginners

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

192 **\$135**
6 Wednesdays Oct 16–Nov 20
7:30–8:45 pm SHS Pool

Colin Walklet is one of nine swimming brothers and sisters. He's been a lifeguard, swim instructor, pool director and has coached for local competitive swim teams.

Adult Swimming: Intermediate to Advanced

This class is appropriate for swimmers who can swim 25 meters or more of freestyle and those who would like instruction to improve endurance, stroke mechanics, or learn new strokes and flip turns. Brush up on long-forgotten strokes or enjoy pooltime in a clean and safe environment. [Taught by Colin Walklet]

221 **\$135**
6 Thursdays Oct 3–Nov 14 (no class Oct 31)
7:30–8:45 pm SHS Pool

Badminton

Designed for beginning as well as experienced players, this class offers the opportunity to develop your aerobic stamina, agility, and coordination. This is badminton for the 21st century: fun and fast-paced! You'll leave with an increased appreciation for the sport and a lot of new friends. Sneakers and badminton racquet required. Racquets are available, if needed.

175 **\$105**
8 Wednesdays Sept 11–Nov 6 (no class Oct 9)
7:30–9:30 pm SHS Gym

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

Mindful Yoga

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

177 **\$265**
11 Thursdays Sept 12–Dec 12
(no class Sept 19, Oct 10 & Nov 28)
6:30–7:45 pm Westport Senior Center, 21 Imperial Avenue

Sandy Adamczyk has studied yoga for over 35 years and teaches throughout Connecticut. She offers alternative yoga positions to accommodate all students.

Pickleball

Combining elements of tennis, badminton, and ping-pong, pickleball is a paddle sport designed for all ages and skill levels. The rules are simple; it's easy to learn and fun to play. After mastering the basics, pickleball develops into a fast-paced, competitive game for doubles or single players. Join longtime Westport Public Schools athletic coach Alice Addicks for your new favorite pastime. This class will focus on skills for beginners; strategy tips, gentle coaching, and open play for intermediate players.

8 sessions **\$115**
125a Beginners Mondays
6:30–8:00 pm Sept 16–Nov 11 (no class Sept 30)
125b Open Play Mondays
6:30–8:00 pm Sept 16–Nov 11 (no class Sept 30)
Location: SHS Fieldhouse

Alice Addicks coached track and field at the junior high and high school level for 20 years. Over the span of her career, she was a substitute for physical education and provided a multitude of other services to her students. Alice has been teaching pickleball to Westport students of all skills and ages.

Adult Division

Tai Chi for Beginners

Learning tai chi can help manage stress through "meditation in motion," creating a heightened sense of self-awareness and calming the nervous system. Regular practice can also enhance joint flexibility, circulation, and range of motion and improve balance, no matter your age or fitness level. Become familiar with the basic principles of tai chi, learning a yang-style long form and a series of simple movements to strengthen the body, focus the mind, and regulate breathing. Whether you are new or have some experience, this class will enhance your practice. Wear loose clothing. Returning students welcome.

877 **\$169**
8 Mondays Oct 7–Nov 25
4:30–6:00 pm SHS 2nd floor mezzanine

Louise Flax has been studying and teaching tai chi and qigong for over 20 years, and she recently added chi-running to her fitness routine. Visit www.waterwheeltaichi.com.

Health + Wellness

Aging Gracefully with the MELT Method®

In just a few minutes, help yourself look good and feel fantastic with this simple self-treatment method. It's like a daily facelift! Learn how to stimulate collagen-producing cells in your skin and restore your skin's natural hydration from the inside out, plus reduce common aging issues, like aches and pains, cellulite, stiffness, and difficulty sleeping. The session will end with a sampling of complementary essential oils and a brief review of their healing and stimulating properties. MELT tools are provided for use during class; MELT soft rollers, ball kits, and the bestselling MELT Method® book are available for purchase from the instructor.

167 **\$35**
1 Tuesday Oct 15
7:00–8:30 pm SHS Library

Kristen Hallett Rzasa is the owner of InterPlay Health, a whole-life wellness company focused on fitness, nutrition, and fun for women. She is a Jazzercise instructor, health coach, and certified MELT Method® instructor. Visit www.interplayhealth.com.

The Healing Power of Ayurveda

Ayurveda, developed thousands of years ago, is an approach to wellness, both preventative and curative, applying both diet and lifestyle to detox the body and maintain an optimal level of health. Learn how to incorporate Ayurveda's guidelines for healthy living into your daily life for less stress and more energy. Each class will be divided into lecture and hands-on activity. Topics include:

- Learn about your dosha (constitution) and what makes you tick
- Prepare homemade ghee
- Discover how the shifts in seasons creates shifts in digestion
- Make your own digestive herbal formula to keep your tummy happy as Turkey day approaches

- Why creating personal routines (dinacharya) strengthens gut health and promotes better sleep

- How to incorporate self massage to increase lymphatic flow, calm the nerves, increase mental alertness and promote better, deeper sleep at night

311 **\$65**
3 Mondays Oct 14–28
7:00–8:30 pm SHS 183 & 184

Samantha Parker is board certified by the National Ayurvedic Medical Association. Her Ayurvedic practice encompass whole body with a focus on gut health. Learn more at www.anjali.life.

Beat Fatigue and Energize Your Life

Are you having trouble juggling priorities between your business and personal life? This can lead to confusion stress and perhaps an unforeseen crisis in your relationships, health, or finances. When you feel stuck, it's difficult to see the positive opportunities that may lie ahead. When you understand the symptoms of fatigue, and how to overcome these challenges, you can live your life with enthusiasm, becoming empowered and resourceful; learn to be your coach, and develop unshakable confidence and a massive dose of self-esteem. Living a life in balance allows you to create your life by design and not default.

312 **\$30**
1 Wednesday Nov 13
7:00–8:30 pm SHS 1049

Tom Scally, a performance consultant, created a program using systematic and holistic approaches to improve one's health to enable you to embrace happiness. Visit www.tomscally.com.

Beyond Dieting:

Why Diets Alone Don't Work & What Does

Join naturopathic physician Dr. Paul Epstein to explore a more holistic approach to weight loss. We'll discuss ways to customize an approach that considers mind, body, and emotions, one that supports long-term change and healing rather than instant results. If you're ready to lose it and keep it off, consider this for a change: instead of dieting, begin a process of self-love, healing, and transformation.

947 **\$35**
1 Tuesday Sept 24
7:00–9:00 pm SHS 1047

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

Adult Division

Feldenkrais Method® - Awareness through Movement: A Healthy Spine

The Feldenkrais Method® is an approach to improving your life that uses gentle, mindful movement to bring new awareness and possibility into every aspect of your life. The experience of doing even one Feldenkrais floor lesson can be awe-inspiring. When you combine a series of gentle movements with relaxation and attention, important sensory information is communicated between your brain and body. Old patterns are interrupted, allowing new, healthier movement and better posture to emerge.

883 **\$60**
3 Wednesdays Sept 18–Oct 2
5:30–6:30 pm SHS Library

Wendy Kann published a memoir about growing up in Africa and loves painting, cooking, and gardening. Feldenkrais is the culmination of a lifelong interest in mindfulness and somatic education.

Feldenkrais Method® - Awareness through Movement: Get to Know Your Hip Joints

After a Feldenkrais floor class, people often experiences changes that seem to defy logic – a mysterious reduction in pain, a sudden discovery of ease, or the sensation of movement where there had been none before. These lessons are a simple and yet sophisticated means of listening to your body to uncover unconscious movement habits that may be causing limitation or discomfort. [Taught by Wendy Kann]

884 **\$60**
3 Wednesdays Oct 16–30
5:30–6:30 pm SHS Library

Mindfulness Meditation & Stress Reduction: Brain Training for Health & Healing

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. [Taught by Dr. Paul Epstein]

932 **\$49**
2 Tuesdays Oct 15 & 22
7:00–9:00 pm SHS 1047

Outsmarting Osteoporosis

Worldwide, it is estimated that one in three women over age 50, and one in five men, will experience falls and resulting bone fractures due to osteoporosis. Join veteran personal fitness trainer Linda Gottlieb for a one night introduction to safe exercises including muscle strengthening and balance and fall prevention, to decrease your risk or minimize the impact of osteopenia/os-

teoporosis. Participants are asked to bring light hand weights (1, 2 or 3 pounds) or resistance bands. *It is recommended that you consult your doctor before starting any exercise program for osteoporosis.*

313 **\$35**
1 Thursday Oct 24
6:00–8:00 pm SHS Library

Linda Gottlieb, owner of FIT Training, is a nationally certified personal fitness coach, on staff at Yale University as a cancer exercise trainer, and mindful eating mentor with over 30 years experience. Visit Linda's facebook page @FitTrainingLLC.

Stretching for Body Stiffness, Aches and Pains

Today, there is extensive focus on the importance and benefits of stretching as part of a well-rounded exercise program. Join veteran personal fitness trainer Linda Gottlieb to learn how stretching can help relieve muscle and joint discomfort, and immediately improve your daily quality of life. Address the most common issues in a safe, comfortable way, with instruction and assisted positioning. Linda will help you customize a stretch for your abilities and situation, including using a chair. *It is recommended that you consult your doctor before starting any stretching program.* [Taught by Linda Gottlieb]

314 **\$35**
1 Thursday Nov 7
6:00–8:00 pm SHS Library

Home + Garden

Beekeeping 101: A Beekeeping Workshop

Local beekeeper, author, and founder of Red Bee Honey, Marina Marchese will teach you how to set up a new colony of honeybees as well as the basics on managing them throughout the year to honey harvest and everything in between. Attendees will be treated to a taste of honey afterwards. No experience necessary, just curiosity and a creative spirit! If you are interested in starting beekeeping, now is the time to learn and plan for spring 2020 beekeeping season.

130 **\$35**
1 Sunday Dec 1
2:00–4:00 pm
Location: Held at Red Bee Honey Barn, Weston; directions will be emailed prior to class.

Marina Marchese is the beekeeper behind Red Bee Honey and the founder of the American Honey Tasting Society. Visit www.redbee.com.

Adult Division

Designing a Meadow for Pollinators

This workshop will introduce you to native meadow plants, both grasses and herbaceous perennials, that are beneficial for pollinators, are mostly deer resistant, and look beautiful. We will teach you how to put together a planting plan and then you can create a plan for your own yard. Join Jay Petrow, the owner and principal designer of PetrowGardens Landscape Design, who is also an instructor at the New York Botanical Garden School of Horticulture, for this enlightening evening.

270 **\$30**
1 Thursday Nov 7
7:00-8:30 pm SHS 1034

Jay Petrow's creative vision, coupled with his horticultural knowledge, produces extraordinary landscapes for his clients by integrating classic design principles with artistic expression, utilizing native and non-native plants. Visit petrowgardens.com

Feng Shui for Everyone

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

263 **\$35**
1 Mondays Oct 14
7:00-9:00 pm SHS 1047

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

Fashion Feng Shui

There is natural order to our universe and feng shui is teaching us the principles of the well balanced and harmonious environment and self. The world is composed of five natural elements and this class will teach you "how to be in your element." Discover how to choose clothes that fulfill your spirit, flatter your body and function for your lifestyle. Dress for success and transform your look and your life using feng shui principles. [Taught by Renata Senatore]

268 **\$35**
1 Monday Oct 21
7:00-9:00 pm SHS 1047

Feng Shui Plants

Feng shui as an ancient design tool helps us bring balance and harmony into our environment. Our surroundings have a powerful impact on our well-being. Houseplants are an important feng shui tool that help activate positive energy in your home or office. This class will provide information on plants beneficial for your home and plants that you should avoid. [Taught by Renata Senatore]

269 **\$35**
1 Monday Oct 28
7:00-9:00 pm SHS 1047

How to Get Your Home Sold: The Real Deal

It's a tough real estate market, but there are still homes selling. Learn from experts how to get it done. Join Rob Grodman, a local realtor for over 20 years, and a variety of speakers, including professional stagers who will discuss what you should start doing to prepare for selling your house. The panel discussion will also include a building inspector and real estate attorney who will share their insights into the process. Current real estate trends will also be discussed.

117 **\$35**
1 Wednesday Oct 2
6:30-9:00 pm SHS 1034

Languages

There may be additional fees for language texts and materials.

Basic Conversational Spanish

Spanish has been spoken in what is now the United States since the 16th century and is now the second most spoken language. Using a conversational approach, learn vocabulary and common phrases while exploring Spanish culture. Whether you're studying for travel, conversation, or business, gain the confidence you need to speak about food, directions, lodging, shopping, and more. Students who have taken this class, or who have some knowledge of Spanish, are encouraged to return; new students are always welcome. Please purchase and bring to class the latest edition of *Learn Spanish the Fast and Fun Way* by Gene Hammitt.

967 **\$179**
8 Thursdays Oct 3-Nov 21
4:00-6:00 pm SHS 1036

Robert Kibel has taught Spanish and German for many years at Sacred Heart University, Berlitz, and Norwalk Community College.

Adult Division

Conversational German

Learn basic conversational German with a focus on vocabulary and pronunciation, and a little grammar thrown in for fun. You'll also be introduced to German culture, customs, and idioms. Students who have taken Conversational German, or who have some knowledge of German, are encouraged to return; new students are always welcome. Students should bring to class *Learn German the Fast and Fun Way* (4th Edition) by Neil Donahue. [Taught by Robert Kibel]

163 **\$135**
8 Mondays Oct 7–Nov 25
6:30–8:30 pm SHS 1036

Intro to American Sign Language

Signing is a useful skill that can open up a new world of relationships and understanding. Learn the movements and gestures of the hands and face that represent the language of ASL and how to understand not just what is being said, but its meaning. Explore the culture of ASL and its grammar, history, terminology and other unique characteristics. You'll learn enough to be proficient in basic sign language conversation, and you'll have lots of fun doing it.

817 **\$179**
8 Wednesdays Sept 25–Nov 20 (no class Oct 9)
6:00–8:00 pm SHS 1036

Suzanne Boger worked for many years at St. Mary's School for the Deaf in Buffalo, New York. She has a lifelong passion for experiencing different cultures and learning new languages and customs.

American Sign Language 2.0

If you have prior knowledge of American Sign Language, join us to further develop your communication skills and expand your discourse. Practice general day-to-day conversations such as discussions regarding family life and work, and engage in situational specific role-playing. This class will provide functional sign language skills with emphasis on conversational exchanges. [Taught by Suzanne Boger]

815 **\$135**
6 Tuesdays Sept 24–Nov 5 (no class Oct 8)
6:00–8:00 pm SHS 1036

Italian for Beginners

Designed for travelers, tourists, and other admirers of *la dolce vita* who want to communicate in Italian, this class will cover pronunciation, typical greetings, and travel-related dialogue. Enjoy learning about Italian culture while you learn to speak simple phrases in Italian. Both new students and students who have some knowledge of Italian are welcome.

Enjoy a flavorful feast after the class is over: join your instructor in our professional kitchens for our *Italian Cooking & Culture* class; see page 9 for more information.

160 **\$205**
8 Wednesdays Sept 25–Nov 20 (no class Oct 9)
4:30–6:30 pm SHS 1047

Since moving to the United States in 2004, Simona Zanelli connects to her roots with Rome by teaching Italian language and culture to children and adults.

Intermediate Italian

If you've taken Italian for Beginners or have some knowledge of Italian, join our expert on all things Italian and move beyond the basics. Please call the office for information about class placement if you are in doubt about which class to take. [Taught by Simona Zanelli]

153 **\$205**
8 Wednesdays Sept 25–Nov 20 (no class Oct 9)
7:00–9:00 pm SHS 1047

Pets

Dog Obedience

(for dogs at least 4 months old)

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

290 **\$155**
7 Tuesdays Oct 1–Nov 19 (no class Oct 8)
6:30–7:30 pm SHS North Entrance / Pool Lobby

Heather Witt, owner of the Complete Canine Company, double-majored in animal sciences and biology at the University of Vermont and began her dog training business in 1989. She's been teaching dogs how to communicate with people for nearly two decades.

Technology + Computers

iPhone Photos: Better Pix In Your Pocket

That phone in your pocket—or your purse—has a great camera, so why aren't your photos great? iPhone photography is a little bit computer science and a little bit art; it takes both tech savvy and a good eye. Let a professional photographer help. This workshop will help you maximize the potential of your phone-as-camera and your artistic potential. You'll learn some photography basics, including composition and lighting. You'll also discover some of the most popular photo-enhancing and post-processing apps for iPhones. Bring your fully charged iPhone, AppleID and password, and never miss another photo opp!

965a	\$35
1 Thursday	Oct 3
4:00–6:00 pm	SHS 1049
965b	\$35
1 Tuesday	Nov 12
7:00–9:00 pm	SHS 1049

Peggy Garbus has been working as a professional photographer for 13 years. She specializes in portrait photography and is inspired every day by the people she meets and the moments she captures. Visit www.peggygarbus.com.

iPhone / iPad Tips & Tricks

You already know the basics, but your devices are capable of so much more. Learn the tips and tricks that will make using them more efficient and tailored to your unique needs. This includes: leveraging Apple's iCloud services, saving articles and websites in Safari; and squeezing out more usage time before recharging your phone. You're bound to learn something new and useful in this fast-paced class! Bring your fully charged iPhones and iPads, your AppleID and password; devices should be upgraded to iOS 10 or higher.

224	\$55
2 Thursdays	Nov 7 & 14
3:00–5:00 pm	SHS 1049

After receiving a mechanical engineering degree in Turin, Italy, Valentina Vallinotto began her career as a math and physics teacher. She worked for several years as project manager and editor, then moved to Google. She still works as a change management consultant.

The Cloud:

Google Drive, Apple iCloud and Dropbox

Use your smartphone, tablet or computer to access the Cloud, learning how to create, edit, archive and share files (documents, photos, designs, recordings, videos, and more). Learn the basics of file management in the Cloud and the differences, advantages and disadvantages between the most commonly used Clouds: Google Drive, Apple iCloud, and Dropbox. Bring your fully charged device. [Taught by Valentina Vallinotto]

234	\$35
1 Thursday	Oct 17
3:00–5:00 pm	SHS 1049

Basic Photoshop CS6

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

619	\$159
5 Thursdays	Sept 26–Oct 24
7:00–9:00 pm	SHS 2034

Craig Burry is a freelance art director and the owner of Cat and Mouse Design Group. He's been teaching for over a decade.

Intermediate / Advanced Photoshop CS6

If you know your way around Photoshop, maybe it's time to go a little deeper. 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, burn, and 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. Bring a laptop loaded with Photoshop. [Taught by Craig Burry]

890	\$159
5 Thursdays	Nov 7–Dec 12 (no class Nov 28)
7:00–9:00 pm	SHS 2034

Adult Division

Theater + Dance

Acting: Get on Your Feet!

We will warm up using a variety of acting techniques and then venture into theatrical scenes, monologues and/or songs. Bring in some of your favorite scenes, or bring in your own original material. Acting classes are driven by the commitment you make to the characters you bring in. Margie has been fortunate in her career to have worked alongside many inspiring performers and teachers. She is ready to play, so get on your feet!

292 **\$170**
6 Wednesdays Oct 2–Nov 13 (no class Oct 9)
7:00–9:00 pm SHS 1036

Margie Stokley-Bronz is a multidisciplinary artist and published playwright, actress and filmmaker. She founded "Give it a go!" in Fairfield, where adults and kids have a chance to train as artists, singers, actors, and writers. Visit www.giveitagot.com.

Ballroom Dancing for Everyone

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

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

951a **\$125**
8 Tuesdays Oct 1–Nov 26 (no class Oct 8)
7:00–7:45 pm

Location: St. Francis of Assisi Church, 35 Norfield Road, Weston

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

951b **\$125**
8 Tuesdays Oct 1–Nov 26 (no class Oct 8)
7:45–8:30 pm

Location: 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.

Dancing to the Sounds of the 60s

Tired of the same old exercise routine? Looking for a new way to elevate your heart rate, loosen up your joints, and burn a few calories? Get off the treadmill and join our Fred Astaire Dance-trained instructor on the dance floor. Even if you don't remember the Mashed Potato or the Watusi, it's never a bad time to boogie to the beat of the 60s. Learn (or relearn) the steps to the dance crazes of that landmark era, then shake off stress and share in the sheer joy of shakin' your groove thing. Come for the classic rock-n-roll; stay for the Shimmy and the Shake.

957 **\$65**
3 Thursdays Oct 3–17
7:00–8:30 pm SHS Library

After a career in professional development, Lynn Colafrancesco put her dancing shoes on and returned to her first love, dance. She has taught ballroom, yoga nidra, and creative movement.

Partners: Westport Center for Senior Activities

Westport Continuing Education is proud to partner with the Westport Center for Senior Activities to offer quality programming to Westport seniors 60+ years of age.

Westport Public Library



Located on the Saugatuck River in the heart of downtown Westport, the Westport Library is a nationally recognized institution. In 2019, the Library completed its Transformation Project that will revolutionize the current space with additional conference rooms, quiet areas, an expanded Library Café and Store, a new Children's Library, plus a state-of-the-art recording studio, a larger MakerSpace and more!

Continuing Education Courses

Stamford Public Schools – Adult & Continuing Education is now offering classes in Stamford and Norwalk for all Westport Residents. Opportunities are available to complete basic education through high school equivalency and English as a Second Language programs, including:

- Adult Basic Education (ABE),
- English as a Second Language (ESL)
- English as a Second Language - Family Literacy
- High School Credit Diploma Program (HSCDP)
- GED® Test Preparation Program.
- National External Diploma Program (NEDP)



Proof of Westport residency is required. Students 17 & 18 years old must provide their school withdrawal papers when registering for classes.

For more information about these and other programs:

Visit www.StamfordAdultEd.Org

Call 203-977-4209 or

Email AdultEd@StamfordCT.Gov



Take Classes Online and Learn On Your Own Time

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Programming • Design + Composition • Health + Fitness • Healthcare + Medical • Information Technology
Language • Law + Legal • Math + Science • Personal Development • Teaching + Education
Writing + Publishing**

Weekly Calendar: Kids Division

coleytown

Monday

Art Exploration [K-3] 22
Bricks 4 Kidz®: [K-3]
Exploring the Everglades 26
LEGO® Engineering 26
Overtime Athletics [K-5] 25
Westport AllStars Basketball
Afterschool Clinics [K-5] 25

Tuesday

Citizen Invention:
STEM Club [K-5] 27
Create-a-Comic [2-5] 23
Creepy Creatures Halloween
Workshop [3-5] 23

Wednesday

Arts for Learning:
Through the Lens [3-5] 23
Happy Code Club
& 3DuxDesign: Build the City
of the Future [3-5] 28

Thursday

Chess Club [1-5] 26
iCook After School [3-5] 24
Kempo Karate [K-5] 25

Friday

Mad Science:
Anatomy Academy [1-4] 27
Thanksgiving Pom-Poms
Workshop [3-5] 24

greens farms

Monday

Citizen Invention:
STEM Club [1-4] 27

Tuesday

Mad Science:
Anatomy Academy [1-4] 27

Wednesday

Hobby Quest:
Airplane Missions [K-3] 27
Overtime Athletics [K-5] 25
Westport Arts Center [1-5] 23

Thursday

Creepy Creatures
Halloween Workshop [3-5] ... 23
Thanksgiving Pom-Poms
Workshop [3-5] 24
PM / PE [1-5] 22
TheaterCamp 4 Kids! [3-5] 28

Friday

Arts for Learning:
Through the Lens [3-5] 23
Chess Club [1-5] 26
Pen★Stars
Creativity Club [K-4] 23
Westport AllStars Basketball
Afterschool Clinics [K-4] 25

kings highway

Monday

Hobby Quest:
Airplane Missions [K-3] 27
Magic Club [K-5] 28
PM/PE [1-5]..... 22

Tuesday

Chess Club [1-5] 26
Kempo Karate [K-5]..... 25
Westport Arts Center [1-5] 23

Wednesday

Arts for Learning:
Young at Art® [K-2]..... 22
Mad Science:
Anatomy Academy [1-4] 27
Thanksgiving Pom-Poms
Workshop [3-5] 24
World Champion
Taekwondo [K-4] 26

Thursday

Citizen Invention:
STEM Club [1-4] 27
Hobby Quest:
Fashion's Night Out [3-5]..... 23
Sports & Homework [2-5] 22

Friday

Bricks 4 Kidz®: [K-3]
Exploring the Everglades 26
& LEGO® Engineering 26
Creepy Creatures Halloween
Workshop [3-5] 23
Happy Code Club: 3D Game Design
with Roblox Studio [3-5] 27

School Location Guide

BMS: Bedford Middle School

88 North Avenue

CES: Coleytown Elementary School

65 Easton Road

GFS: Greens Farms Elementary School

17 Morningside Drive South

KHS: Kings Highway Elementary School

125 Post Road West

LLS: Long Lots Elementary School

13 Hyde Lane

SES: Saugatuck Elementary School

170 Riverside Avenue

SHS: Staples High School

70 North Avenue

long lots

Monday

BringtheHoopla:
Happy Hoopin' [K-5] 25
Chess Club [1-5] 26
Hobby Quest:
Fashion's Night Out [3-5] 23
Kempo Karate [K-5] 25

Tuesday

Happy Code Club: 3D Game Design
with Roblox [3-5] 27
Happy Code Club & 3DuxDesign:
Build the City
of the Future [K-2] 28
Thanksgiving Pom-Poms
Workshop [3-5] 24
The Wonderful
World of Theater [K-2] 29

Wednesday

Citizen Invention:
STEM Club [1-4] 27
Creepy Creatures Halloween
Workshop [3-5] 23
iCook After School [3-5] 24

Thursday

Bricks 4 Kidz®: [K-3]
Exploring the Everglades 26
LEGO® Engineering 26
Lights, Camera, Action! [3-5] 28
Magic Club [K-5] 28

Friday

Arts for Learning:
Young at Art® [K-2] 22
Mad Science:
Anatomy Academy [1-4] 27

saugatuck

Monday

Arts for Learning:
Young at Art® [K-2] 22
Creepy Creatures
Halloween Workshop [3-5] ... 23
iCook [3-5] 24
Mad Science:
Anatomy Academy [1-4] 27
Thanksgiving Pom-Poms
Workshop [3-5] 24
World Champion
Taekwondo [K-5] 26

Tuesday

Arts for Learning:
Through the Lens [3-5] 23
Create-a-Comic [2-5] 23
Overtime Athletics [K-5] 25
Pen«Stars
Creativity Club [K-4] 23
Sports & Homework [2-5] 22

Wednesday

BringtheHoopla:
Happy Hoopin' [K-5] 25
Chess Club [1-5] 26

Thursday

Happy Code Club: 3D Game Design
with Roblox [3-5] 27
Hobby Quest:
Airplane Missions [K-3] 27
Westport Arts Center [1-5] 23

Friday

Citizen Invention: STEM [1-4] . 27
Hobby Quest:
Fashion's Night Out [3-5] 23
Kempo Karate [K-5] 25

middle + high school

See page 29-32 for grades 6-8 and 9-12 programs.

More Classes & Workshops for K-12

Afterschool Tennis 21
American Red Cross Babysitters Course 29
Badminton, Fencing, and Westport AllStars Basketball Clinics 24
CT Juniors Volleyball 31
Election Day Workshops: Tuesday, November 5 20

Important Information

Class Schedules

All Kids Division classes follow the Westport Public School (WPS) calendar. Unless otherwise noted, classes do not meet on WPS holidays, shortened days or Teacher Conference days.

School Closings

In the event that Westport Public Schools are closed or if there is an early dismissal for inclement weather or another emergency, all Continuing Education classes will be automatically canceled. See page 34 for the list of local stations to check.

All class cancellations will be announced on our website: westportcontinuinged.com.

Late Fees

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

Elementary School

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

Cancellation, Refund & Other Policies:

See page 34.

School Day Off = Fun Day On!

Tuesday, November 5 [Election Day] at Staples High School

Bring a drink, a nut-free snack, and if you're staying all day, a nut-free lunch.

Bricks 4 Kidz® presents

LEGO® Building Is Awesome Grades K-3

Join Emmet, Lucy, Unicorn Kitty and Benny on a journey to stop Bad Cop and Lord Business from super-gluing the world. Put your engineering skills to work as you build motorized models, 3D figure models and mosaics. You'll love these awesome models based on The LEGO® Movie and its sequel. Whether you take an imaginary ride on Metal Beard's ship or Emmet's double-decker couch, be sure to get on over to Bricks 4 Kidz® where building is awesome! [see pages 26 for more programs]

SHS 1034	# 936a	\$125	8:30 am–3:00 pm
SHS 1034	# 936b	\$59	8:30–11:30 am
SHS 1034	# 936c	\$59	12:00–3:00 pm

Storytelling with a Brush! Grades K-5

This multi-disciplinary arts workshop is designed around our favorite characters, comics, and books. ACT, DRAW and find MUSIC to go along with some of our favorite stories. We will use our imaginations to bring these works to life on paper and through theater games. Bring your enthusiasm and a willingness to give it a go!

SHS 1004 # 277 \$55 9:00 am–12:00 pm

Margie Stokley-Bronz, a multidisciplinary artist, is a published playwright, actress and filmmaker. She founded "Give it a go!" in Fairfield, a studio where students of all ages (even adults) have a chance to train as artists, singers, actors, and writers. Visit www.giveitagooct.com.

Overtime Athletics Grades K-5

Overtime Athletics Camps are a little bit of this... and a little bit of that! Participate in sports, games, contests, team building challenges, and special activities which may include scavenger hunts, goofy golf, brain buster projects, and much, much more! Whether you come for half a day or full day, our expert team understands how to keep your day fresh and fun. Enjoy the mix of high intensity and low impact activities so that every type of kid has their moment to shine. Come get a slice of fun! Morning and afternoon sessions will be different.

SHS Gym	# 276a	\$40	8:15–11:30 am
SHS Gym	# 276b	\$40	12:00–3:15 pm
SHS Gym	# 276c	\$75	8:15 am–3:15 pm

American Red Cross Babysitters Course Ages 11–15

Earn your Red Cross Babysitters Certification in one day! 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. *Please bring a nut-free lunch, there will be a 1/2 hour break for lunch.*

[Taught by Nicole Jezairian, a Red Cross-certified teacher]

SHS 1036 # 367a \$160 9:00 am–3:30 pm

Star Wars Academy Jedi Camp at Kempo Academy in Westport Grades K-2, 3-5

In anticipation of the soon to be released *Star Wars: The Rise of Skywalker*, we'll bring anticipation, fan excitement, and new skills to our campers. Become transported to a time long long ago . . . to a galaxy far far away . . . Jedi dodgeball, light saber skills and drills, Jedi trials obstacle course. Morning and afternoon sessions will be different - for the full immersion impact, stay the entire day! *No fighting or contact; students must submit a waiver, available on our website, prior to class. Wear comfortable clothes and gym shoes.*

Location: Kempo Academy, 374 Post Road East, entrance in back.

# 290a	\$40	8:15–11:30 am
# 290b	\$40	12:00–3:15 pm
# 290c	\$75	8:15 am–3:15 pm

Afterschool Tennis

Tennis with Connie Goodman

grades K-8

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

Kindergarten

Tuesdays outdoors at SHS Courts / 4:15-5:15 pm

827a Sept 10-Oct 15 (no class Oct 8) 5 sessions / \$210

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

827c Oct 22-Dec 10 (no class Nov 5) 7 sessions / \$280

828a Jan 7-Feb 11 6 sessions / \$245

Thursdays outdoors at SHS Courts / 4:15-5:15 pm

827b Sept 12-Oct 17 6 sessions / \$245

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

827d Oct 24-Dec 12 (no class Nov 28)

828b Jan 9-Feb 13 6 sessions / \$245

Grades 1-2

Mondays outside at SHS courts / 4:15-5:15 pm

341A2 Sept 9-Oct 14 (no class Sept 30) 5 sessions / \$210

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

343A2 Oct 21-Dec 9 (no class Nov 4) 7 sessions / \$280

321A2 Jan 6-Feb 10 (no class Jan 20) 5 sessions / \$210

Wednesdays outside at SHS courts / 4:15-5:15 pm

341B2 Sept 11-Oct 16 (no class Oct 9) 5 sessions / \$210

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

343B2 Oct 23-Dec 11 (no class Nov 27) 7 sessions / \$280

321B2 Jan 8-Feb 12 6 sessions / \$245

Fridays outside at SHS courts / 4:15-5:15 pm

341C2 Sept 13-Oct 18 6 sessions / \$245

Fridays in the BMS Gym / 4:00-5:00 pm

343C2 Oct 25-Dec 13 (no class Nov 29) 7 sessions / \$280

321C2 Jan 10-Feb 14 6 sessions / \$245

Grades 3-5

Mondays outside at SHS courts / 5:15-6:15 pm

341A3 Sept 9-Oct 14 (no class Sept 30) 5 sessions / \$210

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

343A3 Oct 21-Dec 9 (no class Nov 4) 7 sessions / \$280

321A3 Jan 6-Feb 10 (no class Jan 20) 5 sessions / \$210

Wednesdays outside at SHS courts / 5:15-6:15 pm

341B3 Sept 11-Oct 16 (no class Oct 9) 5 sessions / \$210

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

343B3 Oct 23-Dec 11 (no class Nov 27) 7 sessions / \$280

321B3 Jan 8-Feb 12 6 sessions / \$245

Fridays outside at SHS courts / 5:15-6:15 pm

341C3 Sept 13-Oct 18 6 sessions / \$245

Fridays in the BMS Gym / 5:00-6:00 pm

343C3 Oct 25-Dec 13 (no class Nov 29) 7 sessions / \$280

321C3 Jan 10-Feb 14 6 sessions / \$245

Grades 6-8

Mondays outdoors at SHS courts / 3:15-4:15 pm

341A1 Sept 9-Oct 14 (no class Sept 30) 5 sessions / \$210

Fridays outdoors at SHS courts / 3:15-4:15 pm

341C1 Sept 13-Oct 18 6 sessions / \$245

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

343C1 Oct 25-Dec 13 (no class Nov 29) 7 sessions / \$280

321C1 Jan 10-Feb 14 6 sessions / \$245

Kids Division

After School Clubs

Sports & Homework Club *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. The atmosphere is non-competitive, your friends will be there, and best of all, you'll get some homework done so you can relax later!

KHS with Mike Quiricone

6 sessions / \$155 / Thursdays, 3:15–5:00 pm

836a Sept 12–Oct 17

836b Oct 24–Dec 12 (no class Nov 21 & 28)

SES with Jen Mitteness

5 sessions / \$129 / Tuesdays, 2:45–4:30 pm

836c Nov 12–Dec 10

PM / PE *Grades 1–5*

PM / PE provides the same activities and curriculum as gym class, with a little bit of recess thrown in for good measure. That means your student will be improving his or her fitness and motor skills, but they will also be learning cooperation, problem solving, perseverance, and self-control. In short, it's good, clean fun just when kids need it most.

GFS with Kelsey Hanley

6 sessions / \$155 / Thursdays, 3:15–5:00 pm

840a Sept 12–Oct 17

840b Oct 24–Dec 12 (no class Nov 21 & 28)

KHS with Mike Quiricone

6 sessions / \$155 / Mondays, 3:15–5:00 pm

840c Sept 16–Oct 28 (no class Sept 30)

840d Nov 4–Dec 9

Arts

Art Exploration

presents Decorative Art *Grades K–3*

Budding artists will paint, stitch, glue, weave, and bedazzle their way through dynamic projects that go beyond paper and canvas. From jewelry making to rock felting to tile painting, we will create personalized keepsakes and little treasures to keep or give away as special presents. Materials fee of \$15 included.

8 sessions / \$170

CES # 480

Mondays, Sept 23–Nov 18 (no class Sept 30) | 3:20–4:50 pm

Jennifer Pagan has a BFA in printmaking and illustration. She has worked at the Aldrich Contemporary Art Museum and at Westport's own Stepping Stones Preschool.

Arts for Learning Connecticut

presents Young at Art® *Grades K–2*

Young at Art® introduces hands-on drawing, painting, collage, and sculpture activities around the theme of a story. This is a literature based, hands-on series of multimedia, age appropriate activities around the subjects of colors and shapes. The Young at Art® curriculum demonstrates the value and significance of early childhood art and the link between early art and literacy, and how art can be used to teach other subjects, such as math, literature and history. Materials fee of \$2 included.

8 sessions / \$199

SES # 380a Mondays, Oct 7–Nov 25 | 2:50–3:50 pm

KHS # 380b Wednesdays, Sept 25–Dec 4 | 3:20–4:20 pm
(no class Oct 9, Nov 20 & 27)

LLS # 380c Fridays, Sept 27–Nov 15 | 3:20–4:20 pm

Susan Striker developed and refined the Young at Art® philosophy over many years as an art educator and school administrator. She is the author of the best-selling "Anti-Coloring Book®" series with over one million books in print.

Arts for Learning Connecticut presents

Through the Lens *Grades 3–5*

Photography gives you a chance to be creative with high tech digital tools as well as heightening awareness of your community and environment. Learn the art of photography by experiencing hands-on exercises and reflections on your work as a group to provide and receive constructive criticism. Discover how to refine, revise, and improve the technical and esthetic aspects of your work as well as practice positive communication skills.

Kids Division

Through the Lens cont'd

6 sessions / \$199

SES #381a Tuesdays, Oct 15–Nov 26 | 2:50–3:50 pm
(no class Oct 5)

CES #381b Wednesdays, Oct 16–Dec 4 | 3:20–4:20 pm
(no class Nov 20 & 27)

GFS #381c Fridays, Oct 18–Dec 6 | 3:20–4:20 pm
(no class Nov 22 & 29)

Craig Norton is a professional photographer and educator who has won awards for his dedication to teaching photography. He is the author of "Rock The Shot!" which demystifies the art of photography for all ages.

The Pen★Stars Creativity Club:

Where Learning Meets Creativity Grades K–4

The Pen★Stars Creativity Club incorporates writing, music, drama, art, and brain-stimulating games and activities in order to foster our students' unique gifts and enhance their creative writing, presentation, and public speaking skills in a fun and innovative way. Our hands-on activities are designed with children's needs, interests, and skill levels in mind; we know that every child is unique. On the last day, parents are invited to attend a showcase of our Pen★Stars' work. Student work is also considered for The Pen★Stars Series, an interactive book series created by children, for children.

8 sessions / \$240

SES #342a Tuesdays, Sept 24–Nov 19 | 2:50–3:50 pm (no class Nov 5)

GFS #342b Fridays, Sept 27–Nov 15 | 3:20–4:20 pm

The Pen★Stars Series' is the brainchild of two sisters, who teamed up to create a platform where kids can create and post their own stories. Visit www.thepenstars.com.

Create-a-Comic Grades 2–5

If you've always wanted to turn yourself into a superhero or create an alternate reality and save the world from invading aliens, this is the comic book class for you. And your drawing skills are far less important than your creativity! Learn the skills and techniques to develop your own cartooning style. You'll create characters, craft a spellbinding story, pencil in your panels, add captions and—BAM!—sound effects, then ink and color your very own one-page comic strip. Do it again and again; you supply the imagination, we'll supply the paper and pencils. [Taught by Margie Stokley-Bronz]

6 sessions / \$135

CES #215a Tuesdays, Sept 24–Oct 29 | 3:20–4:35 pm

5 sessions / \$115

SES #215b Tuesdays, Nov 12–Dec 10 | 2:50–4:05 pm

The Westport Arts Center presents

Fabric Patterns and Repetition:

Exploring the Art of Yayoi Kusama Grades 1–5

Explore and replicate patterns of world-renowned artist, Yayoi Kusama, currently on exhibit at the Westport Arts Center. Delve into fabric art, artworks utilizing mirrors, and pattern reflection. You'll finish the class with detailed and unique work while learning about the fascinating style of contemporary artist Yayoi Kusama. [Taught by a Westport Arts Center educator]

8 sessions / \$280

KHS #707a Tuesdays, Oct 1–Nov 26 | 3:20–4:50 pm
(no class Nov 5)

GFS #707b Wednesdays, Oct 2–Dec 11 | 3:20–4:50 pm
(no class Oct 9, Nov 20 & 27)

SES #707c Thursdays, Oct 3–Dec 5 | 2:50–4:20 pm
(no class Nov 21 & 28)

Hobby Quest presents

Fashion's Night Out Grades 3–5

Discover your inner designer! This fall we're designing all-new cotton dresses and outfits to go back-to-school in style. We'll sketch, hand-sew, decorate, and even have a runway show at the end of the session to model your chic creations for family and friends! No experience necessary. It's a fashionable way to sharpen your fine motor skills and tap into your creativity. Design it. Make it. Wear it.

8 sessions / \$210

LLS #706a Mondays, Sept 23–Nov 18 | 3:20–4:20 pm
(no class Sept 30)

KHS #706b Thursdays, Sept 26–Nov 14 | 3:20–4:20 pm

SES #706c Fridays, Sept 27–Nov 15 | 2:50–3:50 pm

Founded by teachers, Hobby Quest is committed to providing quality, hands-on educational enrichment programming to help children discover new interests and build skills for a lifetime.

Creepy Creatures Halloween Workshop

Grades 3–5

Come have some Halloween fun with your friends and pom-poms! We'll use pom-pom makers, yarn, pipe cleaners, 'googly eyes', and low-heat glue guns to make Spooky Spiders, Playful Pumpkins, and Beautiful Bats. Learn how to make your own key-chains, zipper pulls for your backpack or jacket, and Halloween pom-pom topped pencils! Materials fee of \$18 included. [Taught by Andrea Dener - see next page for bio]

1 session / \$39

SES #566a Monday Oct 21 | 2:50–4:20 pm

CES #566b Tuesday Oct 22 | 3:20–4:50 pm

LLS #566c Wednesday Oct 23 | 3:20–4:50 pm

GFS #566d Thursday Oct 24 | 3:20–4:50 pm

KHS #566e Friday, Oct 25 | 3:20–4:50 pm

Kids Division

Thanksgiving Pom-Poms Workshop *Grades 3–5*

Come have some Thanksgiving fun with your friends and pom-poms! We'll use pom-pom makers, yarn, pipe cleaners, 'googly eyes', and low-heat glue guns to make turkeys and napkins rings for your holiday table! You can also make key chains, zipper pulls for your backpack or jacket, and pom-pom topped pencils! Materials fee of \$18 included. [Taught by Andrea Dener]

1 session / \$39

SES # 567a	Monday Nov 11 2:50–4:20 pm
LLS # 567b	Tuesday Nov 12 3:20–4:50 pm
KHS # 567c	Wednesday Nov 13 3:20–4:50 pm
GFS # 567d	Thursday Nov 14 3:20–4:50 pm
CES # 567e	Friday, Nov 15 3:20–4:50 pm

Andrea Dener, a.k.a. the Yarn Farmer, is a Craft Yarn Council certified instructor. She's been knitting since she was ten years old. She loves pom-poms and sharing her passion for crafting with people of all ages.

Cooking

Please see page 29 & 30 for additional cooking classes for grades 5 +.

iCook After School *Grades 3–5*

This fall, our chefs-in-training will learn how to make delicious and nutritious recipes using fresh and colorful ingredients. We will travel across the globe to learn about cuisine and traditions of Europe, Asia, Central America, and more! We will learn about fresh herbs and how they enhance the aroma and flavors of our dishes. We will master cooking safety, slicing, dicing, chopping, folding, baking, zesting, mixing, and more!

8 sessions / \$229

SES #278a	Mondays, Sept 23–Nov 18 2:50 - 3:50pm (no class Sept 30)
LLS #278b	Wednesdays, Sept 25–Dec 4 3:20 - 4:20pm (no class Oct 9, Nov 20 & 27)
CES #278c	Thursdays, Sept 26–Nov 14 3:20 - 4:20pm

iCook is passionate about healthy foods and the education of children. We give kids the option to try and experience a variety of foods through programs that are easy for kids to appreciate and enjoy. See www.iCookAfterSchool.com.

Fitness + Sports

See page 31 for CT Juniors Volleyball for Girls

**Fall Program: Level 1 (grades 4–6) and
Winter Development Program (grades 4–8).**

Badminton *Grades 3–12*

This is badminton played as an Olympic sport, not a backyard game! From beginner to advanced junior player, take your badminton skills to the next level. Select participants may be invited to play in the Connecticut State Junior Badminton Tournament. Sneakers and badminton racquet required; some racquets available to borrow. Before you buy a new racquet, please contact Peter Bartush at peterpppp@aol.com for discount price suggestions.

8 sessions / \$105

SHS Gym # 984 Wednesdays, Sept 11–Nov 6 | 5:30–7:30 pm
(no class Oct 9)

Fencing 101 *(Ages 7–10)*

Learn from the best! Olympic gold medalist Galya Pundyk and her team teach fencing technique and tactics in a beautiful studio in Wilton. Fencing 101 is a fun and comprehensive introduction to the sport for boys and girls, with a focus on the fundamental skills and rules of fencing. Develop coordination, balance, strength, and focus through exercises, activities, and games.

6 sessions / \$240

998 Thursdays, Sept 19–Oct 24 | 4:30–5:30 pm
Location: Olympian Fencing Studio, 388 Danbury Road, Wilton

Galya Pundyk was the 2008 Olympic gold medalist in sabre fencing and a member of the Ukrainian National Fencing Team for 16 years. Visit www.olympianfencingstudio.com.

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

Coach Chris Fay is a USA Basketball Gold Coach and part of the NBA Junior Knicks program. He was named the Nike/Gatorade Phenom National East/West All Star coach in San Diego in 2016 and 2017 and was featured on ESPN. Widely regarded as a top youth coach, Chris enjoys helping kids realize their basketball dreams, one shot at a time.

Fall Clinics *Grades K–2, 3–4, 5–9; boys & girls*

Learn to play the right way! Tune up your game with shooting guru and ball handling wizard Coach Chris Fay. Featuring shooting, skills and drills, scrimmages, defense, strategy, and sportsmanship. Whether you're a beginner, an advanced player, or prepping for travel team tryouts, the action will be geared to your level. You'll play on two full courts, six baskets, with lower hoops for our smaller ballers.

Kids Division

Westport AllStars Basketball cont'd

14 sessions / \$190

SHS Gym Tue & Thu, Sept 10–Oct 29
(no class Sept 5, Oct 8, Nov 5)

#322a Grades K–2, 3–4 | 5:30–6:30 pm

#322b Grades 5–9 | 6:30–7:30 pm

Afterschool Clinics & Gameplay *Grades K–2, 3–5*

Head to the gym right after school for hoops! Learn the game from a seasoned coach, from the fundamentals—including the rules and regs—to skills, drills, and games. Travel prep, including gameplay, for advanced players. Get your game on after school, keep improving all season long.

10 sessions / \$135

CES # 371a Mondays, Dec 2–March 2 | 3:20–4:50 pm
(no class Dec 23, 30, Jan 20, Feb 17)

11 sessions / \$150

GFS # 371b Fridays, Dec 6–Feb 28 | 3:20–4:50 pm
(no class Dec 27, Feb 21)

BringtheHoopla presents Happy Hoopin'

Grades K–5

In this high energy, one-of-a-kind (hula) hoop class, the focus is on physical fitness, self-expression, skill-building, and FUN!! Our program is filled with a variety of hoop games, music, creativity, and movement. Our unique curriculum uses weekly themes to promote positive reinforcement and encouragement that foster persistence, self-confidence, and free expression. Happy Hoopin' is an exciting program in a safe and caring environment while learning, growing, and hooping!

Optional: Purchase a custom-designed, handmade Hoopla Hoop for \$25 to show off your skills and stay active at home!

6 sessions / # 423a: \$145 / # 423b: \$25 (hula hoop fee)

LLS Mondays, Oct 7–Nov 11 | 3:20–4:20 pm

6 sessions / # 423c: \$145 / # 423d: \$25 (hula hoop fee)

SES Wednesdays, Oct 2–Nov 13 | 2:50–3:50 pm
(no class Oct 9)

BringtheHoopla provides high-quality programming using the hoop as a form of play, exercise, and learning. Their unique curriculum aligns with state and national standards to ensure developmentally appropriate programming that promotes physical literacy. Visit www.bringtheHoopla.com.

Kempo Karate: Introduction to Martial Arts

Grades K–5

The foundation of our kids martial arts curriculum is the education and development of life-skills such as positive mental attitude, high goal setting, perseverance, self-control and confidence. Sign up for classes today and watch your child evolve and grow. All students must submit a waiver form, available on our website, to Westport Continuing Education prior to the first class. Open to students at any belt rank. Wear comfortable clothes and gym shoes.

All students must submit a waiver form, available on our website, to Westport Continuing Education prior to the first class. Open to students at any belt rank. Wear comfortable clothes and gym shoes.

8 sessions / \$130

LLS # 303a Mondays, Oct 7–Dec 2 | 3:20–4:20 pm
(no class Nov 4)

KHS # 303b Tuesdays, Oct 1–Nov 26 | 3:20–4:20 pm
(no class Nov 5)

CES # 303c Thursdays, Oct 3–Dec 5 | 3:20–4:20 pm
(no class Nov 21 & 28)

SES # 303d Fridays, Oct 4–Dec 6 | 2:50–3:50 pm
(no class Nov 22 & 29)

Over the past 20 years, Kempo Academy Evolution has created a highly successful curriculum that teaches both leadership and character building philosophies and traditional martial arts training methods. Visit www.kempoacademyofwestport.com.

Overtime Athletics presents

Sports Spectacular *Grades K–2, 3–5*

Save the best for after school with *Sports Spectacular*, featuring athletic games and contests, instruction and, above all, all sports, all the time. Develop and practice your skills as you participate in traditional sports and playground favorites. Sports Spectacular instructors come to class equipped with the best to-do list ever, and every day is different sport, game, or activity. We cover all the bases while emphasizing teamwork, sportsmanship, and fitness.

7 sessions / \$135

CES # 274a Mondays, Sept 23–Nov 18 | 3:20–4:20 pm
(no class Sept 30 & Nov 4)

6 sessions / \$120

SES # 274b Tuesdays, Sept 24–Oct 29 | 2:50–3:50 pm

8 sessions / \$150

GFS # 274c Wednesdays, Sept 25–Dec 4 | 3:20–4:20 pm
(no class Oct 9, Nov 20 & 27)

Kids Division

World Champion Taekwondo Grades K-5

Taekwondo offers physical and mental benefits: increased strength, cardio endurance, and flexibility, plus greater mental focus and confidence that can expand into all areas of life. Build and refine motor skills while learning goal setting, respect, and discipline. There is no fighting or contact.

Students will receive a free uniform, which can be picked up at WCT in Westport.

8 sessions / \$169

SES # 324a Mondays, Oct 7–Nov 25 | 2:50–3:50 pm
KHS # 324b Wednesdays, Sept 25–Dec 4 | 3:20–4:20 pm
(no class Oct 9, Nov 20 & 27)

World Champion Taekwondo is the largest such organization in Connecticut and has provided the finest quality martial arts training for over fifteen years. Visit www.bigkick.com.

Games

Chess Club grades 1–5

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

10 sessions / \$215

LLS # 318a Mondays, Sept 23–Dec 2 | 3:20–4:20 pm
(no class Sept 30)
KHS # 318b Tuesdays, Sept 24–Dec 3 | 3:20–4:20 pm
(no class Nov 5)
CES # 318d Thursdays, Sept 26–Dec 12 | 3:20–4:20 pm
(no class Nov 21 & 28)
GFS # 318e Fridays, Sept 27–Dec 13 | 3:20–4:20 pm
(no class Nov 22 & 29)

9 sessions / \$195

SES # 318c Wednesdays, Sept 25–Dec 11 | 2:50–3:50 pm
(no class Oct 9, Nov 20 & 27)

The Chess Club of Fairfield County is a leading resource for educational and recreational chess services in the region, serving all of Fairfield County. Visit www.fairfieldcountychess.com.

STEM

Bricks 4 Kidz® presents

Exploring the Everglades Grades K-3

Imagine yourself on a journey through the Florida Everglades - build an alligator with a mouth that opens and closes, an airboat to speed across the water, or a bird with wings that flap up and down. Shrink yourself down to mini-figure size and climb aboard our LEGO® airboat tour through the Florida Everglades! We'll build and learn about some of the cool creatures in one of our country's largest national parks.

6 sessions / \$160

CES # 938a Mondays, Sept 16–Oct 28 | 3:20–5:00 pm
(no class Sept 30)
LLS # 938b Thursdays, Sept 26–Oct 31 | 3:20–5:00 pm
KHS # 938c Fridays, Sept 20–Oct 25 | 3:20–5:00 pm

Bricks 4 Kidz® presents

LEGO® Engineering Adventures Grades K-3

Have fun building, creating, and engineering with LEGO® bricks and kits. Do you want to be an engineer or architect? Put your skills to the test to build bridges, buildings, vehicles, and more. Bring LEGOs® to life in these engineering adventures, using your imagination to create amazing LEGO® models.

6 sessions / \$160

CES # 937a Mondays, Nov 4–Dec 9 | 3:20–5:00 pm

4 sessions / \$110

LLS # 937b Thursdays, Nov 7–Dec 12 | 3:20–5:00 pm
(no class Nov 21 & 28)

5 sessions / \$135

KHS # 937c Fridays, Nov 1–Dec 13 | 3:20–5:00 pm
(no class Nov 22 & 29)

Kids Division

Hobby Quest presents Airplane Missions

Grades K-3

Your mission is to learn the science that enables planes to fly, build all-new amazing model airplanes . . . and then fly them! Learn the STEM principles behind the physics of flight. Then test these principles on many models you get to build. Your mission will involve aircraft models like the Starfighter helicopter, Mustang P-51 glider, and the electric Dragon Fly. Will you complete your mission? You build it. You fly it. You keep it. Control tower over and out.

8 sessions / \$215

KHS # 705a Mondays, Sept 23–Nov 18 | 3:20–4:20 pm
(no class Sept 30)

GFS # 705b Wednesdays, Sept 25–Dec 4 | 3:20–4:20 pm
(no class Oct 9, Nov 20 & 27)

SES # 705c Thursdays, Sept 26–Nov 14 | 2:50–3:50 pm

Founded by teachers, Hobby Quest is committed to providing quality, hands-on educational enrichment programming to help children discover new hobbies and interests and, ultimately, build skills for a lifetime.

Citizen Invention presents

Design-Invent-Play STEM Club Grades 1–4

Do you want to design a robot pet that can interact with you, build a cool wearable that can detect obstacles, or create your mini sports games? Come join this STEM club. We'll use electronic building blocks and craft materials to create playful inventions. Learn about modular electronics and practice flow-based and block-based coding. Use these new STEM skills to make fun projects!

8 sessions / \$206

GFS # 599a Mondays, Sept 23–Nov 18 | 3:20–4:20 pm
(no class Sept 30)

CES # 599b Tuesdays, Sept 24–Nov 19 | 3:20–4:20 pm
(no class Nov 5)

LLS # 599c Wednesdays, Sept 25–Dec 4 | 3:20–4:20 pm
(no class Oct 9, Nov 20 & 27)

KHS # 599d Thursdays, Sept 26–Nov 14 | 3:20–4:20 pm

SES # 599e Fridays, Sept 27–Nov 15 | 2:50–3:50 pm

Citizen Invention aims to foster creative confidence through design thinking and rapid prototyping projects, empowering youth to imagine innovative solutions to everyday problems. Visit www.citizeninvention.com.

Mad Science presents Anatomy Academy

Grades 1–4

Calling all future doctors and scientists! Step into our Anatomy Academy, with a Mad Science pedometer, and come on a journey with us inside the human body! Excavate a real dissection (such as an owl pellet or a worm) to learn about body systems and nutrition; create slime that emulates a blood clot; use glow in the dark technology to discover how to protect our skin and how skin protects; use microslide viewers and test tubes to view cells and DNA close up; and put your hands on more real life doctor tools and experiments that will blow your mind! This program is jammed packed with both knowledge and fun!

8 sessions / \$195

SES # 944a Mondays, Sept 23–Nov 18 | 2:50–3:50 pm
(no class Sept 30)

GFS # 944b Tuesdays, Sept 24–Nov 19 | 3:20–4:20 pm
(no class Nov 5)

KHS # 944c Wednesdays, Sept 25–Dec 4 | 3:20–4:20 pm
(no class Oct 9, Nov 20 & 27)

LLS # 944d Fridays, Sept 27–Nov 15 | 3:20–4:20 pm

CES # 944e Fridays, Sept 27–Nov 15 | 3:20–4:20 pm

Mad Science transforms laboratory science into fun, interactive learning experiences for kids. All of our programs correlate with CT's science curriculum and are Next Generation Science Standards (HGSS) compliant.

Happy Code Club presents

3D Game Design with Roblox Studio Grades 3–5

Develop skills in 3D modeling, coding, and design by creating an obstacle course and use code to add gameplay elements like traps and other game features. Learn to code with Lua, a coding language similar to Python, but easier to learn. Create an adventure game where players explore, gather resources, and really put their skills to the test. Play each others' games and when done, you'll demonstrate your projects to parents and classmates on the last day of class. Kids keep access to their Coding Studio and games they create. Prerequisites: experience using a mouse and a keyboard. Previous coding experience is helpful, but not required.

8 sessions / \$195

LLS # 633a Tuesdays, Sept 24–Nov 19 | 3:20–4:20 pm
(no class Nov 5)

SES # 633b Thursdays, Sept 26–Nov 14 | 2:50–3:50 pm

KHS # 633c Fridays, Sept 27–Nov 15 | 3:20–4:20 pm

Happy Code Club's mission is to empower students with the ability, tools, and knowledge needed to excel in STEM related fields.

Kids Division

Happy Code Club & 3DuxDesign present **Build the City of the Future** *Grades K-2, 3-5,*

Your mission, should you choose to accept it, is to redesign the way we live and build a city of the future. Think you're up for the challenge? Use the 3DuxDesign Architectural modeling system to construct a community using 3Dux connectors in combination with cardboard and other upcycled craft materials. Invent and build new forms of transportation or make your city more playful. Work on issues like overcrowding and sustainability... the possibilities are endless. You can even electrify your city! Stretch your imagination and get ready to use your engineering skills as you redesign urban life as we know it. Everyone goes home with a 3DuxDesign Architecture kit, which retails for \$25.

8 sessions / \$210

LLS # 632a / Grades K-2

Tuesdays, Sept 24–Nov 19 | 3:20–4:20 pm
(no class Nov 5)

CES # 632b / Grades 3-5

Wednesdays, Sept 25–Dec 4 | 3:20–4:20 pm
(no class Oct 9, Nov 20 & 27)

Founded by a local family, 3DuxDesign is committed to promoting STEAM education through a design-build system that blends geometry and engineering concepts with creativity and design thinking. 3Dux's reusable 3D-printed connectors help children imagine, plan, construct, and then do it all over again.

Theater Arts

Lights, Camera, Action! *Grades 3-5*

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

10 sessions / \$165

LLS # 663 Thursdays, Sept 26–Dec 12 | 3:20–4:20 pm
(no class Nov 21 & 28)

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.

Magic Club *Grades K-5*

Disappearing coins! Magic scarves! Card tricks! Experience the wonder of magic as you learn and build techniques led by The Magic Genie. Plus, improve your presentation, public speaking, and leadership skills, build self-confidence and poise, and develop stage presence. We promise a magical experience. Each week, you'll receive tricks and goodies to take home and fool your parents and friends! Students repeating this class will receive new tricks to take home and, with the wave of a wand, become magical allies for new students. Non-refundable materials fee of \$5 per week included.

10 sessions / \$199

LLS # 841a Thursdays, Sep 26–Dec 12 | 3:20–4:20 pm
(no class Nov 21 & 28)

KHS # 841b Mondays, Sept 23–Dec 2 | 3:20–4:20 pm
(no class Sept 30)

Nisan Eventoff, internationally known master magician, has traveled around the world to develop astonishing, unbelievable, and incredible tricks! Visit www.themagicgenie.com to learn more.

TheaterCamp 4 Kids! presents **Broadway Acting, Dancing & Singing** *Grades 2-5*

Whether you have a budding Broadway star or a little shy, TheaterCamp 4 Kids! offers something for everyone. Founded on the belief that make-believe is more than just fun, we provide an innovative, play-based way to learn about theater arts. Get creative and active through games, improvisation, movement and dance, stage "combat," and of course songs direct from Broadway! Scene work, direction, choreography, ensemble pieces and monologues teach kids about theater while helping to boost confidence, develop empathy, and enhance teamwork skills. *Bring a nut-free snack; class may be held outdoors, weather permitting.*

8 sessions / \$125

GFS # 701 Thursdays, Sept 26–Nov 14 | 3:20–4:20 pm

Laura Curley Pendergast graduated from Saint Lawrence University with a BA in theater arts. An actor, singer, dancer, and playwright, her credits range from Brooklyn's BAM Opera House to regional theaters, and she was the managing director of the Off-Broadway Triangle Theater in New York City.

Kids Division

The Wonderful World of Theater *Grades K-2*

Introduce your child to the wonderful world of acting and singing. In this no-pressure zone, literacy skills are reinforced through fun read-aloud stories while incorporating the physicality and expression of performance. Choose your characters and bring them to life! There will be a final performance for parents at the last session.

8 sessions / \$165

LLS # 506 Tuesdays, Sept 17–Nov 19 | 3:20–4:20 pm
(no class Oct 1, Nov 5)

Tamara Oppenheimer (3rd grade) and Jen Giannino (Kindergarten) are elementary teachers at Long Lots, and have both been teachers for over 20 years. They've been the directors of the Long Lots School musicals each year for grades 3–5, and are excited to bring the world of theater to your child.

Middle & High School

See page 24 for *Badminton (grades 3–12)* and *Westport AllStars Basketball Clinics (grades 5–9)* and page 21 for *Tennis (grades K–8)*.

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. Learn the skills you need to be a safe and responsible babysitter: how to care for children and infants, be a good leader and role model, make good decisions, solve problems, and handle injuries, illnesses, and other household emergencies. Earn your Red Cross Babysitters Certification. Students must be present for the entire class time to receive Babysitters Certification; no makeup classes are available. [Taught by Nicole Jezairian, a Red Cross-certified teacher]

1 session / \$160

SHS 1036 # 367a Tuesday, Nov 5 | 9:00 am–3:30 pm

3 sessions / \$160

SHS 1036 #367b Tuesdays, Oct 15–29 | 4:00–6:00 pm

Arts + Cooking

Intro to Graphic Novels *Grades 6–8*

Are you an artist who enjoyed doing comics but are looking for a longer narrative form? Do you love the artistry and layout of *All's Faire*, *Dogman*, *SMILE*, and *Wonderstruck*? Learn drawing skills, basic layouts, and character development tools to encourage you to outline a graphic novel. Create your own character and journey, leaving the class with a comic creation and understanding of how to do it again on your own.

6 sessions / \$200

986 Saturdays, Oct 19–Nov 23 | 10:00–11:30 am
Location: Toquet Hall Teen Center, 58 Post Road E, Westport

Margie Stokley-Bronz, a multidisciplinary artist, is a published playwright, actress and filmmaker. She opened "Give it a go!" in Fairfield, a studio where students of all ages (even adults) have a chance to train as artists, singers, actors, and writers. Visit www.giveitagooct.com

Triple AAA (Application Audition Assistance) Grades 11–12

A college prep course designed for any junior or senior who intends on auditioning for collegiate musical theatre and acting programs. The course helps students pick schools, and material in addition to taping prescreens and preparing the perfect audition. Margie can also help students talk with alumni from prospective arts schools and help make the tricky decision between College, Conservatory and University. [Taught by Margie Stokley-Bronz]

6 sessions / \$175

SHS Library # 348 Fridays, Oct 11–Nov 15 | 4:00–5:30 pm

Crazy Delicious Cooking with Chef Cecily Gans Grades 6–8

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

4 sessions / \$199

SHS 182 # 273 Tuesdays, Oct 1–29 | 3:00–5:00 pm
(no class on Oct 8)

Staples High School's Chef Cecily Gans has been turning kids into cooks for over 20 years. She runs our popular summer Cooking Camps, and she thinks that life is crazy delicious.

Kids Division

Wakeman Town Farm presents

Cooking Around the Globe Grades 5–7

Learn cooking techniques, such as basic knife skills, *mise en place* (recipe set-up), and kitchen etiquette as you create delicious (and simple) recipes highlighting ingredients and spices from all over the world. During harvest season, we'll use the Wakeman Town Farm's fresh organic vegetables to demonstrate farm-to-table cooking. The experience of harvesting ingredients and creating a meal has proven to be a win-win especially for children less likely to 'try' new foods. Even if you have little or no experience in the kitchen, you'll leave with a sense of independence and self-reliance.

Dishes may include: cornbread tamale pie, Thai turkey meatball curry with coconut rice, Vietnamese shrimp rolls, chicken with tomatillo sauce and chocolate souffle! Classes will be held in the new state-of-the-art Tim's Kitchen at Wakeman Town Farm, 134 Cross Highway.

8 sessions / \$365

Wednesdays, 3:30–5:30 pm

987a Sept 18–Nov 20 (no class Oct 9 & 30)

987b Dec 4–Feb 12 (no class Dec 25, Jan 1 & 8)

Location: Wakeman Town Farm, 134 Cross Hwy, Westport, CT

Lisa Finn developed her love for cooking with her grandmother, who believed that simple and fresh ingredients make the most delicious and healthy meals. Eventually, Lisa turned her passion for food into a culinary career, completing her chef training at the Natural Gourmet Center/International Culinary Education in NYC.

Wakeman Town Farm

Fall Farm Apprentice Program Grades 5–9

Legendary local farmer and green foods movement advocate Farmer Farah Masani is heading up one of Wakeman Town Farm's beloved after-school program—the Fall Farm Apprentice Program. Join Farmer Farah for an authentic hands-on Fall Farm Adventure that will include: working with our hands · cooking on an open fire · growing our own veggies · saving seeds · getting dirty · caring for farm animals · learning about soil · learning recipes from the harvest · outdoor living skills · food preservation.

10 sessions / \$350

988 Tuesday & Thursday, Sept 10–Oct 10 | 3:00–4:30 pm

Location: Wakeman Town Farm, 134 Cross Hwy, Westport, CT

Farah is an educator vested in teaching kids about the local food system and how real food gets to us -- through fireside chats and hands-on farm experiences.

Get Ahead

Study Skills Grades 6–8

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

4 sessions / \$145

BMS # 60

Tuesdays, Oct 1–29 | 2:45–4:00 pm
(no class Oct 8)

Alison Antunovich and Courtney Ruggiero are 8th grade teachers at Bedford Middle School. With over 10 years of middle school experience, both women are also Google trained educators, who are ready to help organize drives and lives. Courtney was the 2018 Westport Teacher of the Year.

Sports + Fitness

Body Blast Sports Performance Grades 6–8

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

10 sessions / \$189

BMS Gym # 985 Mondays, Sept 16–Nov 25 | 3:00–4:00 pm
(no class Sept 30)

TJ Hair received his BS in sport and leisure management from Eastern Connecticut State University after a childhood filled with football, basketball, track and field, weight lifting, and other activities that kept him moving. He loves working with kids and is currently pursuing a degree in kinesiology at Manhattan College. He plans to stay still just long enough to become a phys ed teacher.

Kids Division

CT Juniors Volleyball for Girls Grades 4–12

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

Fall Program: Level 1 Grades 4–6

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

8 sessions / \$245 / SHS Fieldhouse #252

Sundays, Sept 8–Nov 3 | 6:00–7:30 pm (no program Sept 29)

Fall Program: Level 2 Grades 6–8

Women's regulation height net program focused on advancing skills, including: serve receive, offensive and defensive positions, digging, blocking, approach-jump-hit, emergency drills, and combination movements. *6th graders must have completed at least one previous CT Juniors program.*

8 sessions / \$315 / SHS Fieldhouse # 255

Sundays, Sept 8–Nov 3 | 6:00–8:00 pm (no program Sept 29)

Winter Development Program Grades 4–8

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

Practice dates @ SHS Fieldhouse # 251

Sundays, Jan 5, 12, 26, Feb 23, March 8, 22 | 6:30–8:30 pm

Play dates @ CT Sports Center, Woodbridge, CT

Sundays, Feb 9 & March 29 | times TBD

Winter State Program Grades 7–12

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

Practice dates @ SHS Fieldhouse # 250

Sundays, Dec 8, 15, Jan 5, 12, 26, Feb 9, 23, Mar 8
6:30–8:30 pm

Tournaments @ CT Sports Center, Woodbridge, CT

Sundays, Jan 19, Feb 2, March 1, 15, 22 | times TBD

STEM

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, learn about flight and motion, thrust and acceleration. And you'll use and sharpen your scientific process skills, like reading and following directions and diagrams, observing and evaluating, predicting, and problem solving. Always wanted to go to space? Problem solved.

6 sessions / \$140

BMS # 449 Fridays, Sept 27–Nov 1 | 3:00–4:30 pm

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

Test Prep & Driver Education

AlphaPrep presents ACT® & SAT® Prep Classes



**VOTED BEST
SAT / ACT
TUTORING**
*Fairfield Magazine
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2019*

Founded in 2007,

AlphaPrep offers a wide spectrum of standardized test preparation, as well as other services. AlphaPrep's mission is to help students achieve their highest potential by developing individualized learning programs, tailored to take account of each student's strengths, weaknesses, and unique learning styles. Using key predictors, diagnostics and proprietary online tools, students gain time management skills, self-confidence and an expanded academic outlook and emerge with pride and excitement about their impending college experience and opportunities. Highly skilled instructors provide a high-touch, personal approach with high tech learning methods for the best possible outcomes.

Full practice SAT and ACT exams are offered at no charge for enrolled students. Need-based scholarships may be available; contact SHS guidance office for information.

\$750 / SHS 2014

To register, visit **www.alphaprep.com**; select Services tab and enter course code **WESTPORT** to view details.

SAT® Prep for the Oct 5 or Nov 2 Test:

Sept 3–Oct 1 Tue & Thurs: 6:30–8:30 pm
(no class Sept 5)

SAT® Prep for the Dec 7 Test:

Nov 4–Dec 2 Mon & Wed: 6:30–8:30 pm
(no class Nov 27)

SAT® Prep for the March Test:

Test held during the school day at Staples

Jan 9–March 5 Thurs: 6:30–8:30 pm
(no class Feb 20)

ACT® Prep for the Oct 26 Test:

Sept 26–Oct 22 Tue & Thurs: 2:30–4:30 pm

ACT® Prep for the Dec 14 Test:

Nov 12–Dec 10 Tue & Thurs: 2:30–4:30 pm
(no class Nov 28)

ACT® Prep for the Feb 8 Test:

Jan 6–Feb 3 Mon & Wed: 2:30–4:30 pm
(no class Jan 20)



Westport Continuing Education & The Next Street™ partner to provide Driver Education @ Staples



- flexible make-up classes and driving lessons
 - avoid the DMV for license testing
 - only \$639 for the full program
- \$99 for the 8-hour Safe Driving & Alcohol & Drug Education class only

upcoming classes

Tue + Thu | 2:30–4:30 pm

Sept 24–Nov 14 (no class Nov 5)
& Feb 4–March 31 (no class Feb 18 & 20)

Mon + Wed / 2:30–4:30 pm

Nov 18–Jan 27

(no class Nov 27, Dec 23, 25, 30, Jan 1, 20)
& April 13–June 3 (no class May 25)



**For information or to enroll, call
The Next Street™
(203) 293-1720**

or visit thenextstreet.com/staples

Partners

Westport Continuing Education is proud to partner with this outstanding educational businesses and organizations. Can you find their names listed on pages 20 - 28?



Important Information

Access for People With Disabilities

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

Affirmative Action Policy Statement

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

Cancellation & Refund Policy

- If we cancel a class for any reason, all tuition will be refunded and you will be notified by email.
- There are no refunds or credits for withdrawal from single-session classes or workshops.
- Registration fee is non-refundable.
- Withdrawal requests must be submitted in writing and must be received via email, fax, or mail at least 2 weeks prior to the start of class. Your tuition will be refunded less a \$35 per class cancellation fee.
- No refunds or credits will be given for withdrawals in the 2 weeks preceding the start of class or thereafter.
- Students / Parents & Guardians assume all risk of changes in their personal schedules.
- Absence from class does not reduce the cost of operating our programs; for this reason, absence will not result in a refund or credit.

Medical Emergency & Treatment Policy

In the event of a medical emergency as determined by the school nurse or other responsible staff member, it is the policy of the Westport Board of Education to dial 911 immediately to obtain emergency medical services and/or transport to the nearest approved medical facility. WCE staff, or school personnel will then attempt to reach you/ and/or the child's doctor at the number(s) indicated by you on your Continuing Education registration form. Your child will receive medical care and treatment necessary to sustain life and/or stabilize his or her condition as determined by the medical facility. Any further treatment must be authorized specifically by you or the persons designated by you.

Inclement Weather / School Closings Mornings

In the event that Westport Public Schools are closed for inclement weather or another emergency, or if there is an early dismissal, WCE classes will be automatically canceled. All class cancellations will be listed on our website, www.westportcontinuinged.com.

For up-to-the-minute information about school closings and early dismissals, please check the following stations:

News 12 CT

NBC Channel 30

Star 99.9 FM

WEBC 107.9 FM

WFSB TV Channel 3

WICC 600 AM

WNBC TV Channel 4

WTNH TV Channel 8

Afternoon / Evening Classes

If inclement weather starts in the afternoon, and you are uncertain about whether classes will be held, please check your email for a message from our office.

If you do not see an email, please call the WCE office at (203) 341-1209, or check the WCE website:

westportcontinuinged.com

Photograph and Video Policy

Westport Continuing Education follows the policy of the Westport Public Schools for the release of students' or parents' information. It is the policy of the Westport Board of Education never to release students' or parents' addresses and telephone numbers without consent. Parents who opt-out during the 2019 - 2020 school year are also on the WCE opt-out list.

Westport Continuing Education utilizes photographs and/or video to feature classes, camps, and programs for the purpose of marketing and publicity in print, social media, and on Webcontent.

Registration Form

For office use **Fall 2019 - Name:**

Today's Date _____

Westport Continuing Education : Fall 2019

Name _____

Street Address _____

City _____

State _____

Zip _____

Home Phone _____

Work Phone _____

Cell Phone _____

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
					Total	

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

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

Credit Card # _____

Exp. Date _____

3 Digit Security Code _____

Name on Card _____

Billing Address (if different than mailing address) _____

Cancellation / Refund Policy: see page 34 or check our website.

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

Activity Page!



Fall Word Search:

Acorn ____

Apple ____

Fall ____

Jacket ____

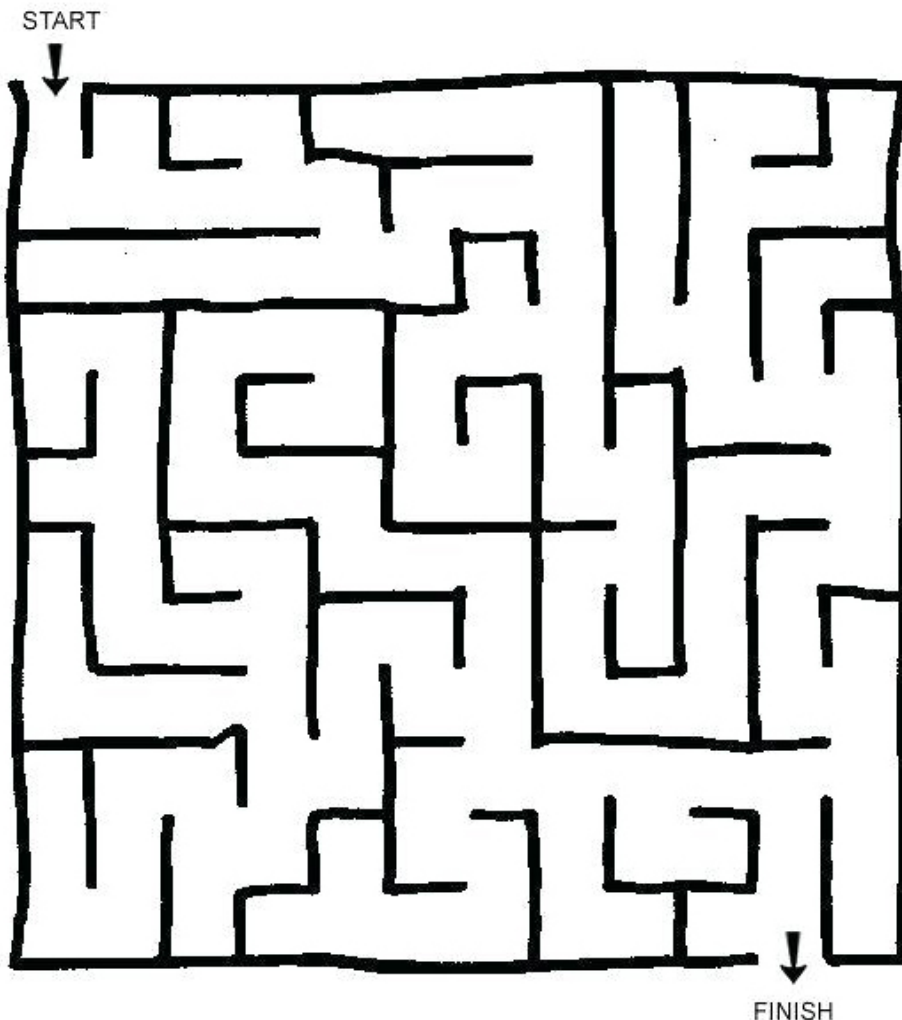
Leaf ____

Pumpkin ____

Rake ____

School ____

**What colors are
leaves in the fall?
Color these in!**





Gift Certificates

For holidays, birthdays, and other special occasions, consider a gift certificate for workshops or classes at Westport Continuing Education. It's the gift that keeps on giving.

Because learning never stops!
Call (203) 341-1209 for information.

Teach for Us

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 learning opportunities for adults and children at all levels of creative, athletic, and academic development. Be bold, experiment, and embrace curiosity! Submit a course proposal today.

The form may be completed online here: <https://tinyurl.com/y2uvjyc2>

or call 203-341-1209 to request a Course Proposal Form.



Westport Continuing Education
Staples High School, 70 North Avenue
Westport, CT 06880-2799

Non-Profit Org.
U.S. Postage
PAID
Westport, CT
Permit No. 35



Fall 2019

Classes + Workshops for Kids & Adults



Westport Continuing Education

www.westportcontinuinged.com | 203-341-1209 | conted@westportps.org