



WESTPORT

CONTINUING EDUCATION

Fall
2010

Pick
some
classes!

Adults
&
Kids

www.westportcontinuinged.com * 203-341-1209

WESTPORT CONTINUING EDUCATION • FALL 2010

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

ADULTS AND KIDS K-12

WELCOME!

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

REGISTRATION PROCEDURES
GENERAL INFORMATION
POLICIES:
SEE INSIDE BACK COVER

OFFICE PHONE: (203) 341-1209

EMAIL ADDRESS:

conted@westport.k12.ct.us

FAX: (203) 341-1218

WEBSITE:

www.westportcontinuinged.com

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CONTINUING EDUCATION

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WESTPORT PUBLIC SCHOOLS

DR. ELLIOTT LANDON
SUPERINTENDENT

BOARD OF EDUCATION

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Elaine Whitney

Watch for all of our CATALOGS!

• Summer – in March

• Fall – in August

• Winter/Spring – in December

GO IN NEW DIRECTIONS



CLASS LOCATIONS

SHS	Staples High School, 70 North Avenue
BMS	Bedford Middle School, 88 North Avenue
CMS	Coleytown Middle School, 255 North Avenue
CES	Coleytown Elementary School, 65 Easton Road
GFS	Greens Farms Elementary School, 17 Morningside Drive South
KHS	King's Highway Elementary School, 125 Post Road West
LLS	Long Lots Elementary School, 13 Hyde Lane
SES	Saugatuck Elementary School, 170 Riverside Avenue
UMC	United Methodist Church, 49 Weston Road
SC	Westport Center for Senior Activities, 21 Imperial Avenue
CS	1 Canal Street (Westport Public Schools - Facilities Dept.)

REGISTER ONLINE! • www.westportcontinuinged.com

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VISIT OUR WEBSITE • www.westportcontinuinged.com

WHERE YOU CAN VIEW COURSE OFFERINGS AND REGISTER ONLINE

**#054 UNIQUE VOICE?
CURIOUS ABOUT VOICE OVER?
CO-SPONSORED WITH
EDGE STUDIO ~**



Interested in audiobooks, cartoons, documentaries, commercials, website narration? This straight forward, current and highly educational class is eye (and ear) opening for those interested in voice-over. By guiding you in finding your vocal strengths, you can better determine the sectors of voice-over most marketable for you. This class reviews the industry, marketing and vocal training, including demo information, trends, agents and production. Read and record voice over copy, choose from commercial or narration. We welcome questions. Is voice-over for you? Help find out. Limit 15. (Instructor, Randye Kaye)

Tuesday, October 12 7:00-9:00 p.m. SHS \$69
Randye Kaye has been teaching with Edge Studios for more than 3 years. Her credits include commercials, promos, audiobooks, phone systems, websites, and narrations (medical, industrial, educational). She has worked on-air in Connecticut radio for over 15 years. Visit www.edgestudio.com for more information.

#634 USING SOCIAL MEDIA TO PROMOTE YOURSELF OR YOUR BUSINESS ~ Unless you're a major celebrity followed by the media, we need to inform associates about our business and ourselves. Whether you are self employed, doing volunteer work, have a small business or wish to increase your visibility in the business world, this class is for you! Learn the difference between "friending someone" and getting a "tweet!" There will be a discussion of social networking topics such as email, LinkedIn, Facebook, Twitter, YouTube, Blogs, or even your own website. Decide on which ones will work best for your specific needs. In addition, you'll learn about maintaining your privacy. (Instructor, Alan Weaver)

Monday, September 27 7:00-9:30 p.m. SHS \$49

ONLINE COURSES WITH



Westport Continuing Education has partnered with ed2go to offer a wide range of highly interactive courses that you can take entirely over the internet. Our online instructor facilitated courses are affordable, fun, fast and convenient. All of the courses are taught by expert instructors. Take courses from the comfort of your home or office at the times that are most convenient for you. You can ask questions and give or receive advice at any time during the course. Upon successful completion of the course, you will be able to download a certificate of completion. For more information about our online course offerings, visit our website at www.westportcontinuinged.com and click on the ed2go link.

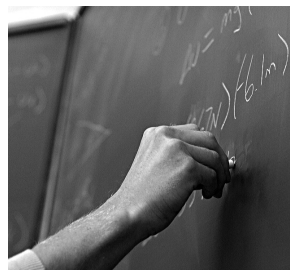
#230 BUSINESS LAUNCH ~ Do you want to launch your own business? Business coach and entrepreneur Connie Cusick will help you access your strengths and brainstorm your ideas. Learn about the importance of writing a biography and press release that will attract attention. Learn about the steps you will need to take such as setting up a blog and website, creating a logo, designing a business card, creating a budget and targeting clients. This is a great class for first time entrepreneurs or business owners who want to polish and promote your business.

(Instructor, Connie Cusick)

2 Sessions Oct. 14 & 21 SHS
Thursday 7:00-9:00 p.m. \$99

Connie Cusick is the founder of Define Yourself Coaching and a member of the International Coach Federation and the International Positive Psychology Association.

Visit www.defineyourselfcoaching.com



**#228 TEACHERS SUBSTITUTE
10 HOUR TRAINING
PROGRAM ~**

Participate in this 10 hour training conducted by experienced professional educators. This program, developed by Utah State University, focuses on preparation for work as a substitute in public or private school settings.

Topics to be covered: management of student behavior, approaches to teaching, fill-in activities, and more. The class will be interactive and include real life scenarios. A certificate will be given to those who attend at least 8 of the 10 hours. (Instructor, Sarah Lombard)

5 Sessions Oct. 5-Nov. 2 SHS
Tuesday 6:30-8:30 p.m. \$85

**Get the classes you want –
Register Early!**

**No Registration fee
if you register online!**

*Improve
Your Computer Skills
see pages 17-19*

#064 WATERCOLOR STEP BY STEP IN THE

AFTERNOON ~ Learn or refresh the basic techniques that lead to successful paintings of flowers and landscapes. Tools and tricks will be demystified in a warm and friendly atmosphere. Materials list is available in our office and on our website. Additional supplies will be discussed at the first class. (Instructor, Steve Parton)

10 Sessions **Sept. 29-Dec. 8** **SHS**
Wednesday **3:00-5:00 p.m.** **\$189**

#066 ACRYLIC PAINTING ~ The most versatile medium in art, acrylic painting can take your creativity anywhere you want to go. Basic drawing, composition, and painting techniques are learned in a step by step process that builds confidence. Experiment with different styles as you paint still lifes, landscapes, and portraits. Relax and play with paints — what a great idea! Materials and supply list is available in the office and on our website. (Instructor, Steve Parton)

10 Sessions **Sept. 30-Dec. 9** **SHS**
Thursday **7:00-9:30 p.m.** **\$219**

#125 DRAWING AND SKETCHING ~ Learning to draw is the most important basic skill for any artist. It is the process of seeing vs. looking-at. Everything is built on this foundation. Using charcoal, pen & ink, and pencils, we will learn a variety of techniques to help us experience the world around us. Bring to the first class: drawing pad (preferable Strathmore 400 series), pencils #2H, HB, and 2B, and a kneaded eraser. (Instructor, Steve Parton)

10 Sessions **Sept. 29-Dec. 8** **SHS**
Wednesday **7:00-9:30 p.m.** **\$219**

#128 DRAWING AND SKETCHING IN THE AFTERNOON ~ See course description above.

(Instructor, Steve Parton)

10 Sessions **Sept. 30-Dec. 9** **SHS**
Thursday **3:00-5:00 p.m.** **\$189**

Steve Parton's award winning portraits of animals and children are exhibited nationally. He was voted Best of the Gold Coast by Westport Magazine for his animal portraits. An experienced and supportive teacher, his classes draw on a career as an illustrator and designer for print, TV, Broadway, and film. To see his work, visit www.stevenparton.com

#079S STUDIO TIME FOR ARTISTS ~ Opportunity for artists to work on their own projects in any medium (charcoal, watercolors, oils, acrylic, pencils, pastels); receive support from fellow artists. Bring your own materials – no instruction will be provided. (Hosted by Rudy Brucato)

11 Sessions **Sept. 20-Dec. 6** **SHS**
Monday **6:00-9:00 p.m.** **\$69**

#481 FABULOUS FELTING ~

Imagine taking loose wool fibers, and mixing design and color, to create beautiful and magical felted projects. Learn about the materials and techniques used to create one-of-a-kind merino wool art pieces. After learning the basics of the felting process, you'll learn to create wearable scarves, decorative containers or wall hangings. Beginners as well as those who have already done felting will have fun making unique creations! Leave with the skills to make beautiful gifts for family and friends! Includes non-refundable materials fee of \$40 for materials used in class as well as felting tools for you to take home. Bring a large towel and waterproof bag to each class to carry wet items home in.

(Instructor, Debra Gilbert)

4 Sessions **Mondays** **6:30-8:30 p.m.** **SHS**

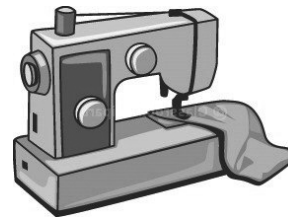
#481a **Oct 4-Nov. 1** **\$120**

#481b **Nov. 15-Dec. 6** **\$120**

Ms. Gilbert is an award winning mixed media artist.

To learn more about her and see her work,

visit www.debbiegilbertartist.com



#452 SEWING ~ New to sewing, just have a little experience, or have just forgotten how? In our two part course, first you will learn how to pin, cut material, layout and use a pattern, thread your machine, sew a perfect seam, and other basics. Then you will

have two weeks off to practice your new techniques and work on your projects. In Part Two, we will cover more advanced skills including how to put in zippers and use velcro for closures, make a pillow with cording, grade around curved seams, make buttonholes, hemming, and other methods used to complete your project. **Please bring your own sewing machine, cloth, and notions.** A list of required materials and local sources will be emailed to students prior to the start of classes.

(Instructor, Barbara Hayden)

6 Sessions **Oct. 18, 25, Nov. 1, 22, 29, Dec. 6** **SHS**

Monday **7:00-9:00 p.m.** **\$109**

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

(Instructor, Susan Bishop)

7 Sessions **Oct. 5-Nov. 16** **SHS**

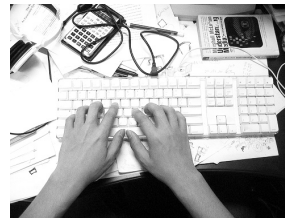
Tuesday **7:00-9:30 p.m.** **\$169**

Creative Writing

#431 LEARN TO WRITE STORIES FOR CHILDREN AND TEENS ~ Would you like to write for children and/or teenagers? You may already have ideas you want to develop or stories you have written on your own, but you need guidance to polish your work. This class offers a solid basis for beginners, along with techniques to help more experienced writers improve their work. As we discuss plotting, viewpoint, characterization, dialogue, and scene development, we'll study specific examples of effective writing and practice our skills. Learn more about children's literature (and find great books for your children) as we look at well-written books for kids in our discussions about different themes and topics. Limit 10 students.

(Instructor, Victoria Sherrow)

6 Sessions	Oct. 7-Nov. 11	SHS
Thursday	7:00-9:00 p.m.	\$119



#432 WRITE FOR CHILDREN AND TEENS: A WORKSHOP FOR ADVANCED STUDENTS ~ Are you ready to move forward with your writing? This workshop-style class is for those who

have learned the "basics" and want to sharpen their skills and polish specific stories for children or teens. We will discuss higher-level techniques for plotting, characterization, scene development, and writing style. The focus will be on helping you to revise your work and find suitable markets. Limit 8 students. (Instructor, Victoria Sherrow)

8 Sessions	Sept. 29-Nov. 17	SHS
Wednesday	7:00-9:00 p.m.	\$159

Victoria Sherrow, has published over 80 books, as well as numerous short stories, poems, and articles. She teaches at The Institute of Children's Literature.

Photography

#960 CREATING VIDEOS FROM YOUR PHOTOS ~ Have a bunch of photos and wish to share them at a reunion, anniversary, or birthday? Create a video. Learn how to create a slide show with dissolves and special effects. Bring in digital images on a flash drive and if you have music, bring a file to add. Class will consist of a demonstration of creating a video from Windows Movie Maker and from Photoshop Elements. Learn how to upload your video to YouTube to share with friends! As movies take time to create, you'll only be creating a short video in class.

(Instructor, Alan Weaver)

Thursday, Oct. 14	6:30-9:30 p.m.	SHS	\$45
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#958 DIGITAL PHOTOGRAPHY WORKFLOW AND POST-PROCESSING ~ **How to make your camera and your computer happy with each other!** You just took 300 pictures with your digital camera and now what do you do? Learn to coordinate your computer and your camera, how to manage thousands of pictures and crop, fix, caption, and beautify your photos. We will also explore the technology behind digital photography and the important differences between digital and film photography. The software used will include GIMP which is a free program you can download and install on your computer – there is nothing extra you need to buy! *Prerequisite: basic computer skills.*

(Instructor, Alan Light)

4 Sessions	Oct. 5-26	SHS
Tuesday	7:00-9:00 p.m.	\$79

Alan Light is an Informational Technology professional and published author with over 25 years of software development experience.

#962 NEXT STEPS IN DIGITAL PHOTOGRAPHY

POST-PROCESSING ~ Learn advanced tools of digital photography post-processing beyond simple cropping, red-eye correction and retouching. We'll explore color correction, creating knock-outs and montages, creating artistic digital images ("Warhol" effects, oil-painting simulations, etc.) and creating digital scrapbooks and posters. Learn how to give some "new-life" to your old family photographs and explore the challenges of scanning and digital printing. The software used will include GIMP which is a free program you can download and install on your computer – there is nothing extra you need to buy! This is a good follow-up class for those who have taken "Digital Photography Workflow and Post-Processing." *Prerequisites: comfortable using a computer, moving and copying files, etc.* (Instructor, Alan Light)

4 Sessions	Nov. 23-Dec. 14	SHS
Tuesday	7:00-9:00 p.m.	\$79

Get the classes you want – Register Early!



#094 BASIC CAMERA OPERATION (Digital, Program, and Manual Cameras) ~

Learn to use your camera so your images are well-exposed, sharply-focused, and compositionally balanced. Subjects covered will be basic camera operation, composition relating to the photographic masters and painters of

the past, the use of flash and tripod, different film speeds and quality settings, white light and color balancing, lighting as related to portraiture and still life, and tips on photographing kids, families, pets, flowers, etc. Sharing of images and visual ideas is encouraged. The instruction will emphasize the basics while promoting your individual creativity. (Instructor, John Zappala)

8 Sessions **Oct. 7-Dec. 2** **SHS**
Thursday **7:30-9:30 p.m.** **\$135**

#990 DEVELOPING PHOTOGRAPHIC SKILLS (Digital, Program, and Manual Cameras) ~ In photographing your favorite subjects - family, friends, pets, landscapes, portraiture or candid - you can always improve your basic skills. Learn to take better pictures, improve your knowledge of light readings, use of flash, composition, black and white versus color, different lenses, perspectives, and strategies in picture-taking. Share your photographs for an encouraging critique in which all can learn. (Instructor, John Zappala)

8 Sessions **Oct. 5-Nov. 23** **SHS**
Tuesday **7:30-9:30 p.m.** **\$135**
John Zappala has a degree in Graphic Design from Farmingdale State U. and a B.F.A. from St. John's. He has practiced and exhibited advertising, fashion, and corporate photography for over 15 years.

#963 TURN YOUR PHOTOS INTO "CLASSICS" ~ Do you already have that terrific photograph but want to make it totally amazing? Learn techniques that will turn your image into a masterpiece that emulates known photographers such as Ansel Adams, Eugene Atget, and Alfred Stieglitz. You don't have to be a Photoshop expert, but basic experience with layers and levels is necessary. Students will be working with stock photos in class. (Instructor, Alan Weaver)

Tuesday, Nov. 16 **6:30-9:30 p.m.** **SHS** **\$45**

Culinary Arts

#263 CHINESE HOME COOKING ~ For mothers and fathers who enjoy Chinese cuisine and would like to learn how to prepare simple but popular Chinese dishes at home, this is a great chance to expand your understanding about Chinese home cooking as well as learn about Chinese culture and traditions. Develop a deeper love and appreciation for Chinese cuisine by learning how to prepare traditional Chinese dishes at home in a healthy way. Learn about Chinese ingredients and cooking techniques. Color, aroma, flavor and nutrition are all principles followed in Chinese cooking. Learn about the health benefits of certain ingredients. Preparation of the ingredients is a vital part of the process. Chinese cooking is an excellent way to spend time with your children while maintaining a healthy diet. Award winning cook Ivy Yin is eager to share her Chinese culture and healthy homemade style of cooking with you. Each class will focus on a particular dish and also cover Chinese culture and traditions. Enjoy these hands-on classes where everyone participates and enjoys what is cooked. Bring out the Chinese gourmet chef within you – leave with recipes and the confidence to make Chinese dishes in your own kitchen.

Saturday 9:30-11:30 a.m. **SHS** **\$65**
#263a Dumplings **Oct. 2**
#263b Kung Pao Chicken **Oct. 9**
#263c Curry Beef **Nov. 6**
#263d Egg Roll and Fried Rice **Nov. 13**

BASICS OF BARBEQUE COOKING AT BOBBY Q'S BARBEQUE & GRILL!

Join owner Bob LeRose, pitmaster Matt and their staff at Bobby Q's Restaurant here in Westport for a memorable evening! Learn the basics of barbeque cooking including valuable tips on smoking and slow cooking ribs, brisket and pulled pork -- there will be demonstrations of a variety of rub and sauce preparations as well. Sample some delicious house specialties. Impress your friends at your next barbeque! Don't wait to sign up – space is limited! **Class held at Bobby Q's Barbeque & Grill, 42 Main Street, Westport, Ct.** Visit www.bobbyqsrestaurant.com for more information about Bob and Bobby Q's.



Tuesday 7:00-9:00 p.m. **\$60**
#168a Tuesday, Sept. 14
#168b Monday, Oct. 4

*Culinary classes fill quickly!
 Register right away!*

#130 COOKING WITH PARENTS AND KIDS (Children ages 7 & up) ~ Spend a Saturday morning on a culinary adventure with your child! Work with your child to create healthy recipes from scratch. Have fun working in a professional equipped kitchen. Learn new skills and recipes together. Please note that some of the dishes may contain dairy and nuts. (Instructor, Lucinda Grieg)

Saturday 9:30-11:30 a.m. SHS \$99/Parent & Child

#130a Oct. 16 - Baking

#130b Nov. 20 - Breakfast

COME COOK WITH ME!

**Join Chef Alison Milwe-Grace
for an enjoyable culinary experience.
Sign up for one or more of her classes!**

**All classes meet from
7:00-9:00 p.m. at SHS**

#995a FISH CLASS ~ Wednesday, October 20 ~ Chef Grace will discuss her personal cooking secrets about how to cook fish at home and make it taste like you are dining in a fine seafood restaurant. Based on her experience as an executive chef at a seafood restaurant, Chef Grace will talk about where you should purchase your fish, what fish is not politically correct to eat anymore, and how to create simple sauces to really impress your guests. Chef will create a scallop dish, a halibut dish and a "surprise" fish dish. **\$85**

#995b 30 MINUTE HEALTHY MEALS ~ Wednesday, November 10 ~ Chef Grace will create healthy, delicious, seasonal meals that will please the whole family. She will focus on utilizing local ingredients and teach you special cooking methods to keep the fat content low in your everyday cooking techniques. Her dishes will include a chicken, vegetarian and pork dish. **\$65**

#995c HOLIDAY APPETIZERS ~ Wednesday, November 17 ~ Chef Grace will reveal some of the secrets of the catering world. As the owner of a catering business, Chef Grace has been serving up appetizers for over 15 years. Learn how to create impressive bite size appetizers like sweet potato and bacon spears, mini twice baked potatoes, seared tuna tostadas and other mini delights that will compliment all of your upcoming holiday feasts. **\$65**

Throughout the past 20 years, Chef Grace has worked in every aspect of the food industry. Currently Chef Grace is a culinary arts chef/instructor at SHS and owner of AMG Catering and Events (www.amgcatering.com) which has been in business for over 15 years.



BAKING AT SONO BAKING COMPANY AND CAFÉ!

**Join the friendly and talented staff of
John Baricelli's SoNo Baking Company
for three inspirational sessions of baking.
Take home the delicious desserts you create
to enjoy with family and friends.
Sign up for one or more classes!**

Space is very limited, so register early!

**All classes meet from 4:00-6:00 p.m.
at SoNo Baking Company and Café
101 South Water Street, Norwalk, CT
(please arrive by 3:45 p.m.)
as class starts promptly at 4:00 p.m.)**

#291 DECORATING WITH BUTTERCREAM ~ Learn basic piping techniques using buttercream to create flowers (roses, chrysanthemums, daisies), leaf patterns and inscriptions. Bring an apron, and pastry bags and tips if you have them.

Monday, October 4 \$90

#287 HOLIDAY PIE BAKING ~ This popular class is back again this season. You will have a great afternoon learning how to make the perfect holiday pie. Don't let this season go by without finally mastering how to bake a great pie from scratch! And of course, you take one home! Bring a rolling pin and apron.

Monday, November 1 \$90

#288 HOLIDAY COOKIES ~ Learn how to make wonderful cookies for the holiday season. Just in time for holiday cookie swaps. Try to save some for family and friends! Bring an apron and let the fun begin!

Monday, December 6 \$90

**PILATES MAT CLASSES AND YAMUNA BODY ROLLING CLASS
WITH CERTIFIED INSTRUCTORS**

Co-Sponsored with Pilates for Every Body • A Place for Women to Build a Stronger Center
ALL CLASSES HELD AT 177 Post Rd. West (Nash's Plaza), Westport CT
www.pilatesforeverybodywestport.com • All mats and equipment provided

If you have any question about which class is the best choice for you, please email or call before registering:
pilatesforeverybodywestport@yahoo.com or 226-1924

**Due To The Popularity Of These Classes, We Strongly Urge You To Register Right Away.
Class Sizes Are Limited And Fill Quickly!**

Daytime Classes:

#984 MULTI-LEVEL PILATES MAT PLUS is a mat class to strengthen the abdominals and back with a weight training segment to increase muscular strength and bone density. A time-saving combination class for those who want to explore Pilates and strength training in one workout. Suitable for those with limited Pilates experience and for intermediate level experience. If you are a beginner, please contact us prior to the first class. (Instructor, Charlene Erwin)

10 Sessions

Sept. 14-Nov. 30 (no class 11/2, 11/23)

Tuesday 10:30-11:30 a.m. \$229

#978 INTERMEDIATE PILATES MAT CHALLENGE is intended for those who are ready to move through the repertoire at a quicker pace. We will use rollers, boxes, balls, bands, circles and bosu to add challenge to the matwork. A different class every week. (Instructor, Alison Bricken)

10 Sessions

Sept. 16-Dec. 2 (no class 10/21, 11/25)

Thursday 10:30-11:30 a.m. \$229

#976 MODIFIED PILATES MAT is a multi-level class designed for those whose current physical condition may keep them from maintaining the pace and range of movement normally expected in a regular class. It is the perfect choice for those with low bone density, joint replacement, or disk herniations in any part of the spine. Prerequisite: Ability to get down and up from the floor without another person's assistance. (Instructor, Charlene Erwin)

10 Sessions

Sept. 17-Dec. 3 (no class 11/12, 11/26)

Friday 10:30-11:30 a.m. \$229/Sr. \$199

#980 STRENGTH TRAINING PILATES STYLE uses hand-held weights, ankle weights and rubberized resistance tubing to strengthen the upper and lower body. There will be special attention to alignment, posture and balance. An abdominal segment will be included in each class. (Instructor, Alison Bricken)

10 Sessions

Sept. 17-Dec. 3 (no class 11/12, 11/26)

Friday 11:45 a.m.-12:45 p.m. \$229

#992 YAMUNA BODY ROLLING AND ABS combines fitness, injury-prevention and abdominal strengthening into a simple workout. The rolling routines help you stretch and release muscle tissue, freeing restrictions in all parts of the body while strengthening the abdominals and releasing the spine. No prior Pilates experience is needed for this class. If you are active in any form of fitness you will feel the results of Yamuna Body Rolling immediately. This class is not recommended for those with joint replacement of any kind.

(Instructors, Alison Bricken and Charlene Erwin)

10 Sessions

Sept. 13-Nov. 29 (no class 10/11, 11/15)

Monday 12:00-1:00 p.m. \$229

Evening Class:

#983 MULTI-LEVEL MAT WORKOUT WITH PROPS is intended for all levels of experience from beginner through intermediate. A wide variety of props will be used to enhance the workout and you will gain a better understanding of how strong core muscles assist us in achieving better overall fitness. (Instructor, Pam Margaritis)

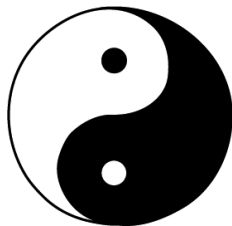
10 Sessions

Sept. 22-Dec. 1 (no class 11/24)

Wednesday 7:00-8:00 p.m. \$229



#182 T'AI CHI~Taijiquan (T'ai Chi Ch'uan), the highest expression of the Chinese "internal martial arts," develops awareness of the workings of both body and mind through slow movement, rounded forms, and the expression of various body energies, all of which require a combination of intention, concentration, and, ultimately, relaxation. This practice leads to strength, awareness, and general well-being. No prior background in taiji is required, and students at all levels of competence are accepted. (Instructor, Myles MacVane)



11 Sessions **Sept. 27-Dec. 13** **SHS**
Monday **7:00-8:15 p.m.** **\$160/Sr. \$140**
Myles MacVane (<http://myles.macvane.com>) has been studying and practicing t'ai chi ch'uan since 1968.



#441 ZUMBA ~ Tone up, burn calories, relieve stress and have fun with Zumba, the dance based fitness program that is a great workout for women and men! In this Latin inspired cardio workout, energize your entire body as we move to the simple steps of Merengue, Salsa, Samba, Cumbia, Flamenco and more. Whether you dance for fun or

exercise, you will work muscles you never knew you had. Bring a towel and water. (Instructor, Sandy Adamczyk)

10 Sessions **Sept. 16-Nov. 18** **SHS**
Thursday **6:45-8:00 p.m.** **\$211**

#089 THE ART OF BELLY DANCING

-An Introduction ~ Come to this workshop for women and discover why this ancient form of dance has recently exploded in popularity. Learn the basic movements including undulations, shimmies and graceful arm movements. Emphasis will be placed on isolations and authentic technique. The goal of this workshop is to provide a supportive environment for self-expression through dance. Occasional live drumming and optional performance opportunity at end of session party. (Instructor, Tava Naiyin)



10 Sessions **Sept. 23-Dec. 2** **BMS**
Thursday **7:00-8:00 p.m.** **\$189**

Tava Naiyin is a highly-regarded instructor, performer and choreographer of middle eastern (belly) dance in CT and NY. She has appeared on television and in print, with a focus on preserving the authenticity of the dance. Tava has a Masters in Counseling and uses bellydance as a tool for improving body image.

See p. 14 for Tap and Ballroom Dancing Classes!

YOGA



#998 YOGA ~ for Beginners and Intermediates: Through physical postures, breathing, and relaxation techniques you will come to realize the many gifts of this ancient practice: increased flexibility, strength, clarity, serenity, weight loss, better concentration, stress reduction, overall good health, and a good work out. Please bring your own mat and a throw blanket. (Instructor, Maria Vailakis-Wippick, RYT)

12 Sessions **Sept. 16-Dec. 9** **SC***
Thursday **6:45-8:00 p.m.** **\$215/Sr. \$170**

**Westport Center for Senior Activities, 21 Imperial Ave. Maria Vailakis-Wippick, RYT, certified in the Kripalu yoga tradition, provides a human and loving approach towards teaching yoga. Maria operates the Agape Yoga Studio.*

#177 YOGA ~ for Beginners and Experts Alike: A complete mind-body system for the attainment of wellness. You will learn techniques to loosen muscles that are causing tension and eliminate weaknesses that are causing pain. Leave every class feeling refreshed and at peace. All levels are welcome. Please bring a mat and towel. (Instructor, Sandy Adamczyk)

#177a 12 Sessions **Sept. 13-Dec. 6** **SHS**
Monday **6:30-7:45 p.m.** **\$215/Sr. \$170**

#177b 10 Sessions **Sept. 23-Dec. 2** **SES**
Thursday **4:30-5:30 p.m.** **\$169/Sr. \$129**

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

#267 YOGA IN THE AFTERNOON ~ Managing the many demands of everyday life, children and daily activities can drain your energy and be very exhausting. We will focus on bringing energy back to the areas that receive the most wear-and-tear like your arms, hands, legs and feet. This gentle class aims to relieve stress and tension, and reestablish a balance between body and mind. Take advantage of this time to focus on yourself by quieting your mind and revitalizing your energy before finishing your day. Ideal for teachers. (Instructor, Laura Warfield)

10 Sessions **Sept. 23-Dec. 9*** **LLS**
Thursday **3:45-4:45 p.m.** **\$169**

**no class Nov. 18*

#141 TENNIS FOR ADULTS ~ Forehand, backhand, serve, volley, footwork and strategy will be covered in this beginner/advanced beginner class. Class is for players who have never played before or have never had formal instruction as well as players that have had an introduction to grips and strokes and are starting to make contact with the ball on a regular basis. Low student/instructor ratio. (Instructor, Greg Sansonetti)

4 Sessions **Sept. 7-28** **SHS Tennis Courts**
Tuesday **5:00-6:30 p.m.** **\$149**

#192 ADULT SWIMMING ~ Beginner through

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

6 Sessions **Oct. 13-Nov. 17** **SHS Pool**
Wednesday **7:30-8:45 p.m.** **\$95/Sr. \$84**

#175 BADMINTON ~ Coed: Looking for a great way to exercise and have fun at the same time? Beginning players as well as experienced players – this is the place to be. Meet and play with new friends. You’ll leave with a new appreciation for the sport of real Badminton. Sneakers and badminton racquet required. Racquets available, if needed. (Instructor, Peter Bartush)

7 Sessions **Sept. 22-Nov. 3** **SHS**
Wednesday **7:30-9:30 p.m.** **\$85**

#210 WOMEN’S BASKETBALL (Ages 18 & up) ~ Come join us for a fun filled evening with lots of exercise and enjoyable learning and competition.

8 Sessions **Sept. 21-Nov. 9** **SHS**
Tuesday **7:30-9:30 p.m.** **\$40**

#995 WOMEN’S SELF DEFENSE CLINIC ~ You see the news. The truth is that women are frequent targets of violence and assaults. Fortunately, you can learn how to protect yourself, and your children can learn how to protect themselves, from unexpected moments of danger. It’s time to take matters into your own hands. At this safe introductory self-defense clinic, you will learn easy-to-use techniques to Defend Yourself...Stay Safe...Live Without Fear! The class is available to women age 18 and up - younger participants are allowed if they participate with a parent (separate registration and fee is required). All students must complete the online waiver form at the time of registration. Bring lots of energy and a smile, and wear loose workout clothes. (Instructor, Kempo Academy)

All classes are held from 8:00-9:00 p.m. at Kempo Academy, 374B Post Road East, Westport (behind Trader Joe’s mall)

Monday and Tuesday

#995a **Oct. 4 & 5** **\$50**
#995b **Oct. 18 & 19** **\$50**
#995c **Nov. 1 & 2** **\$50**

#212 INTRO TO FLY FISHING ~ (For adults or children age 12 & up) Don’t believe the hype about this exciting outdoor sport – fly fishing is not the sport for the chosen few anymore. Costs have come down and barriers to entry are now non-existent. We will demystify the sport of fly fishing and get you started on this life long journey. You will learn about the history of the sport, differences between fresh/saltwater fly fishing, rod/reel weights, line differences and fly identification. We’ll discuss local hot spots where you can gain access to both fresh and saltwater fly fishing opportunities in Westport. You will also receive a hands-on casting demonstration and instruction. (Instructor, Eric Johnson)

2 Sessions **Oct. 21 & 28** **SHS**
Thursday **7:00-8:30 p.m.** **\$49**

Eric Johnson is the owner of Westport Outfitters (see website at www.westportoutfitters.com). After spending nearly 10 years in corporate product development, Eric is passionate about sharing his expertise and knowledge about the exciting sport of fly fishing.

#096 BEGINNER BRIDGE IN THE AFTERNOON ~ Learn the basics of bidding, play of the hand and defensive play. Conventions will be introduced to aid in the bidding along with instructive handouts. Bridge provides a good opportunity to create an active social life either locally, on the internet or worldwide. Join us and meet new friends as you learn the basics of this challenging game. (Instructor, Nora Tkacz)

8 Sessions **Oct. 5-Nov. 23** **SHS**
Tuesday **3:00-5:00 p.m.** **\$129/Sr. \$105**

#195 INTERMEDIATE BRIDGE ~ The intermediate class is designed to help students improve bridge skills and expand knowledge of planning their card play. The class will review simple hand valuation and bridge conventions. New conventions such as Gerber, Stayman, balancing, overcalls, doubles, and weak two bids will be introduced. Each class lesson will be followed by supervised play of preset hands. (Instructor, Jackie Fuchs)

8 Sessions **Oct. 6-Dec. 1** **SHS** **Wednesday** **7:00-9:00 p.m.** **\$129/Sr. \$105**

#194 BEGINNER / ADVANCED BEGINNER BRIDGE ~ This is the perfect opportunity for people who want to begin to learn the fascinating game of bridge or to brush up on those long forgotten rules and conventions. The beginner bridge class will introduce the language of bidding, scoring, guidelines for play, hand valuation, and some simple bridge conventions. Each class lesson will be followed by supervised play of preset hands. (Instructor, Jackie Fuchs)

8 Sessions **Oct. 7-Dec. 2** **SHS**
Thursday **7:00-9:00 p.m.** **\$129/Sr. \$105**



#255 ORGANIC GARDENING - VEGETABLES AND FRUITS ~

To have a healthy garden that yields abundant tasty produce in the spring, you must prepare plots, amend soils and plan during the fall. Learn what is necessary to get your garden ready to host different kinds of vegetables including incorporating compost, animal manure, and other nutrients

into the soil. Dormant fruit trees, brambles and shrubs need attention whether it be protection from cold temperatures, pruning or spraying. Most trees and shrubs, as well as garlic and other bulb-like vegetables, fare best when planted in the fall. You will also learn how to build your own cold frame and grow various types of lettuce, plus other invaluable information that will help you master your garden. (Instructor, Nick Mancini)

4 Sessions **Sept. 29-Oct. 20** **SHS**
Wednesday **7:00-9:30 p.m.** **\$89**

Nicholas Mancini is a Certified Master Gardener and former head Master Gardener of Organic Vegetables and Tree Fruit at Bartlett Arboretum. He teaches Organic Gardening at Norwalk Community College, lectures in libraries, garden clubs, and horticultural societies. He is a member of the Westport Community Garden, the Northeast Organic Farmers Association and an advisor of the newly established Organic Garden at Staples High School.

#256 LANDSCAPE DESIGN – THE ANATOMY OF A GARDEN ~

Why pay a designer when you can have the tools to create a beautiful landscape on your own? Learn how to analyze your site and create your unique



space. Using the analogy of the human body, the instructor will present a guide to planning and planting your landscape – from the “circulation” (pathways), all the way to the “senses” (flowers). Learn to incorporate structures, and colorful trees and shrubs so your landscape will be interesting throughout the year. The instructor will use PowerPoint presentations, lectures and handouts. You will receive a special kit to help you create designs using graph paper and templates. No gardening or drawing experience required. Non-refundable materials fee of \$25 included. (Instructor, Cynthia Woodbyrne)

4 Sessions **Oct. 27-Nov. 17** **SHS**
Wednesday **7:00-9:30 p.m.** **\$114**

Cynthia Woodbyrne, B.A. is a landscape designer and owner of Woodbyrne Eden Arts. Prior to training at The New York Botanical Gardens, Cynthia worked in animation for Walt Disney, Steven Spielberg, and others. She approaches design with the same storytelling disciplines she used with artists in developing feature films.



#437 ROOM REDESIGN: Cost effective methods for updating your space ~

Do you want to update a room or make your home look great even in the current economy? Do you need to add a home office? We will focus on inexpensive or free ways to update your home, utilizing before and after photos of rooms the instructor has transformed. Learn how to explore the function of rooms so that you are using the space in your home to meet your needs and lifestyle; how to use what you already have to make a fresh

statement; and about fun and inexpensive finishing touches that can brighten your room. (Instructor, Catherine Avery)

Tuesday, Oct. 19 **7:00-9:00 p.m.** **SHS** **\$29**

Catherine Avery is an Interior Design Consultant for Avery Design, LLC. She is an Allied Member of ASID and specializes in creating family friendly interiors for people who enjoy spending time at home. (www.AveryDesignInteriors.com)

Humanities

#045 INTRODUCTION TO THE CIVIL WAR ~ The American Civil War has played a pivotal role in American history. Out of sectional conflict, a nation was forged. At the same time, the seeds were sewn of future social and political stresses. Learn about the causes of secession, the political goals of the participants, and the war itself. Read from contemporary letters, poetry and memoirs to better understand the motivations of the players. Discuss the lessons that can be drawn for current affairs. (Instructor, Jeffrey Mayer)

4 Sessions **Oct. 14-Nov. 4** **SHS** **Thursday** **7:30-9:30 p.m.** **\$59/Sr. \$29**

Spanish



#947 SPANISH FOR BEGINNERS ~ This course provides solid syntax, grammar and vocabulary foundations. Learn essential and valuable tools to develop comprehension and communication skills. Latin American cultural issues will be discussed as well. **Cost of textbook and workbook for Spanish for Beginners and Spanish Intermediate is \$60, payable to the instructor.**

(Instructor, Fernando Rincon)

10 Sessions	Sept. 27-Dec. 6	SHS
Monday	7:00-9:00 p.m.	\$159

#948 SPANISH INTERMEDIATE ~ Building on Spanish for Beginners, this course goes into more advanced grammar, speech and cultural subjects and delves into exercises aimed to gain strong conversational and writing skills. Business communications skills are likewise emphasized. **Cost of textbook and workbook for Spanish for Beginners and Spanish Intermediate is \$60, payable to the instructor.**

(Instructor, Fernando Rincon)

10 Sessions	Sept. 28-Nov. 30	SHS
Tuesday	7:00-9:00 p.m.	\$159

#967 BASIC CONVERSATIONAL SPANISH ~ Planning a trip? Learn basic vocabulary and phrases to increase your travel pleasure! Or perhaps you have friends, family, or co-workers who speak Spanish and you feel left out? Join us!

(Instructor, Horacio Ballesteros)

10 Sessions	Sept. 29-Dec. 8	SHS
Wednesday	7:00-9:00 p.m.	\$159/Sr. \$135

#140 CURSO AVANZADO DE ESPANOL ~ Este curso estara basado en conversacion avanzada. Usaremos eventos contemporaneos y discutiremos temas economicos, sociales, politicos y artisticos. Sera una gran oportunidad para mantener un alto nivel del Espanol hablado. Se sugiere que los participantes tengan la habilidad de mantener un ritmo avanzado del lenguaje.

(Instructor, Horacio Ballesteros)

10 Sessions	Sept. 28-Nov. 30	SHS
Tuesday	7:00-9:00 p.m.	\$169/Sr. \$139

Chinese

#136 MANDARIN CHINESE ~ BEGINNER/ADVANCED BEGINNER: This class will introduce you to the basic elements of the Chinese language including characters. The pronunciation system used is Hanyu Pinyin. Learn Chinese conversation and about this rich culture. (Instructor, Yen-Ting Chi)

10 Sessions	Sept. 30-Dec. 9	SHS
Thursday	7:00-9:00 p.m.	\$159/Sr. \$135

French



#131 FRENCH ~ BEGINNER: We will send you on a make-believe trip to France and you will learn to hold a conversation in French from the airport to your hotel, from taking a métro (subway) to getting your rental car serviced. We'll discuss the names of French dishes and how to order them. You'll be able to ask for directions to the cinema and museums.

(Instructor, Nell Mednick)

10 Sessions	Sept. 29-Dec. 8	SHS
Wednesday	7:00-9:00 p.m.	\$159/Sr. \$135

#865 FRENCH ~ INTERMEDIATE: We will continue with the second half of book 1, study the most commonly used tenses, learn French idioms and expressions. We will visit various French regions and learn about their culture and you will have the opportunity to test yourself with the help of interactive quizzes. (Instructor, Nell Mednick)

10 Sessions	Sept. 27-Dec. 6	SHS
Monday	7:00-9:00 p.m.	\$159/Sr. \$135

#864 FRENCH DISCUSSION GROUP ~ Venez discuter avec cet instructeur de France des sujets brûlants de l'actualité. Vous pourrez choisir de débattre sur la politique en France, le monde des affaires, les faits de société, le monde de la musique, des livres et du cinéma. Si vous avez un sujet qui vous tient à coeur n'hésitez pas à le proposer au groupe. (Instructor, Nell Mednick)

10 Sessions	Sept. 30-Dec. 9	SHS
Thursday	7:00-9:00 p.m.	\$169/Sr. \$139

Russian

#137 RUSSIAN ~ BEGINNING: This course is designed to provide you with basic vocabulary, pronunciation, and conversational skills of the Russian language. (Instructor, Galina Babkin)

10 Sessions	Sept. 27-Dec. 6	SHS
Monday	7:00-9:00 p.m.	\$159/Sr. \$135

#867 RUSSIAN ~ INTERMEDIATE/ADVANCED:

Build on the skills you have learned in your beginning Russian class or on a trip to Russia. You will further develop, build, and strengthen your knowledge of the language.

(Instructor, Galina Babkin)

10 Sessions	Sept. 29-Dec. 8	SHS
Wednesday	7:00-9:00 p.m.	\$159/Sr. \$135

Italian



#134 ITALIAN – LEVEL 1 ~ This is a beginning course in Italian. Emphasis is on comprehension, core vocabulary, grammatical structure and elementary conversation. No previous knowledge of Italian is required.

(Instructor, Bill Vuono)

10 Sessions
Wednesday

Sept. 29-Dec. 8
7:00-9:00 p.m.

SHS
\$159/Sr. \$135

#143 BASIC ITALIAN ~ Parla italiano? Sì, un poco! Do you speak Italian? Yes, a little! This course provides students with a basic, yet solid foundation of the Italian language grammar and the ability to communicate in short, grammatically correct sentences. Role plays, individual and group activities will reinforce and speed up the learning process. “Il Mio Libro d’Italiano”, first volume, the book used in class, was created by Lingua e Cucina™. Non-refundable book fee of \$25 is included. Sign up and have fun while learning Italian!

(Instructor, Lee DeMilo)

10 Sessions

Monday

10:00 a.m.-12:00 noon

Sept. 27-Dec. 6

\$184/Sr. \$160

Location is 1 Canal Street, Westport

(Westport Public Schools – Facilities Building)

Lee DeMilo is a native Italian with a cultural and educational background acquired both in Italy and in the U.S. See our website for more information about Lee and Lingua e Cucina™ or visit www.linguaecucina.com

#142 INTERMEDIATE ITALIAN ~ Parla bene l’italiano? Sì, abbastanza bene! Do you speak Italian well? Yes, quite well! This course is for students who have taken Basic Italian and/or have knowledge of the basic foundation of the Italian language grammar. You will continue to build more advanced grammar skills, especially with the use of verbs, through fun role play and individual and group activities. You will also elevate your comprehension skills and develop a more advanced and sophisticated communication style. “Il Mio Libro d’Italiano”, second volume, the book used in class, was created by Lingua e Cucina™. Non-refundable book fee of \$25 is included. *Prerequisite: knowledge of regular verbs ending in “are”, “ere”, “ire” and irregular “isc” of the indicative mood; auxiliaries; indefinite moods.* (Instructor, Lee DeMilo)

10 Sessions

Tuesday

Sept. 28-Nov. 30

7:00-9:00 p.m.

SHS

\$184/Sr. \$160

#144 ITALIAN FOR TOURISTS ~ Mi scusi, mi sa dire dov’è...? Pardon me, can you tell me where is...? Whether you have already visited Italy, are about to or dream to, this course is for you! Enjoy this imaginary trip to Italy right here at home!

This fun course focuses on practicing the most common and useful Italian chit-chat through role plays in everyday situations—shopping, ordering food, renting a car, etc. No grammar! Just talking! No previous knowledge of the Italian language is required! Sign up soon and add more zest to your next Italian vacation or just enjoy the excitement of being able to speak Italian. “L’Italiano Per il Turista”, the book used in class, was created by Lingua e Cucina™. Non-refundable book fee of \$25 included. (Instructor, Lee DeMilo)

10 Sessions

Thursday

Sept. 30-Dec. 9

7:00-9:00 p.m.

SHS

\$184/Sr. \$160

#145 I FATTI D’ITALIA - UN CORSO DI CONVERSAZIONE SU CULTURA, STORIA, ARTE E LETTERATURA ITALIANA ~ Per tutti coloro che

sanno partecipare a discussioni, dibattiti e conversazioni in lingua italiana. Continueremo a rinforzare e sviluppare le nostre capacità comunicative attraverso esposizioni orali e scritte di sintesi, letture di vario genere e lavori di ricerca su internet da esporre in classe per alimentare la conversazione e mantenere un costante momento di crescita, riflessione e critica sui fatti che riguardano l’Italia in un contesto globale. Non-refundable materials fee of \$10 included. (Instructor, Edda Gusman)

10 Sessions

Tuesday

Sept. 28-Nov. 30

10:00 a.m.-12:00 noon

\$169/Sr. \$145

Location is 1 Canal Street, Westport

(Westport Public Schools – Facilities Dept. Building)

#146 ADVANCED ITALIAN ~ Parlo benissimo l’italiano! E lei? This course is designed for students who wish to review basic and intermediate Italian grammar, to complete all the moods of verbs and to bring such skills to a much higher standard along with a higher level of understanding, knowledge and ability to speak the Italian language properly. You will practice the Italian language through conversation, discussion and critique of topics from “notiziari”, “attualità”, “arte”, “letteratura”, “articoli di giornale”, “libri” and “film” while perfecting your grammar skills and personal communication style. Non-refundable book fee of \$25 is included. *Prerequisite: knowledge of variable and invariable parts of a sentence covered in Intermediate Italian.* (Instructor, Lee DeMilo)

10 Sessions

Monday

Sept. 27-Dec. 6

7:00-9:00 p.m.

SHS

\$184/Sr. \$160



No registration fee if you register online

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

#182 STRONG WOMEN, POWERFUL FINANCIAL STRATEGIES ~ Women face some unique challenges when planning their financial future. This dynamic workshop will address the concerns of women and specific issues that affect them in financial planning, as well as help give you the solid financial strategies needed to achieve peace of mind and financial security. Topics covered will include: myths and mindsets some women have about money; how to gain control over your financial situation; how to protect the people and things you love the most; and understanding investment options and strategies. It's your financial future, take control and feel good about it.

(Instructor, Henry Cormier)

Monday, November 15 6:30-8:30 p.m. SHS \$25/Sr. \$19
Henry J. Cormier, CFP® is a Senior Financial Advisor and Private Wealth Advisor with Ameriprise Financial Services, Inc.

#143 FUNDAMENTALS OF INVESTING ~ Before you invest your money, you should know what you are buying and why you are buying it! Through discussion and class materials, we will demystify the world of investing. You will come to understand the meaning of cash equivalents, bonds, stocks, mutual funds, and annuities, and how each category can work for you. This is an excellent course for learning about the basic asset classes and simple strategies for a lifetime of investing.

(Instructor, Brenda Catugno)

2 Sessions Nov. 30 & Dec. 7 SHS
Tuesday 7:00-9:00 p.m. \$35/Sr. No Fee
Brenda Catugno, ChFC, CASL, is a Financial Planner and Investment Specialist with MetLife. She specializes in comprehensive financial planning and portfolio management and offers a wide variety of solutions to meet clients needs. She has been teaching this course with us for 10 years.

#174 PASSPORT TO RETIREMENT IN AN UNCERTAIN ECONOMY ~ Worried about when - or if - you can retire? Concerned over your current investments performance? This comprehensive educational workshop will help you get answers to important questions: How much retirement money will I need? How should I be invested given market volatility? How can I better manage my taxes? What can I do to preserve my estate for my heirs? A local estate-planning attorney will address the class in session two. A 140-page retirement workbook and a personalized retirement plan are included. (Instructor, Greg Rodiger)

2 Sessions Oct. 19 & 26 SHS
Tuesday 7:00-9:00 p.m. \$39

Greg Rodiger is a Certified Financial Planner with The Connecticut Group in Westport. He has a master's degree in financial planning, is listed in "Who's Who in Business and Industry," and has over 20 years of advisory experience. He has been teaching this course with us for over 9 years.

#162 ESTATE PLANNING ~ This is a detailed seminar on estate planning techniques and estate administration, with an emphasis on reducing or avoiding transfer taxes and maximizing lifetime wealth. There will be an in-depth review of federal and state transfer tax laws, including what "repeal" means and what changes in the law we may see. Learn about the probate process and avoiding probate, how wills and trusts are used in estate planning, how to plan for incapacity, and the importance of re-titling assets and updating beneficiary designations. Class will also include retirement assets, gifting, Medicaid, life insurance, sophisticated planning, and more! Case studies will be included. (Instructor, Patricia R. Beauregard, Esq.)

3 Sessions Oct. 27-Nov. 10 SHS
Wednesday 7:00-9:00 p.m. \$59/Sr. \$39

Patricia R. Beauregard is a partner at Pullman & Comley, LLC in the Trusts & Estates department. Her practice includes estate and tax planning, wills, trusts, probate, estate administration, trust administration, and tax exempt law, including formation of charitable entities.

#196 LEGAL DOCUMENTS: AN EXPLANATION OF DOCUMENTS THAT CAN AFFECT YOUR ESTATE ~ Will; Living Will; Power of Attorney; Health Care Agent; Conservator; Guardian; Revocable Trust; Living Trust; Irrevocable Trust. Confused? What are these documents? Who needs them? Do you need them? You will learn what each document is used for, understand the differences between them and recognize which one(s) are important to have to protect your assets. (Instructor, Victoria Koch)

Thursday, Oct. 7 7:00-9:00 p.m. SHS \$29
Victoria Koch, an attorney with an office in Fairfield, specializes in Elder Law, Real Estate, Estate Planning and Probate.

#168 USING TECHNOLOGY TO MANAGE YOUR INVESTMENTS ~ Learn how to research investment topics on the Internet and tools to manage and research your investment portfolio. No recommendations or investing tips are included. The instructor is not an investment professional. Learn Excel functions to research and track your investments. Class handout will include a list of useful websites and a bibliography. (Instructor, Alan Weaver)

Thursday, Oct. 21 6:30-9:30 p.m. SHS \$45/Sr. No Fee

*See pages 17-18 for classes on
Google Business Applications,
Launching a Website and
Optimizing Your Website*

#283 ACTING ~ Exercise your imagination and the “magic IF” of acting in a relaxed, confidence-building, fun environment. Experienced students mix with those new to acting. Enjoy tackling text and characters you always wanted to try in monologues and scene study. Exercise essential onstage skills of living “in the moment” with honest engagement. We’ll cover voice and movement warm-ups, sensory awareness, improvisation, playing objectives, approach to script and characterization. Come stretch your expressiveness, spontaneity and communication skills. (Instructor, Melody James)

10 Sessions **Sept. 30-Dec. 9** **BMS**
Thursday **7:00-9:30 p.m.** **\$245**

Melody James, actor-writer-director-teacher, has taught theater at Vassar, Fordham, Muhlenberg, Housatanic Community College, and Playmaking Workshops throughout the USA, France, Mexico, and Canada. As a veteran company member of the Tony & Obie winning San Francisco Mime Troupe and New York’s award-winning Modern Times Theater, Ms. James brings experimental and political theater techniques along with more traditional experiences with stage, film, and TV to the joy of acting and making theater for our times.



#238 BEGINNING GUITAR ~ The benefits of learning to play a musical instrument are well documented. You may already have a guitar in the house.

Now you can learn what you need to get started ... tuning, rudimentary technique and understanding of music notation and tablature ... using familiar songs to make learning fun! Participants supply their own instrument (left-handed guitars are recommended for left-handed players) (Instructor, Gene Pino)

6 Sessions **Oct. 5-Nov. 9** **SHS**
Tuesday **8:00-9:00 p.m.** **\$119**

Gene Pino studied under Chuck Wayne and Linc Chamberland, attended Berklee College of Music and The Manhattan School of Music. He teaches private lessons in his Westport Studio, has been teaching guitar for 30 years and has been teaching with us for 10 years. One grad of the prestigious University of Miami School of Music says, “Gene Pino is..... by far the best teacher player, and mentor of all of them.”

#610 COLLEGE THEATRE AUDITIONS COACHING

(Ages 17 & up) ~ Are you auditioning for a performing arts college? Let David Roth, director of the award-winning Staples Players, coach you to success in your audition monologues and/or songs. In private lessons, Mr. Roth will help find the meaning behind the piece, share invaluable audition tips, help you gain confidence, and work with you to make your audition piece the best that it can be. While no guarantee of college admission can be offered, Mr. Roth has an excellent success rate with helping students get into prestigious acting programs. Private coaching sessions will be scheduled individually.

(Instructor, David Roth)

#610a Monologues only – 5 hours of coaching **\$395**

#610b Monologues AND songs – 7 hours of coaching **\$535**

#170 BEGINNER PIANO ~ Are you looking to fine tune your piano skills or just beginning to play? Come discover and learn in a state of the art music studio equipped with full-size keyboards. Work on your playing skills with an experienced piano teacher of more than 25 years. We will start with the basics and then learn from the magnificent music of Bach, Beethoven, Mozart and more. We will also explore blues, jazz, Broadway, Beatles and other popular forms of music. Exploring a wide variety of styles will help you become the piano player you have always dreamed of becoming! (Instructor, Pat “Piano” Spencer)

8 Sessions **Oct. 7-Dec. 2** **SHS**
Thursday **7:30-8:30 p.m.** **\$119**

#169 EVERYONE CAN SING! ~ In a supportive and fun environment, learn vocal techniques and skills and develop self-confidence. Learn about projection, relaxed breathing, how to find the right key for your voice, how to interpret a song, how to conquer any stage fright, and more. Singing will add joy to your life. All are welcome! (Instructor, Sarah Spencer; Piano accompanist, Pat ‘Piano’ Spencer)

8 Sessions **Oct. 4-Nov. 29** **BMS**
Monday **7:00-9:00 p.m.** **\$169**

#955 TAP DANCING LESSONS ~ Are you looking for a fun way to get some great exercise? Have you always wanted to take dance lessons but never had the chance? Do you want to pick it up again? Are you looking to do something new and different? Then this is the class for you! Beginner through intermediate levels welcome. You will get a great workout while learning one of the most fun forms of dance.

(Instructor, Sandy Adamczyk)

7 Sessions **Sept. 13-Nov. 1** **SHS Gym**
Monday **8:00-9:00 p.m.** **\$85**

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

#951 BALLROOM DANCING

FOR EVERYONE! Take to the dance floor in this exciting class that is just right for all ability levels. You’ll have fun learning or perfecting your style and technique with such dances as the Foxtrot, Swing, Rhumba, Waltz, Tango and Hustle. Dancing is great exercise and a proven mood lifter. Couples and singles welcome. Only requirement is come ready to dance and have fun! (Instructor, Michael Stavola)



8 Sessions **Sept. 29-Nov. 17** **\$120**
Wednesday **7:00-7:45 p.m.**

Location is 44 Main Street, Westport – 3rd floor (same building as Banana Republic – park in rear)

Michael Stavola is the owner/operator of Ballroom Dancesport in Westport. He is professionally certified and has enjoyed teaching students for over 25 years.

www.ballroomdancesport.com



#290 DOG OBEDIENCE

For dogs at least 4 months old:

Designed to teach the owner how to train his/her dog to be a well-mannered and obedient pet. Topics include: understanding your dog; communicating effectively; basic obedience commands-sit, down, stay, stand, come, and leash walking; and behavior modification - digging, jumping, chewing, barking, etc. Dogs must have a collar and a 6-foot leash. Limit 8. (Instructor, Heather Witt)

7 Sessions **Oct. 18-Nov. 29** **SHS Pool Lobby**
Monday **6:30-7:30 p.m.** **\$129**

Please note: 1st session is Orientation WITHOUT dogs

Heather Witt is the owner of The Complete Canine Company.



#101 RESET YOUR MINDSET AND REAWAKEN THE POWER WITHIN ~

We are all born with an innate power to help move us forward in everyday life. Tap into your dormant and undeveloped brain power as well as the natural flow of energy which has been with

you since birth. Learn how your perception deeply impacts your feelings and decisions. Learn the seven guiding principles along with the spirit, mind and body vibratory connection to help achieve all your life holds to reawaken the power within you!

(Instructor, Teodomila)

Tuesday, October 12 7:00-9:00 p.m. SHS \$49

Teodomila is a Mind Life Guide Coach and Spiritual Consultant who has had the natural ability, since childhood, to read divination cards, picture readings, name readings, water, coffee and the list goes on. She can read and perceive energy from anything she can focus on which can then become a vehicle for her to see from within.

#303 GET COUPON SAVVY AND SAVE! ~

Tired of seeing your expenses climb higher every month? Learn how to significantly cut costs on your grocery, personal care, and household items. You will walk away with the strategies and resources needed to “coupon” your way to



real savings. If you think clipping coupons will only save you a few dollars a week on cat food and toilet paper, think again. Discover why Wall Street Journal columnist Brett Arends wrote that coupons are “back in fashion, with good reason. An hour spent cutting and clipping can yield \$100’s in savings. Time well spent.” (Instructor, Lori Gazerro)

Tuesday, October 19 7:00-9:00 p.m. SHS \$29

**If you have an idea
 for a course you want to teach,
 complete a course proposal packet
 at our website:
www.westportcontinuinged.com**

No registration fee for online registrations

#922 I LOVE MY HOME – NOW THAT IT’S

ORGANIZED! ~ Remember how much you loved your home when you first moved in and it was empty? Is your home now filled with too much stuff? A beautiful home starts with an organized home! Learn how to get paperwork off your kitchen counter and dining room table, how to clear out those closets and find a place for everything you own. It’s time to reclaim your home so that it is beautiful, peaceful and spacious.

(Instructor, Susan Lovallo)

Thursday, October 7 7:00-9:00 p.m. SHS \$29



#921 HOW ORGANIZING HELPED ME LOSE 23 POUNDS! ~

Do you struggle with organizing? Do you want to lose some weight? Learn how being organized helped the instructor lose 23 pounds!

We will discuss food prepara-

ration, time management, kitchen organizing and other organizing skills that all relate to weight loss and health. Susan will share charts that she used to develop a plan, monitor her progress and keep her on track. If you are ready to take charge of your body and your home then this class is for you!

(Instructor, Susan Lovallo)

Thursday, October 28 7:00-9:00 p.m. SHS \$29

Susan Lovallo, CPA, CPO is a Certified Public Accountant, Certified Professional Organizer and the owner of Clutter Solutions, LLC, a local company that focuses on organizing homes, offices, time and finances for individuals, families and businesses, as well as training in Quicken and QuickBooks.

www.ClutterSolutions.com

#207 ANGELS, AURAS AND YOUR INTUITION ~

Increase awareness in your life. Learn ways to connect to your guardian angels and how to do an Angelic Healing technique. Tap into your intuition through meditation and energy exercises. Learn about energy fields around your body and how to sense your aura. Learn how to protect yourself from negative experiences. If students choose, pure essences of organic essential oils may be used during the class. We will end with a healing meditation which can include Reiki chair healing. Join us for this insightful and stress reducing evening.

(Instructor, Gigi Benanti B.A., Certified Reiki Master)

7:00-9:30 p.m. SHS \$49

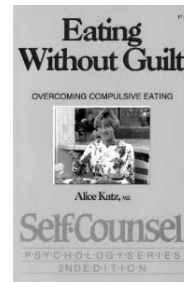
#207a Monday, Oct. 4

#207b Monday, Nov. 1

Gigi Benanti, B.A. Certified Reiki Master, has been seeing Auras since childhood. She continues to attend various holistic workshops. She is an experienced Reiki teacher, offers private Reiki sessions, and has been the owner of the Angelic Healing Center in Norwalk since 1995.

#295 ANGER MANAGEMENT ~ This course is based on the instructor’s book, “It’s Not Personal! A Guide to Anger Management.” It includes charts, questionnaires, discussion and practical tips for expressing anger effectively and feeling less hurt or angry when people at home, at work, on the road, or in the community are uncooperative, manipulative, critical, rejecting, hostile, deceptive, or incompetent. You will also learn how to say no without feeling guilty and how to stay calm when situations are frustrating and stressful. (Instructor, Alice Katz)

6 Sessions Nov. 1-Dec. 6 SHS
Monday 7:00-9:00 p.m. \$89



#673 EATING FOR THE RIGHT REASONS ~

Why, when, how, where, and what you eat can affect how you look and feel. If you eat too much or too often; if your food choices are unhealthy; or if your eating is for emotional reasons, you may end up overweight or with medical issues. This course can help you want to choose healthier foods and

eat only in response to body signals. It includes charts, questionnaires, discussion, and related articles on food and eating for creating a constructive lifestyle. The result can be increased energy and even weight loss.

(Instructor, Alice Katz)

6 Sessions Oct. 5-Nov. 9 SHS
Tuesday 7:00-9:00 p.m. \$89

Alice Katz is the author of “Eating Without Guilt” and “It’s Not Personal! A Guide to Anger Management”. As a psychotherapist in Fairfield, she has over thirty years of experience counseling people with lifestyle, relationship, or eating issues; and speaking and offering workshops at area facilities. She practices everything she teaches in all of her books and her courses.

Don’t Wait to Sign Up for Classes!

- Class offerings depend on minimum enrollments.

- Don’t take a chance that your class may be cancelled or filled

– ENROLL TODAY!

Small Class Size of 8-12 students



#131 INTRO TO PC ESSENTIALS

~ This class is designed for those with minimal exposure to computers as well as those who wish to improve their skills. In addition to learning the basics of understanding the Windows

operating system (XP, Vista, 7), you will learn word processing basics, how to locate, name, and store files, how to load pictures from your digital camera onto a PC, and increase your comfort level with Internet/email by learning shortcuts and about useful websites. (Instructor, Alan Weaver)

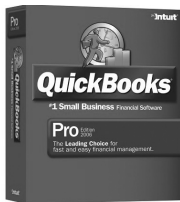
3 Sessions **Oct. 27-Nov. 10** **SHS**
Wednesday **6:30-9:30 p.m.** **\$109**



#121 INTRO TO MAC OPERATING SYSTEM

~ Learn about this fast growing computer system. You'll learn to use your Macintosh computer more efficiently and increase your productivity. Learn about the operating system, keyboard, desktop navigation, the internet, editing text, fonts, special characters, maintenance, viruses, keyboards, monitors, disks, sound and more. *Prerequisite: familiarity with the keyboard.* (Instructor, Harry Dicker)

5 Sessions **Oct. 7-Nov. 4** **SHS**
Thursday **7:00-8:30 p.m.** **\$89**



#217 QUICKBOOKS PRO 2006: BASICS

~ Learn the fundamentals of QuickBooks Pro: how to setup a company, create accounts, do invoicing, enter and pay bills, and generate reports. This course is designed for the person who has not used QuickBooks Pro and has minimal account-

ing knowledge. The course will thoroughly cover the basics and be paced for the beginner. *Classes will be taught on PCs.* (Instructor, Alan Light)

4 Sessions **Oct. 27-Nov. 17** **SHS**
Wednesday **7:00-9:00 p.m.** **\$159**

#117 QUICKEN 2009 ~ Learn how to track your personal finances and organize your records: checking, savings, investments, loans, credit cards, and liabilities. Online banking, which is unique to each person, will also be discussed in general terms – class time and privacy issues do not allow for individual set-up of your accounts. *Prerequisite: a basic understanding of the PC and understanding of paper based tracking of bank accounts and bank reconciliation.* *Classes will be taught on PCs.* (Instructor, Staff)

3 Sessions **Nov. 29-Dec. 13** **SHS**
Monday **7:00-9:00 p.m.** **\$179**

#062 LAUNCHING A WEBSITE ~ For those of you who have a website or are considering creating one, we will discuss the processes including do-it-yourself or hiring a professional. If you want to do it on your own, learn about software and the skills you need to know. If hiring a firm, learn about the advantages and disadvantages of local freelancers, and local and off shore businesses. Learn about the value of SEO (search engine optimization). *Class will be taught on PCs.* (Instructor, Alan Weaver)

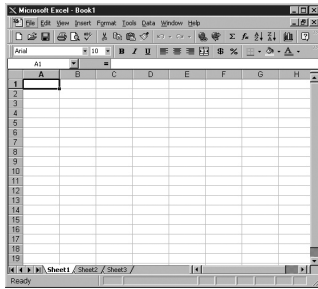
Monday, Nov. 1 **6:30-9:30 p.m.** **SHS** **\$69**



#060 OPTIMIZE YOUR WEBSITE – INCREASE TRAFFIC AND EFFECTIVENESS

~ Discover what does and does not work on your website. Tips will be provided to increase visibility in Google. Learn how to develop content that is picked up by the search engines and how to embed a gmail account into your website. Google Analytics and many other topics such as LinkedIn and email campaigns will be discussed. Fluency in html or any web authoring program is not required. Class outline is on our website. *Class will be taught on PCs.* (Instructor, Alan Weaver)

2 Sessions **Nov. 8 & 15** **SHS**
Monday **6:30-9:30 p.m.** **\$89**



#013 MS EXCEL 2003

~ Learn to design useful spreadsheets for business and home use and how to create formulas as well as format and learn basic database features as you sort lists. With the formulas, you will learn math, financial, and statistical functions.

Learn about chart types and uses as we create and customize them. Other topics include mastering absolute references, formulas, and functions including financial, logical, lookup, linking and embedding data with other programs. Learn how to create templates. **Skills learned in this class are transferable to newer editions of the software.** *Prerequisite: competency with the mouse and the keyboard. Classes will be taught on PCs.* (Instructor, Alan Weaver)

3 Sessions **Oct. 4-25** **SHS**
Monday **6:30-9:30 p.m.** **\$145**

#014 MS EXCEL II 2003 ~ For those of you familiar with Excel basics, we'll work with formulas and more. Learn how to manage large sheets of data in sorting and filtering, how to use shortcuts with large amounts of data, and how to link several Excel files together. Learn how to track errors, work with time functions, multi-level if statements and more. Feel free to bring files to class on a flash drive so we can discuss student's specific needs. **Skills learned in this class are transferable to newer editions of the software.** *Prerequisite: knowledge of formulas and absolute references in Excel. Classes will be taught on PCs.* (Instructor, Alan Weaver)

2 Sessions **Dec. 1 & 8** **SHS**
Wednesday **6:30-9:30 p.m.** **\$99**

*Learn about Social Media,
 Facebook, Twitter, You Tube, etc.
 see page 2*

**Classes fill quickly –
 do not wait to register!**

#116 MS WORD 2003 ~ This word processing course covers the basics of creating, naming, editing, and printing documents including: cut, copy, paste, margins and columns, tabs, templates, indents, alignment, font and type size, mouse and shortcut keys, spell-check, on-line help, and file management. The class will go on to include planning, formatting, using styles, bullets and numbers, header and footer, data base, form letters, creating a mailing list, mail merge, envelopes, mailing labels, tables, creating outlines, tables of content, math calculations, desktop publishing with Word, clip art, Word art, photography, graphs and charts, and linking up to the net. **Skills learned in this class are transferable to newer editions of the software.** *Prerequisite: basic understanding of computers. Classes will be taught on PCs.* (Instructor, Don Kubie)



6 Sessions **Sept. 27-Nov. 8** **SHS**
Monday **7:00-9:30 p.m.** **\$249**



#911 GOOGLE & BEYOND ~ Although nearly everyone has used this website, there is a lot more to Google than meets the eye. Learn techniques to improve your research. Discover many of its hidden features including word processing/spreadsheets, maps, and photo retouching. Learn which features should be avoided. Discover how you can analyze traffic to your website and discover techniques to improve traffic. Discover other search engines that are less overwhelming. *Prerequisite: familiarity with the keyboard and the Internet.* (Instructor, Alan Weaver)

Thursday, Sept. 30 **6:30-9:30 p.m.** **SHS** **\$49**

#913 GOOGLE BUSINESS APPLICATIONS ~ Discover the many useful applications inside Google which can help you with your business and/or your personal affairs. Many services are free. Learn about "cloud computing" with online spreadsheets, documents, and calendars which can be shared. Learn how Analytics can help drive traffic to your website with the use of keywords. Class outline is on our website.

(Instructor, Alan Weaver)
Monday, Nov. 29 **6:30-9:30 p.m.** **SHS** **\$49**

PHOTOSHOP

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

5 Sessions **Sept. 23-Oct. 21** **SHS**
Thursday **7:00-9:00 p.m.** **\$189**

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

5 Sessions **Nov. 4-Dec. 9** **SHS**
Thursday **7:00-9:00 p.m.** **\$199**



#633 COSMETIC SURGERY IN PHOTOSHOP ~ In this workshop, learn how to erase the years, remove the ten pounds the camera added, improve a sagging jaw, or any other imperfections. Rejuvenate almost any picture with faded color, baggy eyes, garment stain, or "wardrobe malfunctions" including crooked ties, stains, wrinkles. Taught in Photoshop, many of the skills can be applied to Photoshop Elements. These techniques can also be applied to landscapes and almost any other type of photography. Students will be working with stock photos in class. (Instructor, Alan Weaver)

Monday, Nov. 22 **6:30-9:30 p.m.** **SHS** **\$49**

ONLINE COURSES WITH

Westport Continuing Education has partnered with **ed2go** to offer a wide range of highly interactive courses that you can take entirely over the internet.

Our online courses are affordable, fun, fast and convenient. All of the courses are taught by expert instructors. Take courses from the comfort of your home or office at the times that are most convenient for you. You can ask questions and give or receive advice at any time during the course. Upon successful completion of the course, you will be able to download a certificate of completion.

Among the categories of course offerings are:

- Computer Applications • The Internet • Networking
- Web Page Design • Graphic Design • Career Ideas
- Personal Finance • Personal Enrichment
- Arts/Music • Writing & Publishing
- ... and much more!!

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

WELCOME TO ADULT BASIC EDUCATION

☆ ESL • GED ☆

Enrollment Preference and No Fee for Residents of Westport, Weston, and Wilton
REGISTRATION WITH PLACEMENT ASSESSMENT TESTING TO DETERMINE
PROFICIENCY LEVEL IS DONE IN PERSON ONLY FOR ESL & GED CLASSES.

REGISTRATION DATES for ESL and GED CLASSES:

Monday, Sept. 13 and Thursday, Sept. 16 at Staples High School at 7:30 p.m.

#002 ESL CLASSES ~ ENGLISH AS A SECOND LANGUAGE AND PRINCIPLES OF DEMOCRACY:

We offer basic to advanced English grammar and conversation classes. Emphasis is on reading, writing, all phases of oral communications, and information on rights, privileges, and responsibilities as residents or future citizens. Classes emphasize skills needed in everyday living.

(Instructors, Melanie McNamara, Elaine Littman, Jean Ashton, Natalie Skinner, Lesley Zullo)

EVENING ESL CLASSES **SHS**
Beginning ~ Intermediate ~ Advanced
25 Sessions Begins Sept. 20 **NO FEE**
Monday and Thursday **7:30-9:30 p.m.**

DAYTIME ESL CLASSES **NO FEE**
25 Sessions Begins Sept. 20
Beginning ~ Intermediate ~ Advanced
Monday and Wednesday* **9:30-11:30 a.m.**

*** Wilton Library, 137 Old Ridgefield Rd., Wilton**
Tuesday and Thursday** **9:30-11:30 a.m.**
****United Methodist Church, 49 Weston Road, Westport**

#003 ABE/GED CLASSES ~ TO PREPARE FOR THE GENERAL EDUCATIONAL DEVELOPMENT TEST:

A high school diploma is awarded by the State Department of Education to adults who pass the GED test. Classroom instruction is strongly encouraged; enroll in our classes to prepare for the Math, Social Studies, Writing, English, and Science sections of the GED test. (Instructors, Dennis Singleton, Holly Franquet)

12 Sessions **Begins Monday, Sept. 20** **SHS** **NO FEE**
Math **7:00-8:30 p.m.**
Science **8:30-10:00 p.m.**

12 Sessions **Begins Thursday, Sept. 23** **SHS** **NO FEE**
English **7:00-8:30 p.m.**
Social Studies **8:30-10:00 p.m.**

GED PRACTICE TEST WEBSITE

Register on the site, answer practice questions on different subjects, and get feedback.

www.gedpractice.com

Matriculacion con examen para determinar nivel de conocimiento, se hace solamente en persona para clases de ESL y GED, en 13 de Septiembre y 16 de Septiembre a las 7:30 p.m.

#002 Clases de ESL ~ Inglés Como Segundo Idioma y Principios de Democracia: Ofrecemos de lo básico a lo avanzado en gramática y conversación en Inglés. Se enfoca en lectura, escritura, todas las fases de comunicación oral e información de derechos, privilegios y responsabilidades como residentes o futuros ciudadanos. Las clases se enfocan en las habilidades necesarias para la vida cotidiana.

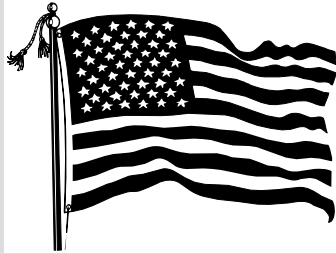
Clases Nocturnas de ESL
Principiantes – Intermedios – Avanzados **SHS**
25 Sesiones que empiezan el 20 de Septiembre
Sin Coste
Lunes y Jueves **7:30 a 9:30 p.m.**

Clases Diurnas de ESL
25 Sesiones que empiezan el 20 de Septiembre **Sin Coste**
Principiantes – Intermedios – Avanzados
Lunes y Miercoles*, Martes y Jueves**
9:30 a 11:30 a.m.

*** Wilton Library, 137 Old Ridgefield Rd., Wilton**
****United Methodist Church, 49 Weston Road, Westport**

Policy of Accessibility and Accommodation

Individuals with a disability who require an accommodation for participating in the GED Exam, please contact the Westport Continuing Education office, 70 North Avenue, Westport, CT (203) 341-1209.



#005 AMERICAN CITIZENSHIP ~ For immigrants preparing for American citizenship where U.S. history and the Constitution will be studied. If you are planning to take your citizenship test, you will be able to practice and study for your interview. **Please call early to register, 341-1209.**

(Instructor, Melaine McNamara)

**8 Sessions
Monday**

**Sept. 27-Nov. 22
7:00-9:00 p.m.**

**SHS
NO FEE**

**POLICY OF
NON-DISCRIMINATION AND
AFFIRMATIVE ACTION**

*The Westport Continuing Education Program
does not discriminate in employment,
in educational opportunity,
or deny benefits or otherwise
discriminate on the basis of
sex, handicap, race, color, religious creed,
national origin, ancestry, marital status,
sexual orientation, mental retardation,
mental health, present/past
history of mental disorder, learning
disability, or physical disability.*

**POLICY OF
ACCESSIBILITY
AND ACCOMMODATION**

*Individuals with a disability
who require an accommodation for classes,
please contact
the Westport Continuing Education office,
70 North Avenue, Westport, CT.
(203) 341-1209*

GIFT CERTIFICATES

FOR ANY HOLIDAY, BIRTHDAY OR OTHER
SPECIAL OCCASION, CONSIDER GIVING
A GIFT CERTIFICATE FOR CLASSES AT
WESTPORT CONTINUING EDUCATION.
CALL 341-1209 FOR FURTHER INFORMATION!

PHOTOS FOR OUR CATALOG

*During our continuing education classes photos may
occasionally be taken for use in our publicity. If you do
not wish to have yourself or your child in a photo that
may be published, please tell the photographer before
any photos are taken.*

VISIT OUR WEBSITE

www.westportcontinuinged.com

WHERE YOU CAN

VIEW COURSE OFFERINGS

AND REGISTER ONLINE

KIDS • Sports and Homework

KID'S CLASSES follow the Westport Public School calendar.

Our classes do not meet on Westport Public School Holidays, Staff Development Days, or Shortened School Days. Unless otherwise noted, elementary students do not have classes during teacher conferences, T., W. & Th., Nov. 16, 17, 18

PLEASE MARK CLASS DATES ON YOUR CALENDAR!

Note that dates listed below do not take into account any unforeseen school closings.

PLEASE BE PROMPT IN PICKING UP YOUR CHILD TO AVOID LATE FEES

Please understand that our instructors have commitments after class.

Late fees will apply for children picked up more than 5 minutes after class.

Late fees are: \$10 for 5 minutes after class; \$20 for each 15 minute increment thereafter.

#836 SPORTS AND HOMEWORK CLUBS (Gr. 2-5)

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



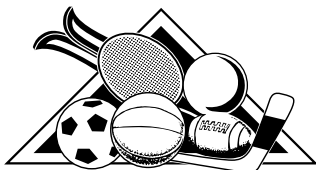
KHS	3:25-5:00 p.m.	6 Sessions	\$139
(Instructors, Carol Dalton, Allison Moran)			
#836A1a	Sept. 7-Oct. 12	Tuesday	
#836A1b	Oct. 19-Dec. 7	Tuesday	
#836A2a	Sept. 8-Oct. 13	Wednesday	
#836A2b	Oct. 20-Dec. 8	Wednesday	
#836A3a	Sept. 16-Oct. 21	Thursday	
#836A3b	Oct. 28-Dec. 16	Thursday	

GFS	3:05-5:00 p.m.	6 Sessions	\$175
(Instructors, Jon Herbst, Sarah Stefans)			
#836C1a	Sept. 7-Oct. 12	Tuesday	
#836C1b	Oct. 19-Dec. 7	Tuesday	
#836C2a	Sept. 16-Oct. 21	Thursday	
#836C2b	Oct. 28-Dec. 16	Thursday	

SES	3:05-5:00 p.m.	6 Sessions	\$175
(Instructor, Andrew McLoughlin, Dan Barbiero)			
#836B1a	Sept. 7-Oct. 12	Tuesday	
#836B1b	Oct. 19-Dec. 7	Tuesday	
#836B2a	Sept. 8-Oct. 13	Wednesday	
#836B2b	Oct. 20-Dec. 8	Wednesday	
#836B3a	Sept. 16-Oct. 21	Thursday	
#836B3b	Oct. 28-Dec. 16	Thursday	

LLS	3:25-5:00 p.m.	6 Sessions	\$139
(Instructor, Melanie Carroll)			
#836D1a	Sept. 8-Oct. 13	Wednesday	
#836D1b	Oct. 20-Dec. 8	Wednesday	
#836D2a	Sept. 16-Oct. 21	Thursday	
#836D2b	Oct. 28-Dec. 16	Thursday	

CES	3:40-5:00 p.m.	6 Sessions	\$119
(Instructors, Lauren Pedrotty, Mandy Pun)			
#836E1a	Sept. 7-Oct. 12	Tuesday	
#836E1b	Oct. 19-Dec. 7	Tuesday	
#836E2a	Sept. 16-Oct. 21	Thursday	
#836E2b	Oct. 28-Dec. 16	Thursday	



KIDS • Tennis

KINDERGARTEN TENNIS

Learn tennis the way we all wish we had! Basic eye-hand coordination, ball handling, court familiarity, movement/agility, general physical fitness, and pre-tennis exercises just for kids. These skills apply to most sports. Taught by instructors with training in “pre-tennis fun” for kindergarten aged children. (Instructor, Connie Goodman)

EARLY FALL	OUTDOOR	6 Sessions		\$220
#827a	Tuesday	Sept. 14-Oct. 19	4:00-5:00 p.m.	SHS
#827b	Thursday	Sept. 16-Oct. 21	4:00-5:00 p.m.	SHS
LATE FALL	INDOOR	6 Sessions		\$220
#827c	Tuesday	Oct. 26-Dec. 7*	4:00-5:00 p.m.	SES
#827d	Thursday	Oct. 28-Dec. 9**	4:00-5:00 p.m.	SES
* Tennis will be held on Nov. 16		**Tennis will be held on Nov. 18		
WINTER	INDOOR	7 Sessions		\$255
#828a	Tuesday	Jan. 4-Feb. 15	4:00-5:00 p.m.	SES
#828b	Thursday	Jan. 6-Feb. 17	4:00-5:00 p.m.	SES

TENNIS FOR GRADES 1-8

Learn the basic fundamentals: proper grips, forehand, backhand, serve, volley, rules and etiquette. Bring your own racquet. Low student/teacher ratio. Teaching pro Connie Goodman is a USPTR instructor and CT licensed coach whose enthusiasm for the game is contagious.

	<u>Grade</u>	<u>Sessions</u>	<u>Dates</u>	<u>Time</u>	<u>Location</u>	<u>Fee</u>
EARLY FALL			OUTDOOR			
#341A1	6-8	5	Mon., Sept. 13-Oct. 18	3:15-4:15 p.m.	SHS	\$185
#341A2	1-2	5	Mon., Sept. 13-Oct. 18	4:15-5:15 p.m.	SHS	\$185
#341A3	3-5	5	Mon., Sept. 13-Oct. 18	5:15-6:15 p.m.	SHS	\$185
#341B2	1-2	6	Wed., Sept. 15-Oct. 20	4:15-5:15 p.m.	SHS	\$220
#341B3	3-5	6	Wed., Sept. 15-Oct. 20	5:15-6:15 p.m.	SHS	\$220
#341C1	6-8	6	Fri., Sept. 10-Oct. 22*	3:15-4:15 p.m.	SHS	\$220
#341C2	1-2	6	Fri., Sept. 10-Oct. 22*	4:15-5:15 p.m.	SHS	\$220
#341C3	3-5	6	Fri., Sept. 10-Oct. 22*	5:15-6:15 p.m.	SHS	\$220
			*No class Sept. 17			
LATE FALL			INDOOR			
#343A2	1-2	6	Mon., Oct. 25-Dec. 6*	4:00-5:00 p.m.	GFS	\$220
#343A3	3-5	6	Mon., Oct. 25-Dec. 6*	5:00-6:00 p.m.	GFS	\$220
#343B2	1-2	6	Wed., Oct. 27-Dec. 8**	4:00-5:00 p.m.	SES	\$220
#343B3	3-5	6	Wed., Oct. 27-Dec. 8**	5:00-6:00 p.m.	SES	\$220
#343C1	6-8	5	Fri., Oct. 29-Dec. 10***	3:00-4:00 p.m.	BMS	\$185
#343C2	1-2	5	Fri., Oct. 29-Dec. 10***	4:00-5:00 p.m.	BMS	\$185
#343C3	3-5	5	Fri., Oct. 29-Dec. 10***	5:00-6:00 p.m.	BMS	\$185
	*No class Nov. 1		**Tennis will be held Nov. 17	***No class Nov. 12		
WINTER			INDOOR			
#321A2	1-2	6	Mon., Jan. 3-Feb. 14	4:00-5:00 p.m.	GFS	\$220
#321A3	3-5	6	Mon., Jan. 3-Feb. 14	5:00-6:00 p.m.	GFS	\$220
#321B2	1-2	7	Wed., Jan. 5-Feb. 16	4:00-5:00 p.m.	SES	\$255
#321B3	3-5	7	Wed., Jan. 5-Feb. 16	5:00-6:00 p.m.	SES	\$255
#321C1	6-8	6	Fri., Jan. 7-Feb. 18	3:00-4:00 p.m.	BMS	\$220
#321C2	1-2	6	Fri., Jan. 7-Feb. 18	4:00-5:00 p.m.	BMS	\$220
#321C3	3-5	6	Fri., Jan. 7-Feb. 18	5:00-6:00 p.m.	BMS	\$220

KIDS • Fitness and Sports

#306 TOTAL GOLF ADVENTURES

(Gr. 1-2, 3 & up) ~ Learn how to play golf in a safe and fun environment. Learn swing fundamentals along with basic rules and etiquette. This TGA Golf Enrichment Program is designed to develop each child's passion for golf while developing and improving their motor skills and coordination, helping with focus and concentration, and boosting self confidence. All golf equipment is provided including softer practice balls. Over time TGA's 5-level-program will advance children through all aspects of the game and prepare them to go out and play on the course. (Instructor, Total Golf Adventures (TGA) of Fairfield)



8 Sessions **\$189**

#306a Monday Sept. 27-Nov. 29* **SES 3:05-4:05 p.m.**

#306b Wednesday Sept. 29-Dec. 1 **LLS 3:30-4:30 p.m.**

#306c Friday Oct. 1-Nov. 19 **GFS 3:05-4:05 p.m.**

*no class Nov. 1

#303 KEMPO KARATE (Gr. 1-5) ~ Through highly successful teaching techniques that incorporate character building philosophies with traditional martial arts training methods, you will learn to understand and use martial arts to develop self discipline, self control, and respect for others. Learn a series of punches, kicks, and blocks in a fun yet controlled environment. Martial arts concepts will be used to build your confidence while improving your focus, self-discipline and respect for others. No contact or fighting involved. Wear comfortable clothes -- you will receive a white belt. Students will have option to purchase a GI (uniform pants and shirt for \$42) and to test for belt advancement at the Kempo Academy of Martial Arts studio in Westport at the conclusion of the program (test fee is \$45). All students must submit a completed waiver form to our office prior to the first class meeting; the form is available in our office and on our website (Instructor, Sensei Douglas DeBarger, Kempo Academy of Martial Arts www.kempoacademy.com)

10 Sessions **\$139**

#303a Monday Sept. 27-Dec. 13* **KHS 3:30-4:30 p.m.**

#303b Tuesday Sept. 21-Dec. 14** **LLS 3:30-4:30 p.m.**

#303c Wednesday Sept. 29-Dec. 15 **GFS 3:05-4:05 p.m.**

#303d Friday Oct. 1-Dec. 10 **SES 3:05-4:05 p.m.**

*no class Nov. 22 **no class Nov. 23

#351 BANTAM BOYS LACROSSE (Gr. 3-5) ~ This class is for novice lacrosse players with a minimum of 1 year experience. Throwing, catching, cradling, and shooting are all skills to be mastered. Session begins Sept. 16.

#351 LITTLE STIX LACROSSE (boys and girls Gr. K-2) ~ An introduction in which children will learn to pass and cradle while having a safe experience. We stress fun. Session begins Sept. 16. (Non-contact)

Classes will be held on Thursdays at Long Lots and Fridays at Saugatuck.

For more information or to register, call Gilman Lacrosse (203) 544-7597

#160 ONE-ON-ONE SPORTS TRAINING (Gr. 3 & up) ~

Looking to get ready for a sports team tryout or just looking to improve your skills or get physically fit? Middle school physical education teachers Kristin Ryan and Dan Barbiero are offering private sports training after school at Bedford Middle School. Schedule ½ hour or 1 hour sessions so you can fine tune your skills in soccer, basketball or volleyball, or work on your off-season conditioning or benefit from a personal training session in the fitness room at BMS. Contact Kristin_Ryan@westport.k12.ct.us or Daniel_Barbiero@westport.k12.ct.us for more information. Call 203-341-1209 to register. If a student needs to cancel a lesson, the student is responsible for contacting the office at least one day in advance. Enrollment is limited – don't wait until the week before your tryout!

(Instructor, Kristin Ryan and Dan Barbiero)

#160a \$50/hour

#160b \$30/half hour

#984 BADMINTON (Gr. 4 & up) ~ Come learn this fun and exciting fast paced Olympic sport. This is the real sport. Beginners to advanced players welcome. Meet and play with new friends, get exercise and have lots of fun. Sneakers and badminton racquets required. Racquets available if needed.

(Instructor, Peter Bartush)

10 Sessions **Sept. 22-Dec. 1*** **BMS**
Wednesday **4:30-6:00 p.m.** **\$89**

*class will be held Nov. 17

#884 YOGA (Gr. 3-5) ~ What fun this class will be for you! It's a great way to improve concentration, motor skills, and self-esteem. You will be guided through many postures linked to nature and things around you. With yoga you can twist like a pretzel, stand like a mountain, roar like a lion, act brave like a warrior, unfold like a flower, and much more! You'll use your natural energy and skills to become flexible, strong, more focused, and honor your body. Please bring a mat. (Instructor, Sandy Adamczyk)

10 Sessions **3:30-4:30 p.m.** **\$145**

#884a Tuesday **Sept. 21-Dec. 7** **LLS**

#884b Friday **Sept. 24-Dec. 3** **KHS**

#886 YOGA (Gr. 6-8) ~ Yoga promotes unification of the body and mind. You will gain strength, flexibility, balance and coordination. You will develop the ability to look within, think for yourself and trust the knowledge inside. Yoga will teach you patience, self-acceptance, breathing, relaxation and stress-relieving techniques. The classes will also help you build your confidence level, focus, concentration and self-esteem. (Instructors, Sandy Adamczyk at CMS, Maria Vailakis-Wippick at BMS)

10 Sessions **\$145**

#886a Monday **Sept. 27-Dec. 6** **CMS 2:45-3:45 p.m.**

#886b Friday **Sept. 24-Dec. 3** **BMS 3:00-4:00 p.m.**

***Bus transportation from CMS to BMS
is available through
the Norwalk Transit District.
Call 852-0000 for bus information***

KIDS • Arts and Crafts

#362 FUN WITH ART (Gr. 2-5) ~ Come to the art room and let's experiment! Using many different techniques and materials, but most importantly, your imagination, we'll create unique works of art and sculpture to express yourself and have fun! Please bring an old shirt or smock and dress for mess! New and returning students are welcome – we'll have new projects.

(Instructors, Jaclyn Jeselnik at GFS; Sarah Lombard at KHS; Mary Jo Lombardo at CES)

8 Sessions				\$165
#362a CES	3:30-5:00 p.m.	Tues.	Oct. 5-Dec. 7	
#362b GFS	3:05-4:35 p.m.	Wed.	Oct. 6-Dec. 8	
#362c KHS	3:30-5:00 p.m.	Thurs.	Sept. 30-Dec. 2	

#981 ACRYLIC PAINTING (Gr. 6 & up) ~ "Every master knows that the material teaches the artist." Ilya Ehrenberg (1892-1967) Every student should know that painting has its own set of unique characteristics. This course offers serious middle school students the opportunity to expand their knowledge of painting with acrylic paints. Students will learn about color mixing, painting techniques and processes, as well as creating artwork that draws upon their individual creativity. Materials included.

(Instructor, Peter DiFranco)

8 Sessions	Oct. 5-Nov. 30	BMS
Tuesday	3:00-4:30 p.m.	\$189

#334 YOUNG SCULPTORS (Gr. 3-5) ~ Enjoy hand building and sculpting! We will be using a variety of hand techniques to make vases and other free form objects. There will be individualized instruction. Completed pieces will be fired and glazed.

Limit 12. (Instructors, Jaclyn Jeselnik at GFS; Mary Jo Lombardo at CES)

8 Sessions				\$189
#334a GFS	3:05-4:35 p.m.	Tuesday	Oct. 5-Dec. 7	
#334b CES	3:30-5:00 p.m.	Thursday	Oct. 7-Dec. 9	



Dance & Music

#328 IRISH STEP DANCE (Gr. K-2, 3-5) ~ Learn the basic steps and techniques of Irish Step dancing in this introductory class as we dance to lively Irish music known as "reels" and "jigs". Whether you wish to compete or to dance for the love of it, this beautiful art form is a great way for children to develop strength, coordination, rhythm and balance, as well as to learn something fun and unique. You can wear Irish dance shoes or ballet slippers, jazz shoes, socks or even bare feet will do!

(Instructor, Moira Speer, T.C.R.G., and her staff -- for information about the instructor visit www.sheeaunacademy.com)

10 Sessions	Friday	Sept. 24-Dec. 10*	LLS
#328a Gr. K-2		3:30-4:15 p.m.	\$89
#328b Gr. 3-5		4:15-5:00 p.m.	\$89

* no class Nov. 19

#409 WANNA DANCE? (Gr. 2-5) ~ Do you want to dance? Already love to dance? You will be exposed to the art of dance in an enjoyable and relaxed environment. We will focus on body awareness, basic terminology, combining movement with music, and performance. Beginner through advanced levels welcome. (Instructor, Sandy Adamczyk)

10 Sessions	Wednesday	SES
#409a Tap	Sept. 22-Dec. 8	3:15-4:00 p.m. \$89
#409b Hip Hop	Sept. 22-Dec. 8	4:00-4:45 p.m. \$89

#465 SINGING AND MOVEMENT FOR FUTURE STARS! (Gr. K-3) ~ Through rhythm, songs, dance, pitch and fun games, learn to sing and control your voice like singers do! Incorporate movement with singing to learn simple and fun musical concepts. Ever want to learn to sing? How about match pitches and accompany rhythms? This class is a great introduction for our budding stars! (Instructor, Forbes Music Company)

8 Sessions	Oct. 4-Nov. 29	GFS
Monday	3:05-4:05 p.m.	\$189

#464 DRUMS AND DRUMMING! (Gr. 2-5) ~ Get the skills so you can really be in a rock band! Participate in a real drum circle, and learn how the pros do it! Learn how to play beats and keep a strong rhythm while playing along with popular songs everyone loves. Develop skills with drum sticks and hand techniques. Includes non-refundable materials fee of \$15 for drumming pad and a pair of drum sticks which you will take home after the last class. (Instructor, Forbes Music Company)



8 Sessions	Oct. 4-Nov. 29	LLS
Monday	3:30-4:30 p.m.	\$205

KIDS • Enrichment

#367 WRITING WIZARDS WORKSHOP (Gr. 1-2) ~ Come write your own stories and whole group stories. You'll learn many strategies to become a better writing wizard. Some of the strategies will be brainstorming, revising, and editing your own special writing. The instructor will confer with students individually and in small groups to help build confidence as a writer. At the end of the workshop, you will have created your own writing portfolio! (Instructor, Jamie Pacuk)

8 Sessions **Oct. 6-Dec. 8** **CES**
Wednesday **3:40-4:40 p.m.** **\$95**



#915 CRAZY CHEMWORKS (Gr. 1-3)
 ~ Shake up a flask of fun in the lab as you launch your chemistry career with some awesome laboratory experiments. Manipulate matter in all of its three states with some really "cool" dry ice activities. Ooze into the fun when sliming around with

Professor Beakerdude! Probe the properties of light with some spectacular glow-in-the-dark technology. All new amazing take home experiments! (Instructor, Mad Science)

8 Sessions **Friday** **Oct. 1-Nov. 19** **\$189**
#915a **GFS** **3:05-4:05 p.m.**
#915b **KHS** **3:25-4:25 p.m.**
#915c **CES** **3:40-4:40 p.m.**

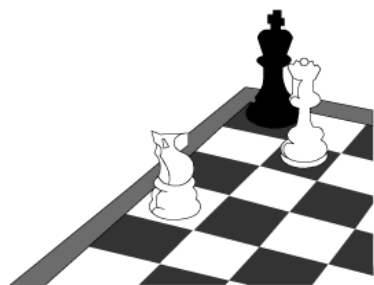
#841 JUNIOR GENIE'S MAGIC CLUB ~ featuring **Nisan Eventoff, internationally known Master Magician (Gr. 1-5)** ~

Learn the secrets of the professional magician and experience the wonder of magic! In this critically acclaimed program, you'll learn presentation skills, leadership skills, and speaking skills. You will build self-confidence and poise, improve body coordination and communication skills, and learn creative planning and stage presence. In addition, each week you will receive magic tricks and materials to take home with you! Any students repeating this class will receive new tricks to take home and will assist as magic aides for new students. A truly MAGICAL experience awaits you! Non-refundable materials fee of \$50 included. (Instructor, Nisan Eventoff)



10 Sessions **\$179**
#841a **Wed.** **Sept. 22-Dec. 8** **3:45-4:45 p.m.** **CES**
#841b **Thurs.** **Sept. 23-Dec. 9** **3:30-4:30 p.m.** **LLS**

Don't take a chance that your class may be cancelled or filled, Enroll today!



#318 CHESS (Gr. 1-5) – **for all levels of players** ~ Learn the moves and rules of chess. You will be taught opening moves, strategies, how to checkmate and how to write down your moves. For those interested, tournament play will be introduced. Chess teaches you how to think, reason and concentrate while having fun and making friends!

(Instructors, Damian Donovan, GFS/SES; Ed Scimia, LLS/KHS)

EARLY FALL	8 Sessions		\$145	LATE FALL	4 Sessions		\$75
#318a	LLS	M., Sept. 13-Nov. 8	3:20-4:20 p.m.	#318e	LLS	M., Nov. 15-Dec. 6	3:20-4:20 p.m.
#318b	KHS	W., Sept. 15-Nov. 3	3:30-4:30 p.m.	#318f	KHS	W., Nov. 10-Dec. 15	3:30-4:30 p.m.
#318c	GFS	W., Sept. 15-Nov. 3	3:05-4:05 p.m.	#318g	GFS	W., Nov. 10-Dec. 15	3:05-4:05 p.m.
#318d	SES	F., Sept. 17-Nov. 5	3:05-4:05 p.m.	#318h	SES	F., Nov. 12-Dec. 10	3:05-4:05 p.m.

#309 KINDERGARTEN CHESS! This is a great age to be introduced to the rules and moves of chess, play supervised games and have fun learning a game that you can play your whole life! (Instructor, Ed Scimia)

8 Sessions **Sept. 27-Nov. 22** **LLS** **Monday** **4:30-5:15 p.m.** **\$109**





DRAMA

#664 DRAMA CLUB (Gr. 2-5) ~ Do you like acting? Have you ever dreamed of performing in front of a live audience? Join the Drama Club! This session we will work together to create our own play! We will conclude our experience with a performance in front of our family

and friends. (Instructor, Katie Bloom)

11 Sessions **Sept. 21-Dec. 14** **SES**
Tuesday **3:05-4:35 p.m.** **\$155**

#530 CREATING ANIMATION AND VIDEO GAMES

(Gr. 3-5) ~ Do you love video games and wonder how they are created? Do you have an interest in animation? Come learn the basics of video game design and how to create interactive stories, animation, music and art through the use of Scratch programming which was developed by MIT. Participants should bring a flash drive to class. Scratch is fun! (Instructor, Lauren Bullock)

6 Sessions **Oct. 18-Nov. 29 (no class 11/1)** **CES**
Monday **3:40-4:55 p.m.** **\$125**



#365 BOOKED AT KHS
(Gr. 4-5) ~ Join us to discuss the most current and talked about literature! Develop your reading ability and comprehension skills while having fun with your friends, or while making new ones. We'll read together, act, write, play games, create art, share opinions, and have fun, all

while discussing a selected book. Expand your literary horizons, bring a snack, love of reading, and we'll provide the rest, including the book! *"Reading is to the mind what exercise is to the body"* - Joseph Addison (Instructor, Sarah Lombard)

8 Sessions **Sept. 29-Dec. 1** **KHS**
Wednesday **3:30-5:00 p.m.** **\$115**

#663 LIGHTS, CAMERA, ACTION!

(Gr. 4-6) ~ Learn how to create your own movies using video cameras and iMovie software. Our lessons on lighting, camera angles, sound and editing will give you the tools you need to create a movie from script to final production. All materials will be provided. Enrollment is limited. (Instructors, Barbara Eilertsen and Becky Laus)



8 Sessions **Sept. 29-Dec. 1** **LLS**
Wednesday **3:30-4:30 p.m.** **\$99**

#130 COOKING WITH PARENTS AND KIDS (Children ages 7 & up) ~

Spend a Saturday morning on a culinary adventure with your child! Work with your child to create healthy recipes from scratch. Have fun working in a professional equipped kitchen. Learn new skills and recipes together.



Please note that some of the dishes may contain dairy and nuts. (Instructor, Lucinda Grieg)

Saturday 9:30-11:30 a.m. SHS \$99/Parent & Child
#130a Oct. 16 - Baking
#130b Nov. 20 - Breakfast

#268 COOKING ADVENTURES (Gr. 6-8) ~ Learn about basic knife skills, kitchen equipment and cooking techniques as you prepare bountiful breakfasts, luscious lunches and divine dinners! We will also do some baking - cakes, cookies, cupcakes, bars, breads, etc. Classes will be hands-on, as you create your own culinary masterpieces from start to finish. Please note that some of the dishes may contain dairy and nuts. (Instructor, Chef Lucinda Grieg)

6 Sessions **Oct. 1-Nov. 5** **SHS**
Friday **3:00-5:00 p.m.** **\$225**

长城

#330 CHINESE FOR CHILDREN-BEGINNING ~

Join us and have an exciting time speaking and writing Chinese and learning about Chinese culture. Learn how to write characters, speak in Chinese, and about this rich culture through games, songs, and fun classroom handouts. The pronunciation system used is Hanyu Pinyin. This is the best time in your life to learn a new language!

(Instructor, Yen-Ting Chi)
10 Sessions **Sept. 28-Dec. 14** **Tuesday LLS \$165**
#330a Gr. K-3 3:30-4:30 p.m.
#330b Gr. 4 & up 4:30-5:30 p.m.

#370 CHINESE FOR CHILDREN - INTERMEDIATE

(Gr. 4 & up) ~ For those who have taken the beginning class or have some knowledge of the language. We will continue to speak and write and learn more of this rich culture through games, songs and classroom activities.

(Instructor, Yen-Ting Chi)
10 Sessions **Sept. 29-Dec. 8*** **BMS**
Wednesday 3:30-5:00 p.m. **\$215**
***class will be held Nov. 17**

Middle School students may go to Club Bed until 3:30 p.m. for a nominal fee -inquire at time of registration.

KIDS • Enrichment

#369 STUDY SKILLS/ ORGANIZATION COURSE

(Gr. 6-8) ~ Gain an understanding of the importance of good organization and study skills. After assessing your current study skills and organization habits, you will learn how to keep your materials, notes, homework, and binders organized. Learn strategies to help break down long-term projects, create a personalized study routine, and plan out your time, so you can be successful throughout the year! (Instructor, Jamie Pacuk)

4 Sessions **Sept. 21-Oct. 12** **CMS**
Tuesday **2:45-3:45 p.m.** **\$55**

#366 POETRY / CREATIVE WRITING COURSE (Gr. 6-8)

~ Discover your inner writer as you explore various genres of work. We will read and analyze a variety of texts, and learn how to incorporate detail and imagery into your writing. At each session, you will write original pieces such as poems, songs, letters, journal entries, and stories. By the end of the class, you will have created an original portfolio of work. This class is for any student who loves to be creative! (Instructor, Jamie Pacuk)

6 Sessions **Oct. 26-Dec. 7** **CMS**
Tuesday **2:45-3:45 p.m.** **\$85**



#422 AMERICAN RED CROSS

BABYSITTERS COURSE (Age 11 & up) ~

Earn Red Cross Babysitters Certification while learning the knowledge and skills associated with leadership, safety, age-appropriate safe play, basic care, first-aid, and professionalism. Babysitters will learn how to prevent accidents and decide appropriate steps in response to an emergency. (Instructor, Don Savage)

3 Sessions **3:00-5:00 p.m.** **\$145**

#422a **CMS** **Thurs.** **Oct. 7-21**

#422b **BMS** **Thurs.** **Nov. 4-18**

Club BEDford

#001b MIDDLE SCHOOL AFTER SCHOOL PROGRAM

Bedford Middle School

Available Monday-Friday from 3-6 p.m.

when school is in session

First Semester Sept. 1-Jan. 21

	<u>Any 2 days</u>	<u>Any 3 days</u>	<u>4 or 5 days</u>
Any 1 week	\$50	\$70	\$80
Any 4 consecutive weeks	\$170	\$215	\$270
Semester	\$625	\$765	\$875

Bus transportation from CMS to BMS is available through the Norwalk Transit District (852-0000).

See our website for more details

www.westportcontinuinged.com

Register by calling us at 341-1209

High School

SAT AND PSAT PREPARATION ~ A "no-frills" results oriented course organized and taught by experienced teachers. The focus will be on strategies designed to help students master the complexities of the test and develop skills in identifying distracters (wrong answers) thereby arriving at the correct answer. In verbal classes, special emphasis will be placed on grammar and writing, including the essay. Math classes will include higher level math concepts including those found in Algebra II. Register for both Math and Verbal or one class only. (Program Coordinator, June Montgomery of Montgomery Educational Services)

To prepare for Oct. 9 SAT & Oct. 16 PSAT

4 Sessions **3:15-5:15 p.m.** **SHS**

#301M Math **Tues., Sept. 7, 14, 21, 28** **\$285***

#301V Verbal **Thur., Sept. 2, 16, 23, 30** **\$285***

To prepare for Nov. 6 & Dec. 4 SAT

4 Sessions **3:15-5:15 p.m.** **SHS**

#302M Math **Tues., Oct. 5, 12, 19, 26** **\$285***

#302V Verbal **Thur., Oct. 7, 14, 21, 28** **\$285***

* Take Math and Verbal during same session for \$535

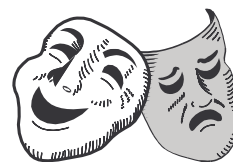
30 www.westportcontinuinged.com

#950 PRACTICE PSAT FOR STAPLES HIGH SCHOOL

SOPHOMORES ~ Take a timed practice PSAT under realistic conditions. Learn about your strengths and weaknesses on this important test. Test results will be mailed to the home of the students. Limited enrollment.

Saturday, March 12 **8:30 a.m.-12:00 noon** **SHS**

\$35 if you sign up by Feb. 25 **\$40 thereafter**



**#610 COLLEGE THEATER
AUDITIONS COACHING**

~ (AGES 17 & UP) ~

See course description on page 14.

(203) 341-1209

conted@westport.k12.ct.us

High School

STATE CERTIFIED DRIVER'S EDUCATION

Eligible students ~ 16-18 year old high school students who attend Staples High School or reside in Westport. Our affordable program is taught by experienced certified Connecticut public school administrators and teachers with over 70 years of combined experience working exclusively with Staples High School students.

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

#306 DRIVER AND TRAFFIC SAFETY EDUCATION • (1/4 credit toward graduation) ~ Thirty (30) hours of classroom instruction (includes 8 hours of Safe Driving and Alcohol and Drug Education). Course is completed only when the student has taken all 30 hours of class and a parent or legal guardian and their child have attended a 2-hour Mandatory Safe Driving Practices Class (see below). * Perfect attendance and punctuality are required.

15 Sessions	Monday & Tuesday	SHS	\$199
#306a	Sept. 13-Nov. 1 3:00-5:00 p.m.	Room 1051	(MUST ALSO SIGN UP FOR #307a OR #307b)
#306b	Oct. 4-Nov. 29 6:30-8:30 p.m.	Room 1034	(MUST ALSO SIGN UP FOR #307c OR #307d)
#306c	Nov. 9-Jan. 3 3:00-5:00 p.m.	Room 1051	(MUST ALSO SIGN UP FOR #307e OR #307f)
#306d	Dec. 20-Feb. 15 6:30-8:30 p.m.	Room 1034	(MUST ALSO SIGN UP FOR #307g OR #307h)
#306e	Jan. 10-Mar. 8 3:00-5:00 p.m.	Room 1051	(MUST ALSO SIGN UP FOR #307i OR #307j)

Instructors: Frank Weiss (#306a, #306c, #306e) and John Horrigan (#306b, #306d)

***2 HOUR PARENT AND CHILD MANDATORY SAFE DRIVING PRACTICES CLASS** ~ As part of the state-mandated 8 hour Safe Driving and Alcohol and Drug Education, a parent or legal guardian and their child must together attend one of the following sessions which must be registered for in advance. Enrollment is limited in all of these classes.

#307a	Sept. 29	Wed.	6:00-8:00 p.m.	Room 1051	ONLY AVAILABLE TO THOSE TAKING #306a
#307b	Oct. 27	Wed.	6:00-8:00 p.m.	Room 1051	ONLY AVAILABLE TO THOSE TAKING #306a
#307c	Oct. 5	Tues.	6:30-8:30 p.m.	Room 1034	ONLY AVAILABLE TO THOSE TAKING #306b
#307d	Oct. 30	Sat.	9:00-11:00 a.m.	Room 1034	ONLY AVAILABLE TO THOSE TAKING #306b
#307e	Nov. 17	Wed.	6:00-8:00 p.m.	Room 1051	ONLY AVAILABLE TO THOSE TAKING #306c
#307f	Dec. 15	Wed.	6:00-8:00 p.m.	Room 1051	ONLY AVAILABLE TO THOSE TAKING #306c
#307g	Dec. 21	Tues.	6:30-8:30 p.m.	Room 1034	ONLY AVAILABLE TO THOSE TAKING #306d
#307h	Jan. 22	Sat.	9:00-11:00 a.m.	Room 1034	ONLY AVAILABLE TO THOSE TAKING #306d
#307i	Jan. 26	Wed.	6:00-8:00 p.m.	Room 1051	ONLY AVAILABLE TO THOSE TAKING #306e
#307j	Feb. 16	Wed.	6:00-8:00 p.m.	Room 1051	ONLY AVAILABLE TO THOSE TAKING #306e

#304 BEHIND-THE-WHEEL INSTRUCTION (Learner's Permit required)
(Instructors, Frank Weiss, John Horrigan and Amedeo Cannone)

\$400

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

#305 SAFE DRIVING AND ALCOHOL AND DRUG EDUCATION • 8 hours • SHS • \$125

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

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

Community Outreach

#150 MENDELSSOHN CHOIR OF CONNECTICUT ~

Did you really enjoy singing in your college or high school chorus? Did marriage, kids or your job get in the way of keeping up with it? Now is the time for you to join a quality mixed chorus of about 100 voices. If you are interested visit

www.mendelssohnchoir.com or call (800) 663-9018 for information concerning our membership, program and auditions.

Rehearsals SHS Tuesdays 7:00-10:00 p.m.

#181 BASIC BOATING COURSE ~ The Saugatuck River Squadron offers free instruction to applicants in order to obtain the State of Connecticut Safe Boating Certificate. Upon completion of course and passing exam, applicant will be eligible for Safe Boating Certificate and invited to join Saugatuck River Squadron to participate in other courses such as Seamanship, Piloting, Advanced Piloting, Jr. Navigation, Navigation, Sailing, Weather, GPS, and more. **For enrollment information please contact Russell B. Levine, SEO at 227-6184, c/o Colonial Druggists, 611 Post Road East, Westport, CT.**

#263 WESTPORT COMMUNITY CONCERT BAND ~ All are welcome! Join one of the area's busiest musical groups! Rehearsals are held weekly throughout the school year. Our 60 member group plays about 10 concerts a year, including the Levitt Pavilion and other concert venues, community centers, senior care facilities, and the Memorial Day parade. For more information on our schedule, repertoire, performances, and members, visit www.westportcommunityband.com - phone 255-0400 or 291-1552. Director: Sal LaRusso.

Begins Sept. 13 BMS
Monday 7:30-9:30 p.m. Voluntary Dues \$70 a year

#261 WESTPORT COMMUNITY DANCE BAND ~

Features the "Big Band" sounds of the 30's, 40's and 50's plus contemporary music. The band has performed at the Levitt Pavilion, local club dances, and for senior citizens. Music is furnished. The ability to read music is necessary; audition may be required. Phone 268-4595 for Director Dick Burlant.

Begins Sept. 14 SHS
Tuesday 7:30-9:30 p.m. NO FEE

#182 SAFE BOATING FOR CONNECTICUT

CERTIFICATION ~ This course, approved by NASBLA and recognized by the U.S. Coast Guard, qualifies you for a CT Safe Boating Certificate. A thorough indoctrination for sailors, powerboaters and personal watercraft operators. Learn about rules of the road, registration, legal requirements, mandatory equipment, and much more. State approved for insurance discounts. For enrollment information please contact Donny O'Day at 226-4646 or register online at www.LongshoreSailingSchool.com

#183 C.E.R.T. TRAINING ~ Westport's Community Emergency Response Team, a volunteer organization providing assistance to the community, is offering a 10 class series to prepare individuals for CERT membership. Topics covered include radio use, fire suppression, water safety, weather emergencies, light search and rescue, shelter operation, directing traffic, CPR and First Aid. Contact Ernie Heidelberg at 203-226-0780 or info@westportcert.org for information or to register. Classes begin Sept. 22, from 7:00-10:00 p.m. at Wspt. Police Dept. training room. **NO FEE. For CPR or First Aid only,** go to www.westportems.org, click on Classes. Contact Jay Paretzky at ctemt80@sbcglobal.net or 203-247-9883 for more information.

Westport Center for Senior Activities ~ 21 Imperial Avenue

Please visit us online at:

www.westportct.gov or www.westportcontinuinged.com
for a complete listing of class schedules and fees.

Center Hours:

Monday – Friday 8:30 a.m. – 4:30 p.m.

Thursday 8:30 a.m. – 8:00 p.m.

Saturday 8:30 a.m. – 12:30 p.m.

Among the courses taught at the Center are:

- Computer Class Offerings – Absolute Beginner, Word, Introduction to Email, Excel, Using a Scanner, PowerPoint, Intro to eBay, Intro to Digital Photography, Intro to the Internet, Searching on the Internet, Photoshop Elements, Using Technology to Manage Investments, Mail Merge, Google and more
- Cookouts
- Movies with dinner
- Mind-Body-Spirit, Health & Healing
- Culinary Classes
- Yoga & Pilates
- Foreign Language Instruction
- Watercolor, Sculpture, Beading, Stained Glass
- Fitness Center, Strength Training, Aerobic Chair, Pilates
- Support Groups, Blood Pressure & Hearing Screening
- Meditation, Tai Chi, Yogalates
- Saturday Socials
- Botanical Watercolor Techniques
- Drawing/Watercolor
- Dance & Stretch
- Current Events
- Let's Talk
- Nutrition Education
- Yopalates
- Core Strength Training
- College Level Courses

**ALL CLASSES
require pre-registration and will be
filled on a first come basis.**

**TO REGISTER
kindly call 203-341-5099.
Classes begin the week of October 1**

Last Name _____

First Name _____

Today's Date _____ - ____ - ____
Month Day

Please Check Below

- I have previously attended your program.
- My name, address or phone has changed.

WESTPORT CONTINUING EDUCATION REGISTRATION FORM • FALL 2010

REGISTER ONLINE

www.westportcontinuinged.com

MAIL



Westport Continuing Ed
70 North Avenue
Westport, CT 06880

FAX



341-1218

IN PERSON

Staples High School
Room 1040



70 North Avenue
Westport, CT 06880

PHONE

341-1209



Home Address _____

No. _____

Street _____

City _____

State _____

Zip _____

Work Phone _____

Home Phone _____

Cell Phone _____

Email address _____

Senior Citizen (62 or older) YES _____



Registrants in Grades K-12 Complete This Section:



Grade _____

Date of Birth _____

Age _____

School _____

Names of Parents or Guardians _____

Emergency Contact Person _____

Name

Phone

Relationship to child

List Health Problems _____

Allergies _____

Medications _____

Child's Doctor's Name _____

Phone _____

REGISTRATION CONTINUED ON THE BACK OF THIS PAGE

Registration Form • FALL 2010 (continued)



Course #	Course Title	Starting Date	# of Sessions	Time	Location	Fee	
Registration Fee \$10* (\$5 for Westport Seniors)						Total	\$

*Registration fees do not apply to one session courses.
Registration fees are payable once per semester.
No Registration fee for online registration.

Refund Policy
see
inside back cover
of catalog

Make checks payable to: **Westport Continuing Education, 70 North Avenue, Westport, CT 06880**

Payment by: Check # _____ MasterCard _____ VISA _____

Account # _____ Expiration Date _____ AVS _____

Print Name as it appears on the card _____

Please share your suggestions and/or comments.

For Office Use Only

R#	
Amount	
Date	
R#	
Amount	
Date	
R#	
Amount	
Date	
R#	
Amount	
Date	

General Information

WELCOME!

KIDS K-12 • ADULTS
RESIDENTS • NON RESIDENTS

REGISTER EARLY

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

HOW TO REGISTER

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

WE ACCEPT MasterCard, VISA and checks.
PAYMENT IN FULL must accompany your registration.

CLASS LOCATIONS

See inside front cover for your building address.

ROOM ASSIGNMENTS for ADULT CLASSES

Posted nightly in the main entrance.

PROGRAM COSTS

TUITION as listed in each course offering.
REGISTRATION FEE OF \$10 payable only once per catalog (**\$5 for Westport Seniors**)

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

MATERIALS FEES, if applicable, and
BOOKS, if applicable, may be purchased in our office.

ADULT Classes will NOT meet on:

- Sept. 6, 9, Oct. 11, Nov. 24-26

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

- Westport Public School Holidays:
Sept. 6, 9, Oct. 11, Nov. 25-26
- Shortened School Day: **Nov. 24**
- Staff Development Day: **Nov. 2, Jan. 14**
- Unless otherwise noted, classes for elementary students will not meet on Teacher Conference Days:
November 16, 17, 18

EMERGENCY CLOSINGS

Tune in to: 107.9 FM 600 AM 1350 AM 1400 AM

OUR REFUND POLICY

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

WESTPORT SENIORS (62+)

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

REGISTER ONLINE! • www.westportcontinuinged.com

WESTPORT
CONTINUING EDUCATION
70 North Avenue
Westport, CT 06880-2799

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