

WESTPORT CONTINUING EDUCATION




Winter/Spring
2014

Let yourself grow!

Classes for
Children & Adults

203~341~1209

www.westportcontinuinged.com

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Westport Continuing Education • Winter/Spring 2014 Catalog

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

ADULTS AND KIDS K-12

WELCOME!

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

REGISTRATION PROCEDURES

GENERAL INFORMATION

POLICIES:

See inside back cover.

OFFICE PHONE: 203•341•1209

EMAIL ADDRESS:

conted@westport.k12.ct.us

FAX: 203•341•1218

WEBSITE:

www.westportcontinuinged.com

Facebook:

WestportContinuingEducation

Twitter: WestportContEd

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CATALOG DESIGN • Imagination Unlimited

WESTPORT PUBLIC SCHOOLS

DR. ELLIOTT LANDON,
SUPERINTENDENT

BOARD OF EDUCATION

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Jeannie Smith, Vice Chair

Michael Gordon, Secretary

Brett Aronow

Karen Kleine

Mark Mathias

(Seat TBD)

Watch for all of our CATALOGS!

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

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

This Catalog is available in large print upon request.

Dear Neighbor:

Winter is an excellent time for us all to grow!! Participating in a Westport Continuing Education class or activity will help you to expand your horizons and challenge you to learn something new. Whether we have the beautiful white snow on the ground or flowers blooming from the spring air, there is an opportunity for you or your child to replenish yourself with our comprehensive enrichment program designed to promote life long learning for “all ages.”

Some of our classes such as IPAD and IPHONE fill up fast. Our “Staycations” in February and April school breaks are so popular that they get sold out quickly.

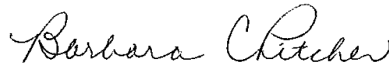
Our highly qualified staff is excited to share their expertise and enthusiasm with you and your children. We are excited about the broad range of opportunities available for everyone to participate.

If you know someone who does not have their high school diploma, or would like to improve their ability to read, write, or speak English, share this catalog with them.

Expect great things from Westport Continuing Education. We do!!

I hope that you will use this catalog as a handy reference over the next few months. Please let me know if I can do anything to enhance your time with us. We look forward to your participation. Until next time....

Cordially,



Barbara C. Pitcher, Director



CLASS LOCATIONS

SHS	Staples High School, 70 North Avenue
BMS	Bedford Middle School, 88 North Avenue
CMS	Coleytown Middle School, 255 North Avenue
CES	Coleytown Elementary School, 65 Easton Road
GFS	Greens Farms Elementary School, 17 Morningside Drive South
KHS	King's Highway Elementary School, 125 Post Road West
LLS	Long Lots Elementary School, 13 Hyde Lane
SES	Saugatuck Elementary School, 170 Riverside Avenue
SC	Westport Center for Senior Activities, 21 Imperial Avenue
CS	1 Canal Street (Westport Public Schools - Facilities Dept.)
WL	Wilton Library, 137 Old Ridgefield Road, Wilton, CT

REGISTER ONLINE! • www.westportcontinuinged.com

Open to the Public: Mon-Thurs 10:00 am-Noon and 1:30-8:30 pm • Friday 10:00 am-4:00 pm

Welcome to Our Winter/Spring 2014 Catalog!

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Follow us on
 Facebook  and Twitter 
 Check our website
www.westportcontinuinged.com
 for additional course offerings
 that may be added after
 the catalog is printed.

Visit us online by scanning the QR code
 with your smartphone
 or iPhone
 (with appropriate app)



 Online Courses
 see p 19

**Adult Basic Education (ABE)
General Education Development (GED[®])
English as a Second Language (ESL)
American Citizenship
~ Classes and Materials are free ~**

New GED[®] Test Has Arrived!

The GED[®] test converted to a computerized new version on January 2, 2014. Partial passed scores from the previous GED[®] Test have expired.

WHO IS ELIGIBLE:

In order to enroll in ABE, GED[®], ESL and American Citizenship, you must be a:

- resident of Westport, Weston or Wilton OR
- town employee of Westport, Weston or Wilton OR
- live-in employee (e.g., au pair or caretaker) of a resident of Westport, Weston or Wilton.

If a person works in Westport, Weston or Wilton and does not fall under the categories listed above, **they will not be eligible to register** for the mandated programs.

PROCEDURE:

You must register in-person for ABE, GED[®], ESL and American Citizenship. New Students: Please plan on 2 hours for registration, appraisal testing and orientation.

Registration and placement assessment testing will be administered to students to determine appropriate class level on the following dates at the locations indicated:

DATES	TIMES & PROGRAMS	LOCATIONS
Jan 21, 2014	6:30-8:30 pm ABE/GED [®] /ESL	Staples High School 70 North Ave, Westport
Jan 22, 2014	9:30-11:00 am ESL	Wilton Library 137 Old Ridgefield Rd, Wilton
Jan 22, 2014	6:30-8:30 pm ABE/GED [®] /ESL	Staples High School 70 North Ave, Westport
Jan 16, 2014	9:30-11:00 am ESL	1 Canal Street Westport

REGISTRATION REQUIREMENTS:

- Each registrant must provide proof of age (birth certificate, passport, or CT ID)
- Residents of Westport, Weston or Wilton must submit proof of residency as evidenced by the following:

Owner:

- Copy of the deed, mortgage, or sales contract
- Current driver's license or Passport
- Two current utility bills (gas, electric, oil or cable)

Tenant:

- Copy of lease or rental agreement
- Current driver's license or passport
- Two current utility bills (gas, electric, oil or cable)
- Town employees of Westport, Weston or Wilton must submit:
 - Copy of most recent payroll stub
- Live-in employees (e.g. nanny, caretaker) in Westport, Weston, or Wilton:
 - Must be accompanied by their employer at registration
 - Employer will need to show proof of residency listed above
 - Employer will need to sign an affidavit stating this individual works for them.
- Adult Basic Education and GED[®] registrants under 18 years of age must also provide proof of withdrawal from their previous high school.

ABE, GED[®], American Citizenship and ESL classes are free to eligible students.

**Did you know . . .
our ESL students
represent more than
20 countries!**

Adult Basic Education (ABE)

Adult Basic Education (ABE): Basic Skills ~ English and Math

This course is for adults who want to learn basic reading, writing and math skills. You will improve your life skills and can prepare to enter a high school completion program such as GED® preparation classes. Eligible persons (based on the residency tests set out above) may enroll at any time during the semester.

English – Tuesday and Thursday (begin Thur • Feb 6) • 6:30-7:45 pm • Staples High School Room 2038

Math – Monday and Wednesday (begin Wed • Jan 29) • 6:30-7:45 pm • Staples High School Room 2038

General Education Development (GED®) Exam

General Education Development (GED®) Classes

This program prepares students to pass the 4-part computer based GED® exam to earn a State of Connecticut diploma. Students receive necessary instruction in each subject area and can sign-up to take the practice GED® tests.

English – Tuesday and Thursday (begin Thur • Feb 6)

7:45-9:00 pm

Staples High School Room 2038

Math – Monday and Wednesday (begin Wed • Jan 29)

7:45-9:00 pm

Staples High School Room 2038

Multi-Subject GED® Computer Learning Lab

Tuesday and Wednesday (begin Wed • Jan 29)

6:45-8:45 pm

Staples High School Room 2040

GED® Test Accommodations/Transcript

Accommodations on the GED® test are available for qualified individuals with a disability. For more information, contact Maureen Wagner, Connecticut State Department of Education, Bureau of Career and Adult Education at (860) 807-2111 or email at ged@ct.gov. Students who would like a copy of their transcript must submit a transcript request form to :

Maureen Wagner

Connecticut Department of Education

Bureau of Career and Adult Education

25 Industrial Park Road

Middletown, CT 06457

GED® Test

To register for the GED® exam, students must be 17 years old and officially withdrawn from school for 6 months or their 9th grade class must have graduated.

The GED® exam is given monthly at locations throughout the state. Staples High School is NOT a test site but students can register for the exam through Westport Continuing Education. Call (203) 341-1209 to make an appointment to meet with the registrar. You must apply in person at least 6 weeks prior to the desired test dates. Be sure to bring a photo ID. Applicants who are 21 years of age or older and not a veteran must pay an initial fee of \$13 to take the test. The fee to retake or reapply for the test is also \$13. These fees include the cost of the diploma. Applicants under the age of 21 and veterans who have served at least 181 days of active duty at the time of registration are exempt from fees. All fees are non-refundable and must be paid at the time of registration. Fees must be paid in money order or bank check payable to Westport Continuing Education.

English as a Second Language (ESL)

English as a Second Language (ESL) Classes: Three levels of instruction are offered -- placement is determined by English proficiency level testing done at the time of registration.

Evening Classes ~ Beginner, Intermediate and Advanced

Staples High School - Monday and Wednesday

(begin Wed • Jan 29) from 7:15-9:15 pm

- **Beginner – Room 1051**
- **Intermediate – Room 1054**
- **Advanced – Room 1052**

Daytime Classes ~ Intermediate/Advanced

Wilton Library - Monday and Wednesday

(begin Wed • Jan 29) from 9:30-11:30 am - Rimer Room

One Canal Street, Westport - Tuesday and Thursday

(begin Thur • Jan 30) from 9:30-11:30 am

Academic Writing for Advanced ESL Students

– see page 6

American Citizenship

This course prepares a person to become a citizen of the United States. It includes information about the history and government of the United States, and information regarding immigration and naturalization procedures.

10 Sessions

Feb 11-Apr 29*

SHS Room 2028

Tuesday

6:30-8:00 pm

***no class Feb 18, Apr 15**

Accessibility and Accommodation

Those needing assistance to gain access to classrooms or any part of our facilities should contact Barbara C. Pitcher, Director of Adult and Continuing Education at 203•341•1209 prior to the event so the necessary accommodations may be provided. The adult education program is committed to making our course offerings accessible. We will work with individuals to support their special needs. Individuals with a disability who require an accommodation in order to participate in any class, program or activity, should contact Westport Continuing Education.

Westport Continuing Education does not discriminate on the basis of race, color, national origin, gender, age, sexual orientation or disability/handicap in admission or access to or treatment of employment in its program or activities.

This notice is provided as required by Title II of the American with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. Please be advised that questions,

complaints, or requests for additional information regarding the ADA and Section 504 should be made in writing to the following:

Regarding Facilities –

Elio Longo Jr., Director of School Business Operations
203•341•1001

Regarding Programs –

Michael Rizzo, Director of Pupil Services
203•341•1253

Regarding Employment and Title IX –

Marjorie Cion, Director of Human Resources
203•341•1004

Any person having a complaint under the ADA should contact Barbara C. Pitcher, Director of Adult and Continuing Education, 203•341•1209, or one of the coordinators listed above, in compliance with Board of Education policy.

Careers

#274 Finding Your Future: Strategies & Techniques for a Successful Job Search

Whether you are about to graduate from high school or college, or are looking for a new job, learn how to pursue your job search strategically, what it takes to be considered for a position and how to present yourself most effectively. The session will focus on the basics of locating opportunities, using social media to facilitate the search, making a positive first impression, developing appropriate marketing materials and closing the deal! Other topics covered will include strategies for those who have been absent from the workforce while raising their families, issues associated with age, and confronting resistance to long-term unemployment. (Instructor, Stanley Witkow)

Thursday • Apr 24

7:00-9:00 pm

SHS Room 2028

\$39

Stanley Witkow is a lawyer, entrepreneur, career counselor and consultant to small businesses and for the past five years has been helping job hunters successfully land new positions. See our website for more information about the instructor.

Creative Arts



#850 Pottery

This beginner/intermediate pottery class will take you through the steps of understanding clay and the process to produce pottery. Learn how to use associated tools and materials, and the basics of how to hand build pottery and how to center on the wheel. You will potentially create both hand built slab pottery and wheel thrown pottery. Projects may include mugs, pots, plates, bowls and other small vessels. Working with clay is messy so dress appropriately! Returning students welcome! (Instructor, Cassie Vetto)

8 Sessions

Jan 27-Mar 24*

SHS Room 1008

Monday

6:45-9:00 pm

\$189

*no class Feb 17

#113 Exploring the World's Landscape with Pastels: An Introductory Course in Pastel Painting NEW

Discover the art of pastels – it is not mere chalk; it is a beautiful and versatile medium of pure pigment in every color you can imagine. Explore the various types of pastels, surfaces, application methods and underpainting techniques. Design, composition, color and values will also be explored through hands-on demonstrations. Learn how to get what you see onto your painting surface! Experience in painting or an artistic background is not required – just a willingness to experiment, explore and be creative! Materials list is available in the office and on our website. (Instructor, Christa Forrest)

8 Sessions **Feb 6-Apr 3*** **SHS Room 1004**
Thursday **6:45-9:00 pm** **\$175**
 *no class Feb 20

Christa Forrest has studied with numerous prized pastel artists and studied at the Art Student's League and the Grand Central Academy. Her work has been exhibited throughout Connecticut and New York. Visit www.christaforrest.com for more information about Christa and to view her work.

#168 Introduction to Drawing and Acrylic Painting

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

(Instructor, Steve Parton)
10 Sessions **Jan 28-Apr 22*** **SHS Room 1004**
Tuesday **7:00-9:30 pm** **\$235**
 *no class Feb 4, 18, April 15

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

#166 Advanced Acrylic Painting

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

10 Sessions **Feb 26-May 7*** **SHS Room 1004**
Wednesday **7:00-9:30 pm** **\$235**
 *no class Apr 16



#064 Watercolor

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

10 Sessions **Jan 27-Apr 7*** **SHS Room 1004**
Monday **3:00-5:30 pm** **\$235**
 *no class Feb 17

#170 Knitting for Beginners

If you have ever wanted to learn to knit now is the time. Led by professionals at Westport Yarns, you will learn all the basics, from casting on, knitting and purling, and then binding off. You'll also learn about yarn, what fibers and weight work best for different projects. When you are finished you should be well on your way to knitting your first project! You will purchase your yarn and needles at the first class. **Class held at Westport Yarns, 582 Post Road East.** (Instructor, Westport Yarns)

2 Sessions **Saturday** **9:00-11:00 am** **\$69**

#170a **Feb 1 & 8**

#170b **Mar 1 & 8**

#171 Beginner Crochet NEW

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

2 Sessions **Jan 8 & 22**
Wednesday **6:30-8:30 pm** **\$69**

#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. Part Two will cover more advanced skills including how to put in zippers and use velcro for closures, make a pillow with cording, grade around curved seams, make buttonholes, hemming, and other methods used to complete your project. **Please bring your own sewing machine, cloth, and notions.** A list of required materials and local sources will be emailed to students prior to the start of classes. (Instructor, Barbara Hayden)

6 Sessions **SHS Room 1007** **Monday**
Mar 3, 10, 17, 31, Apr 7, 21* **7:00-9:00 pm** **\$125**
 *no class Mar 24, Apr 14

Creative Arts

#455 Jewelry Making

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

7 Sessions 6:45-9:15 pm SHS Room 1012 \$189

#455a Tuesday Feb 25-Apr 8

#455b Wednesday Apr 23-June 4



Creative Writing

#105 Academic Writing for Advanced ESL Students

NEW

Prerequisite: Ability to understand the written material and respond verbally and in writing. This course is designed for Advanced ESL students to improve their academic writing skills. You will build from basic paragraph writing to essay composition. You will work on structure/mechanics/vocabulary and grammar while writing on a variety of topics. You will work on the fluency and accuracy of your writing. Improve everyday English skills to prepare for entering the workforce. (Instructor, Jyoti Parimal)

10 Sessions Feb 5-Apr 23*
Wednesday 9:30-11:00 am \$149

*no class Feb 19, Apr 16

Class location is 1 Canal Street, Westport
(Westport Public Schools – Facilities Building)



#440 Once Upon a Life (Time)

In addition to sharing your past and life experiences for your family to treasure, recording your life story offers additional benefits including boosting memory and recall;

assisting in the grief process; celebrating one's life; and sharing your unique journey for future generations. Learn the basic elements of how to begin, getting your thoughts down on paper, and organizing your life's chapters in a thoughtful and meaningful way. (Instructor, Leslie Kerr)

6 Sessions Feb 6-Mar 20* SHS Room 1049
Thursday 3:00-5:00 pm \$99

*no class Feb 20

Leslie Kerr has been a teacher, writer and editor for over 30 years.

Photography

#094 DSLR Basic Digital Camera Operation

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

(Instructor, John Zappala)

8 Sessions Feb 3-Mar 31* SHS Room 1036
Monday 7:00-9:00 pm \$145

*no class Feb 17

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

#993 Digital Point and Shoot Basic Camera Operation

While the size of a point and shoot camera may make it seem simple to use, these cameras are packed with features which can often be hard to understand. Learn to take great pictures with your point and shoot camera – topics covered will include focusing, flash, ISO's, white balance, your camera's menu, as well as tips on composition, portraiture, landscape, macro photography and use of color or black and white. Bring your camera and manual. (Instructor, John Zappala)

4 Sessions Feb 26-Mar 19 SHS Room 1007
Wednesday 7:00-9:00 pm \$75



Register Early!

#299 Cooking with Emilie Your French Chef

Join Chef Emilie, owner of "Emilie your French Chef," for hands-on adventures in French cooking. Visit www.EmilieFrenchChef.com

Classes meet at SHS Room 182 \$49/per class

#299a French Macarons

Saturday • Feb 1 (storm date Feb 8) 10:00 am-12:30 pm
Learn the secrets of making caramel, raspberry, chocolate and vanilla macarons, a favorite French dessert consisting of airy almond meringue cookies pressed around a filling – go home with delicious samples! **Food fee of \$15 is payable to the instructor.**

#299b French Pastries

Saturday • Mar 22 (storm date Mar 29) 10:00 am-12:30 pm
Learn how to make delicious French pastries - - Eclairs a la Vanille et Eclairs au Chocolat (vanilla and chocolate eclairs) and Choux a la Creme et Caramel (vanilla puffs with crispy caramel nougatine). Go home with delicious samples. **Food fee of \$20 is payable to the instructor.**

NEW

#299c French Bread and Brioches

Saturday • April 5 10:00 am-12:30 pm
Have you ever dreamed of baking your own bread? With Chef Emilie's easy recipe you will learn how to enjoy crispy French bread every weekend for breakfast. Add homemade brioches to the menu and you will become a French baker! **Food fee of \$20 is payable to the instructor.**

NEW

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

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

#168 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 pm \$69

#168a Apr 29

#168b May 20

#133 Cooking With Mom/Dad (or Grandparents) and Me! (Children ages 7 & up)

Spend a Saturday morning on a culinary adventure with your child! See page 26 for details.

#307 Regional Focus: Buon Gusto! The Cheeses of Italy

Join us for an evening of discovery into Italy's wealth of luxurious cheeses. Travel down the boot and explore the country's stunning diversity, from the creamy cow and goat cheeses of Piedmont to the luscious sheep cheeses of Tuscany. We'll pour a selection of traditional Italian wines from Harry's Wine & Liquor to help bring out the very best flavors of the cheeses. **Class held at Fairfield Cheese Company, 2090 Post Road, Fairfield, CT. Materials fee of \$25 per person (for wine & cheese) is payable to the instructor. Space is limited so register early!**

Tuesday • Jan 28 7:00-9:00 pm \$29

Diverse Interests

#928 Don't Let Your Children Grow Up to be JPEG's! How to organize your digital and print photographs

- Do you have years' worth of digital photos in your computer?
- Are your photos jumbled away in boxes or stuffed in a drawer?

Organizing photos is a common challenge. Learn a 5-step system to organize your pictures so you can enjoy viewing them over and over. Whether you have five or 50 years of photos piled up and waiting, this process works wonders. Find out how to select the best albums, proper care of your photos, what to do with negatives, and more. (Instructor, Susan Lovallo)

Thursday • Feb 6 7:00-9:00 pm SHS Room 1054 \$29

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

NEW

Diverse Interests



#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. Please note: 1st session is Orientation WITHOUT dogs. (Instructor, Heather Witt)

7 Sessions

Monday

***no class Apr 14**

Mar 3-Apr 21*

6:30-7:30 pm

SHS Pool Lobby

\$145

Heather Witt is the owner of The Complete Canine Company.



BRIDGE

#194 Beginner / Advanced Beginner Bridge

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

7 Sessions **Apr 23-June 4** **SHS Room 2032**

Wednesday **7:00-9:00 pm** **\$139/Wspt Sr \$115**

#195 Intermediate Bridge

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

8 Sessions **7:00-9:00 pm**

SHS Room 2032 **\$144/Wspt Sr \$119**

#195a **Wed** **Jan 22-Apr 2 (no class Feb 5, 12, 19)**

#195b **Thur** **Apr 10-June 5 (no class Apr 17)**

#096 Beginner Bridge in the Afternoon

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

8 Sessions

SHS Room 2032

3:00-5:00 pm

\$144/Wspt Sr \$119

#096a **Wed** **Jan 29-Mar 26 (no class Feb 19)**

#096b **Wed** **Apr 9-June 4 (no class Apr 16)**

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

#097 Intermediate Bridge in the Afternoon

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

8 Sessions

SHS Room 2032

3:00-5:00 pm

\$144/Wspt Sr \$119

#097a **Monday** **Jan 27-Mar 24 (no class Feb 17)**

#097b **Monday** **Apr 7-June 9**

(no class Apr 14, May 26)

#095 Bridge – Play of the Hand

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

8 Sessions

Thursday


7:00-9:00 pm

***no class Jan 30, Feb 20**

Jan 23-Mar 27* **SHS Room 2032**

\$144/Wspt Sr \$119

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Look for additional course

offerings and updates on

Facebook, Twitter and our website

#177 Yoga ~ for Beginners and Experts Alike

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

12 Sessions 6:30-7:45 pm \$222/Wspt Sr \$192

#177a Jan 27-Apr 28 (no class Feb 17, Apr 14) Monday
SHS Library

#177b Jan 30-May 1 (no class Feb 20, Apr 17) Thursday
Westport Center for Senior Activities,
21 Imperial Ave.

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.

#226 Gentle Yoga

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

10 Sessions Feb 6-Apr 24* SHS Library
Thursday 4:30-5:45 pm \$185

*no class Feb 20, Apr 17

Dance Your Way to Fitness and Fun – p 15

PILATES MAT, TRX AND PILATES EQUIPMENT CLASSES

With Certified Instructors

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

VOTED BEST PILATES STUDIO in Westport by readers of Westport Magazine

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

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

#969 Introduction to Pilates Equipment

If you have always wanted to try the Pilates equipment in a studio setting, this class is for you. Learn the basic Pilates exercises on the reformer, chairs and barrels. Class is limited to three participants guaranteeing personal attention. *Note: class is not appropriate for those with recent joint replacements.*

(Instructors, Alison Bricken and Charlene Erwin)

5 Sessions Monday 11:30 am-12:30 pm \$225

#969a Feb 3-Mar 17 (no class Feb 17 & 24)

#969b Mar 31-May 5 (no class Apr 14)

NEW

#978 Intermediate Mat Challenge

Class is geared for the advanced beginner-intermediate level exerciser with some prior matwork experience. We'll use a variety of small equipment and props including bands, boxes, Physio Balls, Yamuna body rolling balls, circles, the Bosu and rollers! *Note: if you have no prior Pilates experience we strongly recommend arranging a private session with us to familiarize yourself with the repertoire before the first class.*

(Instructor, Alison Bricken)

10 Sessions Feb 6-May 1*
Thursday 10:30-11:30 am \$235

*no class Feb 20, Mar 27, Apr 17

#965 TRX Suspension Training for Core and Strength

A perfect complement to Pilates, TRX Suspension Training uses bodyweight and gravity for a strength training workout focused on core muscles. Every exercise builds functional strength, balance and core stability at the same time! TRX training gives you an edge over conventional strength training - the benefits are not just for elite athletes, but for everyone who wants to improve their fitness level safely and rapidly with a fun and fast paced workout. *Note: class not appropriate for those with shoulder injuries.*

(Instructors, Alison Bricken and Charlene Erwin)

#965a 10 Sessions Feb 5-Apr 30
(no class Feb 19, Mar 26, Apr 16)
Wednesday 10:30-11:30 am \$235

#965b 10 Sessions Feb 7-May 2
(no class Feb 21, Mar 28, Apr 18)
Friday 10:30-11:30 am \$235

Schedules are subject to modification to accommodate unexpected cancellations

#172 Come Walk with Us

Walk Aerobics is more than exercise for your heart (and spirit) -- it brings walking to a whole new level. This ultimate health program offers a total body workout for everyone – beginner, intermediate and advanced - by using upper and lower body movements set to music. As the pace of the music increases, the simple to follow choreographed walk moves bring a dramatic change in body and attitude in a very short time. You can't do it wrong! Walking is the safest and most natural form of exercise. Walk with your friends or loved ones – this indoor walk program can be done any time of year so "staying with the program" has never been easier. (Instructor, Leslie Kerr)
12 Sessions 7:00-8:00 pm SHS 2nd Floor Mezz. \$120

#172b Wed Jan 15-Apr 30
 (no class Feb 5, 12, 19, Apr 16)

#172c Mon Jan 13-Apr 21
 (no class Jan 20, Feb 17, Apr 14)

Leslie Kerr is a former Rockette and professional dancer, teacher and choreographer; she has a national certification as a Walk Trainer (Leslie Sansome Program)

#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)

10 Sessions Mar 26-June 4* SHS Gym
Wednesday 7:40-9:40 pm \$144

*no class Apr 16

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

#141 Tennis for Adults

See our website for details about these **Beginner/Advanced Beginner** and **Low Intermediate/Intermediate** classes. (Instructor, Greg Sansonetti)

5 Sessions May 13-June 10 Tuesday
SHS Tennis Courts \$129

#141a Beginner/Advanced Beginner 6:00-7:00 pm

#141b Low Intermediate/Intermediate 7:00-8:00 pm

#192 Adult Swimming – Beginner to 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 Feb 26-Apr 2 SHS Pool
Wednesday 7:30-8:45 pm \$99/Wspt Sr \$89

No registration fee if you register online

#309 Weight Loss by Hypnosis

Lose weight without dieting! Tried everything and can't seem to change those old eating patterns? Sometimes it is not what you eat, it's what is eating you! Hypnosis is a fast, easy, effective way to lose weight by changing your programming to change your relationship with food. Learn to eat for hunger and nourishment. Eat until you are satisfied and not full! Learn how to hypnotize yourself to reach your weight loss goals. (Instructor, Fern Tausig)

3 Sessions Mar 25-Apr 8 SHS Room 2030
Tuesday 7:00-9:00 pm \$89

Fern Tausig, CH, MS, MHT, is a former health educator and home economics teacher who uses her knowledge of nutrition, meal planning and stress management to bring you the information and skills you need to finally lose that unwanted weight. She is a Consulting Hypnotist who is certified by the National Guild of Hypnotists and the International Association of Counselors and Therapists.

#212 Intro to Fly Fishing

(For adults or children age 12 & up)

We will demystify the sport of fly fishing and get you started on this life long journey. Fly fishing is not the sport for the chosen few anymore - costs have come down and barriers to entry are now non-existent. 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 spots where you can gain access to both fresh and saltwater fly fishing opportunities. You will also receive a hands-on casting demonstration and instruction. (Instructor, Eric Johnson)

2 Sessions May 1 & 8 SHS Room 188
Thursday 7:00-8:30 pm \$55

Eric Johnson is the owner of Westport Outfitters. Visit www.westportoutfitters.com.

#216 First Aid/ CPR/ AED

Training meets OSHA Guidelines for First Aid Programs. Lifesavings skills covered will include:

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

Students must be present for entire class time to receive certification. (Instructor, Corey Iamónico)

#216a 3 Sessions March 3-17 SHS Room 1049
Monday 7:00-9:15 pm \$149

#216b 2 Sessions March 22 & 29 SHS Room 1049
Saturday 9:00 am-12:15 pm \$144

#227 Breaking Free from Emotional Eating NEW

Do you eat when you feel sad, lonely, stressed or bored? Are you ready to become more mindful of what you put into your mouth and why? Using a combination of discussions, presentations and hands-on activities, this workshop with Victoria Shaw explores the connection between how we feel and what we eat:

- Identify mental and emotional barriers to achieving a healthy weight
- Decrease stress and stress-related eating
- Recognize and address triggers for emotional eating
- Develop healthier eating and exercise habits
- Feel better about yourself and your body!

2 Sessions **Feb 6 & 13** **SHS Room 1052**
Thursday **7:00-8:30 pm** **\$39**

Victoria Shaw, PhD, LPC is a psychologist and Licensed Counselor who works with children, teens, and adults on issues ranging from anxiety, stress management, relationship issues, life transitions, and eating and body image concerns.

#228 Parenting Group NEW

This program will help parents address common discipline issues such as power struggles, oppositional and aggressive behaviors, and sibling rivalry. Through lecture, discussions with hands-on activities and role play, learn how to more effectively set limits, choose appropriate consequences for misbehavior, use “time outs”, and have more positive and joyful interactions with your children. (Instructor, Victoria Shaw)

2 Sessions **Apr 3 & 10** **SHS Room 1052**
Thursday **7:00-8:30 pm** **\$39**



#173 Level I: Yang Style Tai Chi

Tai Chi is a series of postures that grouped together, flow into one another to become a form. Tai Chi has often been called “mediation in motion” because of its steady diaphragmatic breathing and slow fluid movements. This class is perfect for

those who wish to get similar benefits as yoga but are unable to stretch and bend for extended periods of time. *Please wear loose and comfortable clothing – socks with no shoes recommended; flat soled footwear optional.*

(Instructor Peter DiGrazia)

5 Sessions **Mar 22, 29, Apr 5, May 3, 10** **Saturday**
SHS Area Outside Library **10:15-11:15 am** **\$79**

Peter DiGrazia is a long time Tai Chi practitioner who is currently doing his apprenticeship under Master William CC Chen in NYC.

#171 Chi Kung Meditation with Intro to Tai Chi NEW

Learn standing chi kung meditation designed to help open up the energy channels within the body. The first few tai chi postures will also be taught. (Instructor, Peter DiGrazia)

5 Sessions **Mar 22, 29, Apr 5, May 3, 10** **Saturday**
SHS Area Outside Library **11:30 am-12:30 pm** **\$79**

H ome

#436 Renovate Right

Planning a renovation project? Whether it's a massive addition to your home or a small bathroom, you will find value in this course. Learn project basics, how to set appropriate/realistic time frames and agree on a fair price for a job. Find out what contractors need from YOU, as well as how to avoid common pitfalls to keep your project on a steady course to completion. Leave confident and prepared to hire the right contractor to enable you to move forward with the renovation, build equity, and get it done right! (Instructor, Lucas Papageorge)

2 Sessions **Feb 27 & Mar 6** **SHS Room 1034**
Thursday **7:00-9:00 pm** **\$25**

Lucas Papageorge, founder of LCP General Contracting LLC, has an extensive background in engineering and construction. Visit www.lcpgc.com for more information about the instructor.

#112 Room Transformations NEW

Transform an ordinary room into a space that lives beautifully! Learn how to use your existing furnishings and accessories to create warmth, and harmony and flow. Bring a floor plan of the room (hand drawn is fine) and pictures of the room from all angles – leave with decorating ideas to transform your room. (Instructor, Kathy Engstrom)

Thursday • Apr 24 3:00-5:00 pm **SHS Room 1034** **\$25**

Kathy Engstrom, owner of A Fresh Eye, LLC, specializes in room transformations, home staging, and move management.

#111 Stage Your Home to Sell!

Want to sell your home quickly and at top dollar? Stage it! By making your home look terrific, your house will speak emotionally to the buyer, helping them envision living there. Learn tricks of the trade and suggestions as to what needs to be done to make sure your home appeals to the largest number of buyers. (Instructor, Kathy Engstrom)

Thursday • Mar 20 3:00-5:00 pm **SHS Room 2030** **\$25**

**Register Early – Offerings depend on
minimum enrollment**

Italian

#144 Italian for Tourists

This fun course is ideal for students who are planning a trip to Italy or wish to learn Italian through scenarios and real-life situations without studying grammar. The instructor will give you information about some optional books.

(Instructor, Lee DeMilo)

10 Sessions **Feb 6-Apr 24*** **SHS Room 1047**
Thursday **7:15-8:45 pm** **\$169/Wspt Sr \$145**

*no class Feb 20, Apr 17

Lee DeMilo is the founder of Lingua e Cucina™, a private Italian language company in Silvermine which promotes the Italian language, culture and organic cuisine and has been featured in several newspapers and magazines, CT News 12 TV and CBS Radio 1880. Lingua e Cucina has been named the Best Italian Language School in CT for 2013 by CT Magazine. Lee is also the author of Italian language lessons for tourists with audio downloadable on iPad/iPhone and Kindle. For direct download, visit www.linguaecucina.com or www.italianfortourist.com

There is an additional fee for language text/materials

#154 Basic Italian in the Morning

This course is excellent for students who wish to learn how to speak basic Italian and acquire the foundation of grammar in a friendly format, including role-play. It's also perfect for students who are traveling to Italy but cannot register for the Italian for Tourists evening course. Come and enjoy the fun of learning Italian. (Instructor, Lee DeMilo)

10 Sessions **Jan 27-Apr 7***
Monday **10:30 am-12:00 noon** **\$169/Wspt Sr \$145**

*no class Feb 17

Class location is 1 Canal Street, Westport (Westport Public Schools – Facilities Building)

#155 Basic-Intermediate Italian

This course is designed for students who know a little Italian and wish to improve their Italian grammar and conversational skills. It is also ideal for students who have taken intermediate Italian in the past and wish to review their acquired skills in a practical approach.

(Instructor, Lee Demilo)

10 Sessions **Jan 27-Apr 7*** **SHS Room 1047**
Monday **7:15-8:45 pm** **\$169/Wspt Sr \$145**

*no class Feb 17

NEW

French

#863 French for Tourists

Go on a make-believe trip to France. Learn phrases and expressions so you will feel confident on your trip to any French speaking country. We will discuss holding a conversation in French from the airport to your hotel, asking for directions, greeting someone, going on a shopping spree, taking a metro (subway), getting your rental car serviced, French cuisine and ordering food. Learn about French culture. Make your trip easy and more enjoyable! **Non-refundable materials fee of \$10 is included.** (Instructor, Nell Mednick)

10 Sessions **Jan 27-Apr 7*** **SHS Room 2046**
Monday **7:00-9:00 pm** **\$169/Wspt Sr \$145**

*no class Feb 17

#970 Intermediate Conversational French

This class is for those who have taken Basic Conversational French or French for Tourists class. Students should purchase and bring to class the following book: *French All the Way* by Annie Heminway.

(Instructor, Nell Mednick)

10 Sessions **Feb 26-May 7*** **SHS Room 2046**
Wednesday **7:00-9:00 pm** **\$159/Wspt Sr \$135**

*no class Apr 16



Spanish

#967 Basic Conversational Spanish

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

10 Sessions **Feb 26-May 7*** **SHS Room 1055**
Wednesday **6:45-8:45 pm** **\$174/Wspt Sr \$150**

*no class Apr 16

#950 Intermediate Conversational Spanish **NEW**

For those who have already taken Basic Conversational Spanish, this course will continue at the intermediate level. Feel more confident speaking Spanish as you experience another level of conversational Spanish.

(Instructor, Horacio Ballesteros)

10 Sessions **Feb 25-May 6*** **SHS Room 1055**
Tuesday **6:45-8:45 pm** **\$174/Wspt Sr \$150**

*no class Apr 15

German



#163 Conversational German **NEW**

Learn basic conversational German concentrating on vocabulary, pronunciation and a little grammar while picking up some German customs and idioms. Students should purchase and bring to class the following book: *Themen Aktuell*:

1: *Kursbuch* by Hartmut Aufderstrasse (available on Amazon). (Instructor, Robert Kibel)

8 Sessions **Feb 11-Apr 8*** **SHS Room 1054**
Tuesday **7:00-9:00 pm** **\$129/Wspt Sr \$109**

***no class Feb 18**

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

Russian

#137 Basic Conversational Russian **NEW**

Want to read, speak and understand basic Russian from the very first class? Learn skills of colloquial Russian and develop conversational fluency at a beginning level. Turn basic dialogs and simple phrases into full and enjoyable conversations. Learn how to express yourself on everyday subjects and to elaborate on a topic by asking different types of questions. The course materials will also cover an introduction to Russian traditions and customs, as well as some peculiarities of Russian mentality and cultural behavior. With the Olympic Games taking place in Russia this winter, this is a great time to learn Russian! High school seniors welcome! (Instructor, Mariana Bolgova)

10 Sessions **Jan 28-Apr 22*** **SHS Room 1049**
Tuesday **7:00-9:00 pm** **\$169/Wspt Sr \$145**

***no class Feb 4, 18, Apr 15**

Mariana Bolgova, Ph.D., a native speaker, has been teaching Russian at colleges for 15 years.

**Check out
some of our NEW Adult classes:**

Pastel Painting (p 5) • Beginner Crochet (p 5)

Academic Writing for Adv ESL Students (p 6)

French Bread and Brioches (p 7)

Cheeses of Italy (p 7)

Organizing Digital and Print Photos (p 7)

Intro to Pilates Equipment (p 9)

Breaking Free from Emotional Eating (p 11)

Parenting Group (p 11)

Chi Kung Mediation (p 11)

Room Transformations (p 11)

Conversational German and Russian (p 13)

Financial Tools for Baby Boomers (p 14)

New Speakers Bureaus Topics (p 16)

iPhone and Advanced iPad classes (p 17)

We offer

English as a

Second Language

~ daytime and evening classes ~

see pages 2-3

Visit us online

**by scanning the QR code
with your smartphone or iPhone
(with appropriate app)**



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.

#143 Fundamentals of Investing

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

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

Brenda Catugno, ChFC, CDFP, CASL, specializes in financial planning, portfolio management and divorce financial analysis, and offers a wide variety of solutions to meet clients needs. She has been teaching this course with us for 13 years.

#198 Financial Tools for Baby Boomers & Their Parents

NEW

The cost of long term care has steadily increased and it is becoming increasingly more difficult for families to afford long term care and care providers. Learn about the economic factors that affect seniors' ability to pay for the care they need; the financial tools available to them; and the legal nuances that need to be navigated. Among the topics to be covered are: Aid and Attendance Benefits; Reverse Mortgages; Long-term care insurance; and Credit-shelter trusts. See our website for more detailed information about the class. (Instructor, Rob Brinkman)

#198a Saturday • March 22 (storm date March 29)
9:00 am-12:00 noon SHS Room 1055 \$55

#198b Thursday Feb 6 & 13
7:00-8:30 pm SHS Room 1055 \$55

Rob Brinkman is a Financial Analyst with Safe Harbour Retirement and an accredited instructor by the National Association of Social Workers.

#278 Tax Preparation: The Basics

In this **demonstration class**, you'll learn the basics for preparing your income tax return using the tax preparation program Turbo Tax as well as learn how to manage and organize your finances using the financial management program Quicken. Reduce the stress involved in preparing your tax return. (Instructor, Tom Olson)

Saturday • Feb 1 (storm date Feb 8) 9:00-12:00 noon
SHS Room 1033 \$59

#144 Gaining Financial Control of Your Divorce

Are you going to be financially ok after a divorce? This course reviews sources of income, insurance and spousal support, different types of property and assets, retirement accounts, social security and the short term and long term effects, including tax effects, of a divorce proposal settlement. Before you make any financial decisions regarding your divorce, learn about potential pitfalls to avoid and smart questions you should be asking. (Instructor, Brenda Catugno)

Tuesday • Mar 4 7:00-9:00 pm SHS Room 2032 \$25

#197 Transforming Social Security into a Winning Retirement Strategy

Learn how to get the most out of your Social Security benefits and how to manage longevity risk to maximize the amount of money you receive throughout retirement. Among the topics will be spousal benefits, the impact of divorce, death, delaying benefits, early retirement, and taxation. Each attendee will receive the guides: "Myths and Facts about Social Security" and "Social Security: What Should You Do at Age 62?". If you want the knowledge to successfully navigate the social security maze and retirement, this course is for you.

(Instructor, John Brenkovich)

Wednesday • Mar 19 (storm date Mar 26) 7:00-8:30 pm
SHS Room 2033 \$25

John Brenkovich, CFP, ChFC, AAMS, is owner of Brenkovich Financial Management, Inc. and is a Certified Financial Planner Professional, Financial Advisor & Registered Principal and Licensed Life Insurance Agent.

#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 why now is the best time to prepare or update an estate plan. Learn about the probate process and the truth about avoiding probate, how wills and trusts are used in estate planning, how to plan for incapacity, and the importance of re-titling assets and updating beneficiary designations. Class will also include retirement assets, gifting, life insurance, digital assets, sophisticated planning, and more! Case studies will be included. (Instructor, Patricia R. Beauregard, Esq.)

3 Sessions Feb 26-Mar 12 SHS Room 2030
Wednesday 7:00-9:00 pm \$69/Wspt Sr \$44

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

No registration fee if you register online



#238 Beginning Guitar

Learn what you need to get started ... tuning, rudimentary technique and understanding of music notation and tablature ... using familiar songs to make learning fun! Bring your own instrument.
(Instructor, Gene Pino)

5 Sessions **Mar 4-Apr 1** **SHS Room 460**
Tuesday **7:30-8:30 pm** **\$99**

Gene Pino studied under Chuck Wayne and Linc Chamberland, attended Berklee College of Music and The Manhattan School of Music. He has been teaching guitar for over 30 years.

#240 Guitar II

This continuation of Beginning Guitar is also open to students who have played in the past and would like to restart their interest, and to previously enrolled participants who enjoy playing in a group and would like to review and pick up a few tips. Bring your own instrument. (Instructor, Gene Pino)

5 Sessions **Apr 29-May 27** **SHS Room 460**
Tuesday **7:30-8:30 pm** **\$99**

#951 Ballroom Dancing for Everyone!

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



(Instructors, Michael and Nicole Stavola)

8 Sessions **Feb 26-Apr 23*** **Wednesday** **\$125**
***no class Apr 16**

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

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

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



#277 Dance Your Way to Fitness and Fun

Develop style, balance and a better understanding and feel of music and dance. Learn different rhythms and basic dance moves to music ranging from Spanish melodies to rock

and roll and dance to the classical Waltz. Get a great aerobic workout while having fun. No partner required.

(Instructor Sandra Adamczyk)

12 Sessions **Jan 28-May 6*** **SHS 2nd Floor Mezz.**
Tuesday **6:30-7:45 pm** **\$222/Wspt Sr \$192**

***no class Feb 4, 18, Apr 15**

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

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www.westportcontinuinged.com

Stay up-to-date on new course offerings!

Register Early

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, it may be cancelled. So please register early!

Become a US Citizen

see p 3

NEW

We are pleased to offer these tuition free classes

NEW

**– just a \$10 nonrefundable registration fee is required –
– advanced registration required as space is limited –**

#529 Adventure Travel: Finding the Right Fit

Biking along Italy's Adriatic Coast, hiking in the Swiss Alps, kayaking in the San Juan Islands of Washington state. Pick an adventure and you'll find options just about anywhere in the world. But how do you know what's best for you? How do you find an adventure that best suits both you and your spouse or your entire family? How do you NOT bite off more than you can chew? Come learn about the many adventure travel experiences and how you go about choosing the right one. Long-time travel writer and founder of Farewell Travels LLC, Susan Farewell prides herself on finding the world's most rewarding travel experiences. She'll provide countless tips and valuable advice on adventure trips all over the globe.

**Saturday • Feb 1 (storm date Feb 8) 10:00-11:00 am
SHS Room 1047**

Susan Farewell, is the CEO and Founder of Farewell Travels LLC, a Westport, CT-based travel firm that customizes trips for leisure and business travelers. Susan is also a travel writer and a former travel editor at the Conde Nast Publications. Her work has appeared in numerous national publications as well as many websites and she is the author of several travel books.

Visit FarewellTravels.com

#530 Is There a Safari in Your (Near) Future?

The idea of going on a safari in Africa sounds wonderful, but where do you start? Are you interested in seeing lions, elephants, leopards, zebras, giraffes and rhinos in their natural habitat? Trekking into the woods of Rwanda or Uganda to look for gorillas? Or perhaps you want to combine a safari with a visit to Cape Town, maybe tour the incredible winelands there. Or go see Victoria Falls, one of the 7 Natural Wonders of the World, situated on the border between Zambia and Zimbabwe. Then there are the other questions...are your kids the right age? How much time should you allow? What time of year should you go? Susan Farewell, long-time travel writer and founder of Farewell Travels LLC, travels to Africa frequently, as it is one of her specialties for trip planning - she'll discuss where to go, when to go, and how to see the Africa you want to see.

Saturday • Apr 5 10:00-11:00 am SHS Room 1047

#531 Naturopathic Approach to Detoxification & Weight Loss

Toxins are unavoidable! They are found in food, water, beauty products, prescription drugs and in the air we breathe! A detoxification program helps decrease the burden of these toxins from our bodies but which program is right for you? Benefits of a whole body detoxification program include improved energy, sleep, mood and digestion; weight loss; healthier skin, and more. Learn about the naturopathic approach to detox and weight loss. Learn what simple natural tools to put in your natural medicine cabinet. (Instructor, Dr. Ellen Lewis, ND)

Tuesday • Jan 21 7:00-9:00 pm SHS Room 1047

Dr. Ellen Lewis, a licensed naturopathic physician, incorporates a variety of tools including homeopathy, herbal medicine, nutrition, physical medicine and hydrotherapy into her general family practice at Shalva Clinic.

Visit www.shalvaclinic.org

#532 Natural Approach to Heart Disease

Cardiovascular disease is a leading cause of death. The medical establishment has identified elevated blood pressure and cholesterol as key risk factors for heart disease. But conventional treatments often have side effects and must be taken throughout one's lifetime. Learn about some safe and effective alternatives. Dr. Lewis will help you discover true preventive medicine by discussing ways to support your cardiovascular system. Learn what simple natural tools to put in your natural medicine cabinet. (Instructor, Dr. Ellen Lewis, ND)

Tuesday • Mar 4 7:00-9:00 pm SHS Room 1047

#533 Naturopathic Pediatric Care

An essential lecture for parents interested in natural health options for their children. Dr. Lewis will be discussing safe and effective natural treatments for common childhood conditions such as earaches, allergies, colic, fever, teething and more. Dr. Lewis will help you discover true preventive medicine by discussing ways to support your child's health. Learn what simple natural tools to put in your natural medicine cabinet. (Instructor, Dr. Ellen Lewis, ND)

Tuesday • Apr 8 7:00-9:00 pm SHS Room 1052



#121 Intro to MAC Operating System

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, disks, sound and more. *Prerequisite: familiarity with*

the keyboard.

3 Sessions **Feb 26-Mar 12** **SHS Room 1029**
Wednesday **6:45-8:30 pm** **\$85**

#619 Basic Photoshop CS6 for MAC

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. *Skills learned are transferable to PCs.*

(Instructor, Craig Burry)

5 Sessions **Feb 6-Mar 13*** **SHS Room 1029**
Thursday **7:00-9:00 pm** **\$189**

*no class Feb 20

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

#890 Intermediate/Advanced Photoshop CS6 for MAC

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. Skills learned are transferable to PCs.*

(Instructor, Craig Burry)

5 Sessions **Apr 3-May 8*** **SHS Room 1029**
Thursday **7:00-9:00 pm** **\$189**

*no class Apr 17

#637 iPad Basics

Are you wondering if you're getting the most from your iPad? In this hands-on class you will take a walk around the iPad, learning about all of its basic features. You will practice the basic finger gestures and explore the apps that come with your iPad, including Messages, Calendar, Reminders, Maps, Camera, App Store and more. *Bring your fully charged iPad.* (Instructor, Janet Lengel)

2 Sessions **Feb 13 & 27** **SHS Room 1051**
Thursday **6:30-8:30 pm** **\$60**

#638 iPad Beyond the Basics

Are you looking for more to do with your iPad? **NEW**
 In this hands-on class you will explore popular apps including iBooks & iTunesU. A question and answer period will allow you to get answers to questions you have. *Bring your fully charged iPad.* (Instructor, Janet Lengel)

2 Sessions **March 6 & 13** **SHS Room 1051**
Thursday **6:30-8:30 pm** **\$60**

#652 iPhone Basics

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

SHS Room 1051 **Thursday** **6:30-8:30 pm** **\$29**

#652a **Feb 6 (storm date Feb 10)**

#652b **March 27 (storm date March 31)**

**Look for our
 Summer 2014
 catalog in March**

#217 QuickBooks 2011

QuickBooks is the leading small business Bookkeeping software. Designed for beginning QuickBooks users, the classes will cover the basics of deciding which version of Quickbooks is right for you, as well as accounting basics as it relates to QuickBooks, how to set up a company, track expenses and income. Learn how to work with lists, payroll, and reports. Time will be allocated in each class for practical hands on practice. *Class will be taught on PCs.* (Instructor, Tom Olson)

#217a **4 Sessions** **March 6-27** **SHS Room 1033** **Thursday** **7:00-9:00 pm** **\$165/Wspt Sr \$145**

#217b **2 Sessions** **May 3 & 10** **SHS Room 1033** **Saturday** **9:00-12:00 noon** **\$135/Wspt Sr \$115**

The classes on pages 18-19 will be taught on PCs. Skills learned are transferable to MAC computers. Students should bring a flash drive (minimum 2G) to class to save your work on.

The instructor for these classes is Alan Weaver who has been teaching computer, technology, and Photoshop classes for Westport Continuing Education for 17 years. See our website for more information about Mr. Weaver.

#131 Digital Literacy (Intro to PC Essentials)

Have limited experience with computers? Need to improve basic skills to keep up at work or with your friends and family? Learn about the Internet so you can safely research, shop, and pay bills online. Discover which social networking sites such as Facebook and LinkedIn are useful. Learn how to email, upload photos, the basics of the Windows 7 operating system, and how to organize your files in folders. Computer safety issues will also be covered.

4 Sessions Feb 24, 26, Mar 3 & 5 (storm date Mar 10)
SHS Room 1033
Mon & Wed 3:00-5:00 pm **\$99/Wspt Sr \$75**

#651 Word 2010 for the Advanced Novice

Whether you're a novice or have core experience, you'll discover many features that will save time, increase efficiency, and produce higher quality documents. You'll do multi page documents with page numbering, create bibliographies/footnotes, work with tables, SmartArt, charts, graphics, screenshots, and more. *Prerequisite: basic knowledge of Word (know how to save a file, change a font).*

2 Sessions Mar 4 & 11 (storm date Mar 18) **SHS Room 1033**
Tuesday 6:45-9:15 pm **\$69**

NEW

#118 MS Powerpoint 2010

Learn how to create impressive and effective presentations, complete with graphics, charts and data linked to spreadsheets. Discover visual effects and new graphic features including SmartArt. Customize your presentations with graphics, logos, and more. Learn how to create reusable templates. Optional Text: *Microsoft Office 2010 Simplified* by Kate Shoup.

2 Sessions April 22 & 29 **SHS Room 1033**
Tuesday 6:45-9:15 pm **\$69**

#142 MS Publisher 2010

Learn basic skills to create newsletters, business cards, greeting cards, flyers and more. Learn how to customize the templates or create your own designs.

2 Sessions March 24 & 26 **SHS Room 1033**
Mon & Wed 3:00-5:00 pm **\$49**

NEW

#013 MS Excel 2010

Learn to design and use spreadsheets for business and home use - create formulas and functions; format, sort and manipulate data; prepare charts; and learn other features including working with large spreadsheets. Discover the new features of Excel 2010. Optional Text: *Microsoft Office 2010 Simplified* by Kate Shoup. *Prerequisite: familiarity with the mouse and keyboard.*

4 Sessions Feb 24-Mar 17 (storm date Mar 24)
SHS Room 1033
Monday 6:45-9:15 pm **\$149**

#014 Intermediate MS Excel 2010

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

2 Sessions April 21 & 28 **SHS Room 1033**
Monday 6:45-9:15 pm **\$69**

#644 Organize Your Computer

Is your computer cluttered with files on the desktop? Clutter can be invisible and slow your computer down. Do you need to set up a file system? Are photos mixed up with videos and a financial statement? Working with Windows 7, learn shortcuts in creating folders, naming/renaming files, and keeping them organized.

Saturday • March 1 (storm date Apr 5) 9:00 am-1:00 pm
SHS Room 1033 **\$45**

#645 InDesign CS5

Learn how to create professional print designs such as ads, books, magazines, brochures, postcards, letterhead, business cards and more, whether for your business or hobbies. Discover shortcuts to integrate photos, tables and Word files into your document. *Prerequisite: familiarity with a mouse and keyboard.*

2 Sessions Mar 22 & 29 (storm date Apr 5) **SHS Room 1033**
Saturday 9:00 am-1:00 pm **\$139**

#650 Extreme Google

Google is more than searching for images and looking at maps. Discover its usefulness for business in maintaining and growing online presence, social networking, web traffic and targeted advertising. Learn methods to narrow down a search from millions to smaller numbers and about many other features that you'll find essential.

Tuesday • April 1 6:30-9:30 pm **SHS Room 1033** **\$45**

NEW

#649 Social Networking for Pleasure & Profit

Social networking sites such as Facebook, YouTube, Twitter, Google, and LinkedIn allow you to connect and network with other people and businesses. In this **demonstration class**, discover methods to interact both socially and professionally, and learn about security, privacy, what to share and more.

Tuesday • Mar 25 6:45-9:15 pm **SHS Room 1033** **\$39**

NEW



#640 Grow Your Career and Business with LinkedIn

LinkedIn is a powerful social network for sharing professional credentials. You can use LinkedIn to find new clients, business opportunities, qualified employees or even a new job. LinkedIn can be helpful to anyone with a business or looking to develop their career as it can be used for business networking and reconnecting with former colleagues. Learn about creating your LinkedIn account and making it effective so you can increase your visibility.

Tuesday • Feb 11 (storm date Feb 25) 6:45-9:15 pm
SHS Room 1033 \$39

#643 Pinterest

Pinterest is one of the fastest growing social networking sites that connects people and businesses visually. It is an online bulletin board that allows users to organize and share their theme-based ideas such as hobbies, wedding planning, decorating, recipes and more. By browsing pinboards created by others, you can discover new things and inspiration. Learn how to be invited to participate on Pinterest and how it interacts with Facebook and Twitter. Business owners can use it to build interest among clients. Learn how to analyze traffic to your pinboard. This class will be a **demonstration format**.

Monday • May 12 7:00-9:00 pm SHS Room 1047 \$29

#641 Social Media: Business Prospecting in the Digital Age

For those of you with, or about to create, an online presence, it is important to possess a social network presence on social media venues such as Facebook, Twitter, LinkedIn, YouTube, Pinterest and Yelp. Learn how to attract visitors and customers. In this in-depth **demonstration format review** of these social media sites, learn about the relevance to your business, how to sustain good customer relations and increase your online traffic, and how to create content that will be found by search engines.

Monday • May 19 6:30-9:30 pm SHS Room 1033 \$45



#636 Buying and Selling On Ebay

In this **demonstration class**, learn how to buy or sell on the most popular auction site on the web. Don't buy retail again! We will discuss bidding and selling strategies. Learn about different auction types, fees, how to write effective descriptions, shipping options, how to set up an eBay buyer or seller account, use PayPal payment service, upload digital images, etc.

Monday • May 5 6:30-9:30 pm
SHS Room 1033 \$45

ONLINE COURSES WITH ed2go

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

Among the categories of course offerings are:

- Computer Applications • Internet • Personal Development • Web and Computer Programming
- Graphic Design • Creating Websites • Career Training • Personal Finance • Professional Interpreter
- Writing • Singapore Math Strategies • Health and Wellness • Job Search • Business and Management
- Test Prep • Languages • Teaching and Education • Marketing • Certification Prep • Health Care
- Human Resource Professional ... and much more!!

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

KID'S CLASSES follow the Westport Public School calendar. Unless otherwise noted, our classes do not meet on Westport Public School Holidays, Staff Development Days, or Shortened School Days and Elementary students do not have classes during teacher conferences, T, W & Th, Apr 8, 9, 10

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

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

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

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

KHS Room 32 & Gym

Michael Quiricone

3:15-5:00 pm

#836k Monday Jan 13-Mar 31 (no class Jan 20, Feb 17 & 24) 9 Sessions-\$235

#836l Monday Apr 21-June 2 (no class May 26) 6 Sessions-\$155

GFS Room 232 & Gym

Don Savage

3:00-5:00 pm

#836m Tuesday Jan 14-Mar 18 (no class Feb 18) 9 Sessions-\$269

#836n Tuesday Apr 1-June 3 (no class Apr 8 & 15) 8 Sessions-\$239

CES Library & Gym

Lauren Humphrey

3:30-5:00 pm

#836o Tuesday Jan 14-Mar 18 (no class Feb 18) 9 Sessions-\$205

#836p Tuesday Apr 1-June 3 (no class Apr 8 & 15) 8 Sessions-\$179

SES Library & Gym

3:00-5:00 pm

#836q Wednesday Jan 15-Mar 19 (no class Feb 19) 9 Sessions-\$269

#836r Wednesday Apr 2-June 4 (no class Apr 9 & 16) 8 Sessions-\$239

KHS Room 32 & Gym

3:15-5:00 pm

#836s Thursday Jan 16-Mar 20 (no class Feb 20) 9 Sessions-\$235

#836t Thursday Apr 3-June 5 (no class Apr 10 & 17) 8 Sessions-\$209

Sign up for both sessions **NOW** so you do not forget or get closed out!

#840 Just Sports (Gr. 1-4)

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

SES Gym

Andrew McLoughlin (Th)

3:00-5:00 pm

#840m Tuesday Jan 14-Mar 18 (no class Feb 18) 9 Sessions- \$269

#840n Tuesday Apr 1-June 3 (no class Apr 8 & 15) 8 Sessions- \$239

#840o Thursday Jan 16-Mar 20 (no class Feb 20) 9 Sessions- \$269

#840p Thursday Apr 3-June 5 (no class Apr 10 & 17) 8 Sessions- \$239

CES Gym

Lauren Humphrey

3:30-5:00 pm

#840q Thursday Jan 16-Mar 20 (no class Feb 20) 9 Sessions- \$205

#840r Thursday Apr 3-June 5 (no class Apr 10 & 17) 8 Sessions- \$179

GFS Gym

Don Savage

3:00-5:00 pm

#840s Friday Jan 24-Mar 28 (no class Feb 21) 9 Sessions- \$269

#840t Friday Apr 11-May 30 (no class Apr 18) 7 Sessions- \$209

KHS Gym

Michael Quiricone

3:15-5:00 pm

#840u Friday Jan 24-Mar 28 (no class Feb 21) 9 Sessions- \$235

#840v Friday Apr 11-May 30 (no class Apr 18) 7 Sessions- \$185

Sign up for both sessions **NOW** so you do not forget or get closed out!

Kindergarten Tennis with Connie Goodman

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

#828a	Tues, Jan 7-Feb 25 (no class 2/18)	4:00-5:00 pm	GFS gym	7 sessions-\$265
#828b	Thurs, Jan 9-Feb 27 (no class 2/20)	4:00-5:00 pm	LLS gym	7 sessions-\$265
#828c	Tues, Mar 11-Apr 29 (no class 4/1, 4/15)	4:00-5:00 pm	GFS gym	6 sessions-\$229
#828d	Thurs, Mar 13-May 1 (no class 4/3, 4/17)	4:00-5:00 pm	LLS gym	6 sessions-\$229
#828e	Tues, May 6-June 3	4:00-5:00 pm	GFS gym	5 sessions-\$195
#828f	Thurs, May 8-June 5	4:00-5:00 pm	LLS gym	5 sessions-\$195

Tennis for Grades 1-5 with Connie Goodman

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

Grades 1-2

#321A2	Mon, Jan 6-Feb 10 (no class 1/20)	4:00-5:00 pm	GFS gym	5 sessions-\$195
#321B2	Wed, Jan 8-Feb 26 (no class 2/19)	4:00-5:00 pm	SES gym	7 sessions-\$265
#321C2	Fri, Jan 10-Feb 28 (no class 1/17, 2/21)	4:00-5:00 pm	BMS gym	6 sessions-\$229
#323A2	Mon, Mar 10-Apr 28 (no class 4/7, 4/14)	4:00-5:00 pm	GFS gym	6 sessions-\$229
#323B2	Wed, Mar 12-Apr 30 (no class 4/2, 4/16)	4:00-5:00 pm	SES gym	6 sessions-\$229
#323C2	Fri, Mar 14-May 2 (no class 4/4, 4/18)	4:00-5:00 pm	BMS gym	6 sessions-\$229
#324A2	Mon, May 5-June 2 (no class 5/26)	4:00-5:00 pm	GFS gym	4 sessions-\$155
#324B2	Wed, May 7-June 4	4:00-5:00 pm	LLS gym	5 sessions-\$195
#324C2	Fri, May 9-30	4:00-5:00 pm	BMS gym	4 sessions-\$155

Grades 3-5

#321A3	Mon, Jan 6-Feb 10 (no class 1/20)	5:00-6:00 pm	GFS gym	5 sessions-\$195
#321B3	Wed, Jan 8-Feb 26 (no class 2/19)	5:00-6:00 pm	SES gym	7 sessions-\$265
#321C3	Fri, Jan 10-Feb 28 (no class 1/17, 2/21)	5:00-6:00 pm	BMS gym	6 sessions-\$229
#323A3	Mon, Mar 10-Apr 28 (no class 4/7, 4/14)	5:00-6:00 pm	GFS gym	6 sessions-\$229
#323B3	Wed, Mar 12-Apr 30 (no class 4/2, 4/16)	5:00-6:00 pm	SES gym	6 sessions-\$229
#323C3	Fri, Mar 14-May 2 (no class 4/4, 4/18)	5:00-6:00 pm	BMS gym	6 sessions-\$229
#324A3	Mon, May 5-June 2 (no class 5/26)	5:00-6:00 pm	GFS gym	4 sessions-\$155
#324B3	Wed, May 7-June 4	5:00-6:00 pm	LLS gym	5 sessions-\$195
#324C3	Fri, May 9-30	5:00-6:00 pm	BMS gym	4 sessions-\$155

Tennis for Grades 6-8 with Connie Goodman

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

#321C1	Fri, Jan 10-Feb 28 (no class 1/17, 2/21)	3:00-4:00 pm	BMS gym	6 sessions-\$229
#323C1	Fri, Mar 14-May 2 (no class 4/4, 4/18)	3:00-4:00 pm	BMS gym	6 sessions-\$229
#324C1	Fri, May 9-30	3:00-4:00 pm	BMS gym	4 sessions-\$155



#306 TGA Premier Junior Golf (Gr. 1-5)

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 de-

signed 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. New and returning students welcome! (Instructor, Total Golf Adventures (TGA) of Fairfield, <http://fairfield.golftga.com>)

WINTER **8 Sessions** **\$189**

#306f Monday	Jan 27-Mar 31 (no class Feb 17, 24)	3:05-4:05 pm
#306g Tuesday	Jan 28-Mar 25 (no class Feb 18)	3:25-4:25 pm
#306h Wednesday	Jan 29-Mar 26 (no class Feb 19)	3:25-4:25 pm
#306i Thursday	Jan 30-Mar 27 (no class Feb 20)	3:05-4:05 pm
#306j Friday	Jan 31-Mar 28 (no class Feb 21)	3:40-4:40 pm

SPRING **6 Sessions** **\$145**

#306k Monday	Apr 21-June 2 (no class May 26)	3:05-4:05 pm
#306l Tuesday	Apr 22-May 27	3:25-4:25 pm
#306m Wednesday	Apr 23-May 28	3:25-4:25 pm
#306n Thursday	Apr 24-May 29	3:05-4:05 pm
#306o Friday	Apr 25-May 30	3:40-4:40 pm



#844 Baseball World (Gr. K-4)

Learn and practice the fundamental skills, drills and strategies of baseball. Coach Diaco will focus on all aspects of the game of baseball and will hold a chalk talk session on life skills, sportsmanship and teamwork. Get ready for spring Little League!

(Instructor, Vince Diaco, certified physical education teacher and director of Baseball World)

8 Sessions	Jan 29-Mar 26*	LLS Gym
Wednesday	3:25-4:25 pm	\$99

*no class Feb 19

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

Through highly successful teaching techniques that incorporate character building philosophies within traditional martial arts training methods, you will learn to un-

derstand and use martial arts to develop self confidence, self discipline, self control, focus, and respect for others. Learn a series of punches, kicks, and blocks in a fun yet controlled environment – there is no fighting or contact. Wear comfortable clothes and gym shoes. You will receive a white belt and have the option to purchase a Gi (Uniform Shirt and Pants for \$42). All eligible students will be invited to do optional belt rank testing at the conclusion of the program (test fee is \$50). All students must submit a completed waiver form to our office prior to the first class meeting; the form is available in our office and on our website. (Instructor, Sensei Douglas DeBarger, Kempo Academy of Martial Arts www.kempokaratect.com)

10 Sessions **\$139**

#303a Monday	Jan 27-Apr 21	(no class Feb 17, 24, Apr 14)	3:40-4:40 pm
	CES Gym		
#303b Tues	Jan 28-Apr 22 (no class Feb 18, Apr 8, 15)		3:25-4:25 pm
	KHS Gym		
#303c Wednesday	Jan 29-Apr 23	(no class Feb 19, Apr 9 & 16)	3:05-4:05 pm
	GFS Cafeteria		
#303d Friday	Jan 31-Apr 11 (no class Feb 21)		3:05-4:05 pm
	SES Gym		

#984 Badminton (Gr. 4-12)

For the intermediate to advanced junior player looking to take your badminton skills to the next level - game played is the Olympic sport, not your summer backyard game. Some participants may be invited to play in the Connecticut State Junior Badminton Tournament. There have been several state champions in the past from Westport. Sneakers and badminton racquet required. If you have questions about a racquet, contact the instructor at PeterPPPP@aol.com (Instructor, Peter Bartush)

9 Sessions	Apr 1-June 3*	SHS Gym
Tuesday	7:30-9:30 pm	\$129

*no class Apr 15



**No registration fee
if you register online**

#469 Artistic Adventures (Gr. K-3)

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

(Instructor, Amanda Newburg)

8 Sessions **3:25-4:25 pm** **\$155**

#469a Monday Jan 27-Mar 31* LLS Art Room 6

***no class Feb 17 & 24**

#469b Friday Jan 31-Mar 28* KHS Art Room 108

***no class Feb 21**

NEW

#467 Art Exploration (Gr. K-3)

Have fun -- mix, splatter, and sculpt with a variety of 2-3 dimensional art materials! Open up your imagination and creativity to make beautiful artworks and crafts. We'll explore techniques, including, but not limited to drawing, printmaking, painting, collaging, and sculpting. We'll draw inspiration from works of famous artists, modern designs, and our own lives. Possible projects include Picasso self-portraits, Warhol printmaking, Gaudi recycled city, and Giacometti figure sculptures. Returning students will work on new projects! (Instructor, Lili Yang)

8 Sessions **\$205**

#467a Wednesday Jan 29-Mar 26 (no class Feb 19)
GFS Art Room 130 3:05-5:00 pm

#467b Thursday Jan 30-Mar 27 (no class Feb 20)
SES Art Room 126 3:05-5:00 pm

#330 Chinese for Children – Beginning (Gr. K-3, 4 & up)

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 **Jan 21-Apr 1*** **Tuesday**
LLS Art Room 6 \$165

#330a Gr. K-3 3:30-4:30 pm

#330b Gr. 4 & up (and those who have taken Beginning Chinese) 4:30-5:30 pm

***no class Feb 18**

Summer 2014
Now's the Time to Consider –
High School Academic Classes
Enrichment Programs
Fitness Programs - Theater - Film - Sports Camps
Driver Education - Art & More!
Programs for Kids and Adults
Look for our Summer Catalog in March!
Check our website for more information!

#841 Junior Genie's Magic Club ~ featuring Nisan Eventoff, internationally known Master Magician (Gr. K-5)



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

12 Sessions \$225

#841a Wed Jan 22-Apr 30 (no class Feb 19, Apr 9, 16)
KHS Room 12 3:25-4:25 pm

#841b Thur Jan 23-May 1 (no class Feb 20, Apr 10, 17)
LLS Music Room 3:25-4:25 pm

#516 CLUB INVENTION presents Castles, Catapults, and Coats of Arms™ (Gr. 1-5)

This *Club Invention* program travels back to the Middle Ages. Applying the lifestyle and science concepts that were known to people of that time, you will create jewelry and coats of arms, explore the concept of buoyancy as you build boats that float, construct tall towers and drawbridges, and fabricate catapults to storm castle walls! This unrivaled program presents essential STEM (Science, Technology, Engineering and Math) concepts through creative hands-on activities. (Instructor, Holly Hellman)

5 Sessions **Feb 4-Mar 11*** **LLS Room 104**
Tuesday 3:25-4:55 pm \$195

***no class Feb 18**

Why take our Kids after school programs?

- fun, stimulating & relaxing classes
- safe environment
- all staff have passed background checks

#912 MAD SCIENCE presents Secret Agent Lab I: Spy Academy (Gr. 1-4)

Look out 007—the Mad Science Spy Academy is in session! From decoding messages to metal detectors and night vision, you will have the opportunity to check out equipment and even create your own edible message! You will use the Secret Code Breaker to communicate stealthily, like real spies. With the Undercover Observer, you'll step into the shoes of a spy in action. The viewer allows you to observe visually, while the spy ear enhances your hearing. These tools provide a complete undercover kit for you to take home. (Instructor, Mad Science)

8 Sessions \$205

#912a Monday Jan 27-Mar 31 (no class Feb 17, 24)
SES Room 126 3:05-4:05 pm

#912b Tuesday Jan 28-Mar 25 (no class Feb 18)
GFS Art Room 130 3:05-4:05 pm

#912c Wednesday Jan 29-Mar 26 (no class Feb 19)
KHS Room 1 3:25-4:25 pm

#912d Friday Jan 31-Mar 28 (no class Feb 21)
LLS Art Room 6 3:25-4:25 pm

#912e Friday Jan 31-Mar 28 (no class Feb 21)
CES Room 35 3:40-4:40 pm

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

The hand is faster than the eye! Learn the “secrets” behind some famous magic tricks. Discover how electricity follows a “circuit” as you make buzzers buzz, and make a firefly light up! We’ll learn and experiment with the principles of flight as you build your own loop-flying stunt plane! Create your own “wave inside a bottle” while learning about water, waves and the environment. Become an engineer as you build shapes like triangles, cylinders and arches that make houses and skyscrapers. (Instructor, Mad Science)

6 Sessions \$145

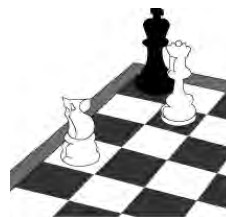
#909a Monday Apr 21-June 2 (no class May 26)
SES Room 126 3:05-4:05 pm

#909b Tuesday Apr 22-May 27
GFS Art Room 130 3:05-4:05 pm

#909c Wednesday Apr 23-May 28
KHS Room 1 3:25-4:25 pm

#909d Friday Apr 25-May 30
LLS Art Room 6 3:25-4:25 pm

#909e Friday Apr 25-May 30
CES Room 35 3:40-4:40 pm



#318 Chess Class (Gr. 1-5)

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

the game. Limited class size.

(Instructors, National Educational Chess Association – Alex Eydelman, Sergey Kudrin, Sebastian Lazar)

10 Sessions \$185

#318f Mon Jan 27-Apr 21 (no class Feb 17, 24, Apr 14)
LLS Cafeteria 3:25-4:25 pm

#318g Tues Jan 21-Apr 1 (no class Feb 18)
KHS Room 13 3:25-4:25 pm

#318h Wed Jan 22-Apr 2 (no class Feb 19)
SES Room 168 3:05-4:05 pm

#318i Thur Jan 23-Apr 3 (no class Feb 20)
CES Room 42 3:40-4:40 pm

#318j Fri Jan 24-Apr 4 (no class Feb 21)
GFS Cafeteria 3:05-4:05 pm

#539 Games and More! (Gr. 3-5)

Join us for an afternoon of games and activities. We will challenge ourselves to think fast, creatively, and to work in teams. Some of the many activities will be charades, Taboo, Pictionary, and much more. Don't miss the fun - we're sure to have tons of laughs, in a relaxed and supportive environment. (Instructor, Dayle Brownstein)

8 Sessions \$125

#539a Mon Jan 27-Mar 31 (no class Feb 17, 24)
KHS Room 3 3:25-4:40 pm

#539b Tues Jan 28-Mar 25 (no class Feb 18)
CES Room 41 3:40-4:55 pm

#468 Be Inspired to Create (Gr. 3-5)

Inspiration can be found everywhere through the use of materials and techniques that inspire creativity and uniqueness. Using mixed media, watercolor and collage techniques, you will create beautiful, colorful and exciting pieces of artwork. Learn to understand color, composition and painting techniques in a fun, motivating and positive atmosphere. No experience necessary - just a willingness to have fun and be inspired! (Instructor, Christa Forrest)

Saturday 9:00 am-12 noon SHS Room 1004 \$65

#468a Feb 1 (storm date Feb 8) - Stained glass inspired art on canvas

#468b Mar 22 (storm date Mar 29) - Mixed media collage

No registration fee if you register online

Become a fan on Facebook

www.facebook.com/WestportContinuingEducation

Follow us on Twitter @WestportContEd

Visit our website

www.westportcontinuinged.com

Stay up-to-date on new course offerings!



#684 Be a Star on Broadway! (Gr. 3-5) **NEW**

Ever wish you could be on the stage as a performer? Train with a theatre and dance professional and

learn all of the ins and outs of the musical theatre world! Learn about the audition process, take part in mock auditions, learn choreography, create acting scenes and perform a cabaret style musical at the end of the program! All materials will be provided. Don't miss your chance to be on Broadway..... enroll now! (Instructor, Jen Kaye)

12 Sessions \$165

#684a Monday Jan 27-May 12 (no class Feb 17, 24, April 14, 21)

CES Room 40 3:40-4:40 pm

#684b Friday Jan 31-May 2 (no class Feb 21, Apr 18)

LLS Auditorium 3:25-4:25 pm

Jennifer Kaye teaches voice, dance and acting at the Jared Andrew Studio in North Haven. She is also a resident choreographer and director for the Square Foot Theatre in North Haven, and has performed and choreographed shows all over Fairfield and New Haven counties, including the Seven Angels Theatre and Bristol Theatre Arts.

#683 Were You Born to Entertain? (Gr. 3-5) **NEW**

Award-winning playwright/director Joel Paley ("Ruthless" The Musical) is offering a theatrical workshop to introduce young performers to all aspects of stagecraft, including improvisation, how to audition, acting technique, and the rehearsal process. The workshop will culminate in a revue-style performance for family and friends with music, dance and dramatic scenes.



#683a 9 Sessions Jan 27-Apr 7 (no class Feb 17, 24)

Monday 3:05-5:00 pm \$219

#683b 9 Sessions Jan 21-Mar 25 (no class Feb 18)

Tuesday 3:05-5:00 pm \$219



#540 Drama Club (Gr. 3-5) **NEW**

Improvisation, skits and more! Come join in the fun. We'll experiment with fun and zany characters and situations, and create mini plays. Bring

a healthy peanut free snack, and a creative attitude! (Instructor, Dayle Brownstein)

8 Sessions Jan 30-Mar 27* KHS Cafeteria

Thursday 3:25-5:00 pm \$119

***no class Feb 20**

#541 COMPUCHILD presents Animation (Gr. 3-5) **NEW**

Everyone has a story to tell! In our animation class, you will create claymations and digital stories. Tell your stories with text, pictures and your own narration. The animation software allows students to express and develop new ideas, construct and manipulate shapes, explore colors, create backgrounds and scenes, and use motion to bring static images to life! (Instructor, CompuChild)

8 Sessions \$205

#541a Wednesday Jan 29-Mar 26 (no class Feb 19)

CES Room 43 3:40-4:40 pm

#541b Thursday Jan 30-Mar 27 (no class Feb 20)

GFS Art Room 130 3:05-4:05 pm

#541c Friday Jan 31-Mar 28 (no class Feb 21)

SES Room 174 3:05-4:05 pm

See page 27 for information about CompuChild Animation class over February vacation

#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)

9 Sessions Jan 30-Apr 3* LLS LMC

Thursday 3:30-4:30 pm \$125

***no class Feb 20**



#660 Scrabble Club (Gr. 4-8)

Do you like playing Words With Friends? Are you a word wiz? Join thousands of kids around the nation and be part of the National School Scrabble Association! Learn to compete in a Scrabble tournament

with students in our club and other clubs in Connecticut. Build words and score big with even the most challenging tiles, playing by the rules of the National Scrabble Association.

(Instructors, Barbara Eilertsen)

9 Sessions Jan 29-Apr 2* LLS Library

Wednesday 3:30-4:30 pm \$99

***no class Feb 19**

Registrants will be notified by email if a class is cancelled due to low enrollment

#133 Cooking – Mom/Dad (Or Grandparents) and Me! (Children ages 7 And up)

NEW MENU

Spend a Saturday morning on a culinary adventure with your child or grandchild! Have fun in a professional kitchen and learn new recipes for delicious tempting Appetizers/Side Dishes through teacher guided lessons as you prepare recipes from start to finish. (Instructor, Barbara Rourke)

Saturday • Apr 5 10:30 am-12:30 pm
SHS Room 184 \$105 per class/adult & child

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

#270 Cooking Adventures (Gr. 6-8)

NEW MENUS

Learn about basic kitchen skills, equipment, and cooking techniques. On the menu each week will be savory main dishes, side dishes and dessert. Classes will be hands on as new techniques are introduced while building upon past skills. Returning participants will learn new recipes. Please note the kitchen contains nut products although they are not a part of our menus. (Instructor, Barbara Rourke)

8 Sessions Mar 7-May 2* SHS Room 182
Friday 3:00-5:00 pm \$299
*no class Apr 18

Barbara Rourke taught family and consumer science in Stratford. She loves teaching students to cook and to be creative in the process.

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

#449 Rocketry (Gr. 6-8)

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



(Instructor, Lou Kitchner)

6 Sessions 3:00-4:30 pm BMS Room 272 \$130

#449a Friday Feb 7-Mar 21 (no class Feb 21)

#449b Wednesday March 5-Apr 9



#367 American Red Cross Babysitters Course (Age 11 to 15)

Learn the skills you need to be a safe and responsible babysitter! Learn how to care for children and infants, be a good leader and role model, make good decisions, solve

problems, handle emergencies such as injuries, illnesses and household accidents, and more. Earn your Red Cross Babysitters Certification. **You must be present for entire class time to receive Babysitters Certification-no makeup classes are available.** (Instructors, Stephanie Crowe - #367a & #367b; Don Savage - #367c)

#367a 2 Sessions Jan 25 & Feb 8 SHS Room 1036
Saturday 9:00 am-12:30 pm \$149

#367b 2 Sessions Mar 22 & 29 SHS Room 1036
Saturday 9:00 am-12:30 pm \$149

#367c 3 Sessions May 7, 14, 21 SHS Room 1036
Wednesday 3:15-5:15 pm \$149

Register Early!

Club BEDford MIDDLE SCHOOL AFTER SCHOOL PROGRAM

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

	<u>Any 2 days</u>	<u>Any 3 days</u>	<u>4 or 5 days</u>
Any 1 week	\$40	\$60	\$80
Jan 2-31 (no class Jan 17, 20)	\$150	\$220	\$275
Feb 3-Mar 7 (no class Feb 17-24)	\$150	\$220	\$275
Mar 10-Apr 4	\$150	\$220	\$275
Apr 7-May 9 (no class April 14-18)	\$150	\$220	\$275
May 12-June 13 (no class May 26)	\$189	\$275	\$345

Register
by calling us at
203-341-1209

*Bus transportation from CMS to BMS
is available through the
Norwalk Transit District (203-852-0000)*

#681 Study Skills Workshop (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!

4 Sessions	3:00-4:30 pm	\$65
#681a Tuesday	Jan 28-Feb 25 (no class Feb 18)	
BMS Room 235	3:00-4:30 pm	
#681b Wednesday	Jan 29-Feb 26 (no class Feb 19)	
CMS Room 217	2:45-4:15 pm	

#450 Introduction to Woodworking: Building Your Own Project (Gr. 7-12)

Create your own unique masterpiece (instructor approved). Learn or further enhance existing woodworking skills with hands-on instruction of tools and machines. This is a great learning experience and you can advance to detailed machine work such as turning a pen on a lathe. Course is also open to returning students who would like to do a more advanced project. **Non-refundable materials fee of \$35 included.**

(Instructor, Michael Sansur)		
8 Sessions	Jan 29-Mar 26*	SHS Room 192
Wednesday	3:00-4:00 pm	\$115
*no class Feb 19		

Mr. Sansur is a Technology Education teacher at Staples High School.

STAYCATIONS ON SCHOOL BREAKS



#851 Golf (Gr. 1-5)

Learn to play golf in a fun and safe indoor environment over the February or April school breaks. All golf equipment is provided including softer practice balls.

(Instructor, Total Golf Adventures of Fairfield)		
4 Sessions	BMS Gym	9:00-11:00 am \$189
#851a	Feb 18-21 (Tues-Fri)	
#851b	Apr 14-17 (Mon-Thurs)	

#542 COMPUCHILD presents Animation (Gr. 3-5)

See page 25 for course description.		
4 Sessions	Feb 18-21	SHS Room 1036
Tues-Fri	9:00-11:00 am	\$205

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

Are you wondering what to do during your school breaks? Come join us and experience a sports camp taught by certified Physical Education teachers with twenty years of teaching experience! Participate in age appropriate activities that are safe physically, mentally and emotionally! Rock climbing, rollerblading, snowshoeing (only offered in February), tennis (only offered in April), proball, pirates gold, sink the ship, crossover, pinball, basketball, wiffleball, team handball, tag games, scooters, volleyball, badminton, floor hockey and much more! Rollerblading and snowshoeing are only offered for students in grades 3-5. Please make sure to bring drinks, peanut free snacks and if you are staying all day bring lunch! (Instructors, Andrew McLoughlin and Christopher Scholz)

4 Sessions	Tues-Fri	Feb 18-21	SES Gym
#838a	8:15 am-3:15 pm		\$159
#838b	8:15-11:30 am		\$85
#838c	12:00-3:15 pm		\$85

4 Sessions	Mon-Thurs	Apr 14-17	SES Gym
#838d	8:15 am-3:15 pm		\$159
#838e	8:15-11:30 am		\$85
#838f	12:00-3:15 pm		\$85

See February and April Break

SAT® and ACT® Prep classes on page 28

#950 Practice PSAT for ONLY Staples High School Sophomores

Take a timed practice PSAT under realistic conditions. Learn about your strengths and weaknesses on this important test. Test results, along with practice materials, will be mailed to the home of the students within a few weeks after the test. Limited enrollment. Registration ends February 26. Bring No. 2 wooden pencils - mechanical pencils are not allowed.

Saturday • March 1 (storm date March 8)

8:30 am-12:00 noon

Check in at SHS Lobby

\$40 if you sign up by Feb 14

\$45 thereafter

Prepare for March, May and June SAT[®]

#308 SAT[®] Prep – Critical Reading/Writing

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

#308a 4 Sessions Feb 18-21 \$159
Tue-Fri 9:00 am-12:15 pm SHS Room 2030

#308b 5 Sessions Jan 21-Feb 25* \$159
Tuesday 2:30-5:00 pm SHS Room 2030
*no class Feb 18

#308c 5 Sessions Mar 18-Apr 22* \$159
Tuesday 2:30-5:00 pm SHS Room 2030
*no class Apr 15



#309 SAT[®] Prep – Math

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

(Instructor, Brian Smith)

#309a 5 Sessions Feb 3, 6, 10, 13, 27
SHS Room 2033 Mon & Th
6:00-8:30 pm \$159

#309b 4 Sessions Mar 1, 22, 29, Apr 5
SHS Room 2033 Saturday
9:00 am-12:15 pm \$159

#309c 5 Sessions Mar 20, 27, Apr 3, 10, 24
SHS Room 2033 Thursday
6:00-8:30 pm \$159

#309d 4 Sessions April 14-17
SHS Room 1055 Mon-Th
9:00 am-12:15 pm \$159

Prepare for April and June ACT[®]

#311 ACT[®] Prep

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

(Instructors, Leslie Kerr - #311a, #311e; Brian Smith - #311b, #311f; John Killian - #311c; Susan O'Hara - #311d)

#311a English & Writing 4 Sessions Feb 15, Mar 1, 22, 29 SHS Room 1034 Sat 9:00 am-12:15 pm \$159

#311b Math 5 Sessions Mar 3-31 SHS Room 1055 Mon 6:00-8:30 pm \$159

#311c Science 2 Sessions Mar 22 & 29 SHS Room 1054 Sat 12:45-3:00 pm \$59

#311d English & Writing 5 Sessions Mar 5-Apr 2 SHS Room 1034 Wed 2:30-5:00 pm \$159

#311e English & Writing 4 Sessions Apr 14-17 SHS Room 1034 Mon-Th 9:00 am-12:15 pm \$159

#311f Math 5 Sessions Apr 21-May 19 SHS Room 1035 Mon 6:00-8:30 pm \$159

Register Early! Offerings depend on minimum enrollments

STATE OF CONNECTICUT DEPARTMENT OF MOTOR VEHICLES CERTIFIED DRIVER EDUCATION

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

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

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

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. (Instructors, Rob Rogers - #306e; Frank Weiss - #306d, #306f)

SHS Room 1034 - #306d, #306f

\$215

SHS Room 1036 - #306e

#306d Mon & Tues Jan 27-Mar 24 (no class Feb 17, 18, 24) 3:00-5:00 pm (MUST ALSO SIGN UP FOR #307d)

#306e Tues & Thurs Mar 4-Apr 29* (no class Apr 15, 17) 3:00-5:00 pm (MUST ALSO SIGN UP FOR #307e)

*No daytime class on Thursday March 6 – attend parent/child class (#307e) that night – see below

#306f Mon & Tues Apr 1-June 2 (no class Apr 14, 15, May 26) 6:00-8:00 pm (MUST ALSO SIGN UP FOR #307f)

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

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

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.

#307d Mar 12 Wednesday 6:00-8:00 pm ONLY AVAILABLE TO THOSE TAKING #306d

#307e Mar 6 Thurs 6:00-8:00 pm ONLY AVAILABLE TO THOSE TAKING #306e

#307f May 13 Tues 6:00-8:00 pm ONLY AVAILABLE TO THOSE TAKING #306f

#304 Behind-the-Wheel Instruction (Learner's Permit required) **NEW CARS!** \$435

Driving hours (8) are scheduled by appointment at mutually agreeable times after school and/or on weekends. Student/teacher ratio is 1/1. Begin the driving instruction well in advance of the testing date. You can begin Behind-the-Wheel instruction after you have started your 30 hours of classroom instruction. Lessons may be scheduled in 1, 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. **Payments for BTW can be made in two installments. Please note: If a student needs to cancel a lesson, the student is responsible for contacting the instructor at least one day in advance. Failure to do so will result in the student being charged for the lesson.**

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

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

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

Please visit us online at:
www.westportct.gov/seniorcenter
or like us on Facebook by typing in
Westport Senior Center



Center Hours:

Monday – Friday 8:30 am – 4:30 pm

Thursday 8:30 am – 8:00 pm

Saturday 8:30 am – 12:30 pm

Among the courses taught at the Center are:

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

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

Teaching Opportunities

Have an idea for a course? We are always looking for great course ideas and instructors! Please go to our website (www.westportcontinuinged.com) and fill out a course proposal packet!

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.

GIFT CERTIFICATES

For any holiday, birthday or other special occasion, consider giving a gift certificate for classes at Westport Continuing Education
call 203•341•1209 for further information

Last Name _____

First Name _____

Today's Date _____ 2014
Month _____ Day _____

Please Check Below

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

WESTPORT CONTINUING EDUCATION REGISTRATION FORM • WINTER/SPRING 2014

REGISTER ONLINE

www.westportcontinuinged.com

MAIL



Westport Continuing Ed
70 North Avenue
Westport, CT 06880

FAX

203•341•1218

IN PERSON

Staples High School
Room 1040
70 North Avenue
Westport, CT 06880

PHONE

203•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 _____

List Health Problems _____ Allergies _____ Medications _____ Relationship to child _____

Child's Doctor's Name _____ Phone _____

REGISTRATION CONTINUED ON THE BACK OF THIS PAGE

Registration Form • Winter/Spring 2014 (continued)



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

Make checks payable to:

Westport Continuing Education

70 North Avenue, Westport, CT 06880

* 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

Payment by: Check _____ # _____ MasterCard _____ _____ VISA _____

Account # _____ Expiration Date _____ AVS _____

Print Name as it appears on the card _____

Billing Address (if different than mailing address) _____

Please share your suggestions and/or comments.

For Office Use Only

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

WELCOME!

**KIDS K-12 • ADULTS
RESIDENTS • NON RESIDENTS**

REGISTER EARLY

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

HOW TO REGISTER

- **ONLINE:** www.westportcontinuinged.com
Your registration fee is waived if you register online.
An online registration is confirmed by email.
 - **MAIL:** 70 North Avenue, Westport, CT 06880
 - **IN PERSON:** Staples High School, Room 1040
70 North Avenue, Westport, CT
 - **FAX:** 203•341•1218
 - **PHONE:** 203•341•1209
- PAYMENT: No cash is accepted – only MasterCard, VISA or checks made payable to Westport Continuing Education.**
PAYMENT IN FULL must accompany your registration.
Please note that all registrations must be made in advance – no walk-in registrations can be accepted by any instructor for any class.

CLASS LOCATIONS

- See inside front cover for your building address.
- Schools may have events when we cannot use their facility—check your email for class cancellations or changes.

ROOM ASSIGNMENTS FOR ADULT CLASSES

Posted nightly in the main entrance

PROGRAM COSTS

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

- REGISTRATION FEE OF \$10** payable only once per catalog (**\$5 for Westport Seniors**)
- **No registration fee if you register online**
 - **No registration fee if your class is only one session**

ADULT Classes will NOT meet on:

- **ALL adult classes will NOT meet on Jan 20, Feb 17-21, Apr 14-18, May 26**
- **In addition Evening classes at SHS will NOT meet on Jan 9, 16, 30, Feb 4, 5, 12**

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

- Westport Public School Holidays:
Jan 20, Feb 17-21*, April 14-18*, May 26
(*except for Staycation Programs)
- Staff Development Day: **Jan 17, Feb 24**
- Unless otherwise noted, classes for elementary students will NOT meet on Teacher Conference Days: **April 8, 9, 10**

INCLEMENT WEATHER/EMERGENCY CLOSING INFORMATION

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

OUR REFUND POLICY

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

WESTPORT SENIORS (62+)

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

REGISTER ONLINE! • www.westportcontinuinged.com

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