



# Westport Continuing Education

westportcontinuinged.com

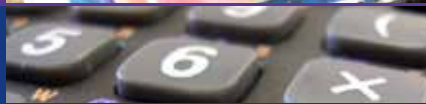
winter / spring 2020

Adult Enrichment

Arts | Crafts



Business | Tech



Cards | Games



Cooking



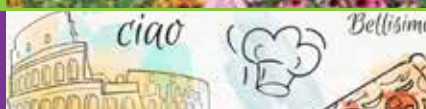
Fitness | Wellness



Home | Garden



Language



Personal Finance



Kids | Teens

Arts



Cooking



Driver Ed | Test Prep



Sports



STEM



Theater Arts



# Registration Information

## Eligibility

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

## How to Register



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

[westportcontinuinged.com](http://westportcontinuinged.com).



Fill out the registration form on page 31 and mail it to us at: WCE, 70 North Avenue,

Westport, CT, 06880.



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



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

## Payment

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

## Serving you for over 50 years

@ Staples High School  
70 North Avenue, Room 1040  
Westport, Connecticut 06880  
M–TH 8:00 am–8:00 pm  
Fri 8:00 am–4:00 pm

## Contact Us

[conted@westportps.org](mailto:conted@westportps.org)

## Never stop learning.

Westport Continuing Education is a division of Westport Public Schools, founded over 50 years ago. Our mission is to provide enrichment for kids and adults that supports the mission and integrity of Westport Public Schools. We've helped people work toward individual goals for self-improvement while building a sense of community. As you read through our brochure you'll find hundreds of programs for children, teens and adults - courses that expand your mind, grow your skills and invest in yourself and your family.

## Changes Ahead!

You may be surprised to learn that Westport Continuing Education does not receive funds through the Board of Education. We are self-sustaining and supported by the income received through our high-quality programming. In an effort to reduce expenses and cut waste to minimize our carbon footprint, we will be communicating primarily through email. The Summer catalog for kids camps and programs will continue to be printed and mailed, however the Fall and Winter/Spring catalogs will be available online to download.

## Stay Connected

Have you signed up for a class in the past five years? No worries, you will continue to get email notifications from us. Here's another reason to take a class this session! :) Follow us on Facebook. We are working on growing our social media presence and we'd love to hear from you by leaving us a review or by posting what you like about Westport Continuing Education at [www.facebook.com/westportcontinuinged](http://www.facebook.com/westportcontinuinged)

Continuing education is for everyone. We serve lifelong learners filled with curiosity, students looking to improve their skills, hobbyists searching for connection and fun, and professionals seeking to boost their career performance. We're here for you, providing the high-quality, affordable, and convenient courses, camps, workshops, and classes that you've come to rely upon for over 50 years.

Christine Jewell

Director

### Westport Continuing Education

Christine Jewell  
*Director*

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*Business Manager*  
Amedeo Cannone  
*Evening Administrator*

### Westport Public Schools

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# Weekly Calendar: Adult Division

## monday

### Arts | Creativity

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### Cards | Games

Bridge for Beginners 1/27–3/23  
& 4/13–6/8.....7  
Mah Jongg for True Beginners  
2/24–3/30 & 4/13–5/18.....8

### Dance | Fitness | Wellness

The Healing Power of Ayurveda  
4/27–5/11.....10  
Pickleball 3/23–5/18.....11  
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2/24–5/4.....11

### Home | Garden

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### Language

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### Personal Finance

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## tuesday

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### Business | Tech

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2/25 & 3/3.....6  
Graphic Design Fundamentals  
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Social Media for Business  
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### Cards | Games

Mah Jongg Open Play  
4/14–5/19.....8  
Mah Jongg for True Beginners  
2/25–3/31.....8

### Dance | Fitness | Wellness

Ayurvedic Antidotes for  
Healthy Travel 3/3.....10  
Ballroom Dancing Beg. & Int.  
2/25–3/31 & 4/21–5/26.....9  
Mindfulness Meditation  
3/3 & 10.....11

### Home | Garden

Feng Shui 3/3.....12

### Personal Finance

Estate Planning 4/16–30.....13  
Medicare & More 3/24.....13

## wednesday

### Arts | Creativity

Advanced Acrylic & Oil Painting  
2/26–5/6.....4  
Photography with your DSLR  
2/26–4/1 & 4/22–5/27.....6

### Business | Tech

Grant Writing  
5/6, 13 & 20.....6

### Cards | Games

Beginner Bridge 2/26–4/1  
& 4/22–6/3.....7  
Canasta 2/5–3/4.....7  
Mah Jongg for True Beginners  
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### Cooking

Italian Cooking & Culture 3/4.....8

### Dance | Fitness | Wellness

Adult Swimming: Beginners  
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Badminton 3/25–6/3.....9  
Beat Fatigue and Energize  
Your Life 2/5 & 12.....9  
Feldenkrais: Choose the Way  
You Move 2/26–4/2  
& 4/22–5/27.....10  
Outsmarting Osteoporosis  
4/22.....11  
Stretching for Body Stiffness,  
Aches & Pains 4/15.....11

### Language

American Sign Language  
2/26–4/22.....12

### Personal Finance

Fiscal Fitness 3/25, 4/1.....13  
Medicare & More 5/20.....13  
Retirement Planning  
3/18 & 25.....14

### Pets

Dog Obedience  
2/26–4/22.....14

# Weekly Calendar: Adult Division

## thursday

### Arts | Creativity

Happy Clouds! Paint  
Like Bob Ross 3/12 or 4/23 .....5  
Jewelry 1.0 2/27–4/2  
& 4/23–5/28 .....5  
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Photoshop 2/27–3/26.....6  
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### Business | Tech

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### Cards | Games

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### Dance | Fitness | Wellness

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Done 3/26.....10  
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2/27–3/12.....10  
Mindful Yoga 2/27–4/16  
& 4/23–5/28 .....10  
Outsmarting Osteoporosis  
4/22.....11

### Home | Garden

Designing a Meadow  
for Pollinators 4/23 .....12

### Language

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2/27–4/30.....13

## saturday

### Home | Garden

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non-residents



## Important Information

### Cancellation & Refund Policy

Please see page 34.

### Class Locations

Unless otherwise noted, adult classes are held at:

#### Staples High School, 70 North Avenue, Westport

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

Directions for **Cooking Classes** at Staples  
are listed on page 8.

**Dog Obedience & some Fitness Classes** are held in the Athletic Complex on the left side of Staples High School.

### Class Schedules

Most classes follow the Westport Public School (WPS) calendar. Please check individual classes for dates when classes do not meet.

**Session 1:** Begins Monday, February 24

**Session 2:** Begins Monday, April 20

### Weather | School Closings

Westport Continuing Education follows the Westport Public Schools declaration of closures for inclement weather or another emergency. **See page 34 for more information.**

All class cancellations will be announced on our website:

**westportcontinuinged.com**

# Adult Division: Arts | Creativity

## Arts | Creativity

### Creative Writing Workshop

Develop your skills and learn new creative writing techniques to help bring your written work to life. This course is designed to help those with an interest in writing to better their craft across any of the creative writing genres. Writers of all experience levels in Poetry, Creative Non-Fiction, Creative Essay, Fiction, Flash Fiction (1,000 words or less), and any other genre of writing are welcome, and bringing in works-in-progress is highly encouraged. The goals of this course include bettering the students' ability to write, instilling confidence, teaching how to give and receive constructive feedback as a writer, and introducing students to a number of different artistic styles in writing.

**#105: 6 Tuesdays, Feb 25–Mar 31 | 6:00–7:30 pm**

**#106: 6 Tuesdays, Apr 21–May 26 | 6:00–7:30 pm**

**\$129 | SHS 1034**

*Marc R. Lee is a writer, tutor, and professional editor who graduated from Fairfield University's MFA program with a Master's degree in Creative Writing. He has worked as an editor for the past five years and recently served for two years as the Editor-in-Chief for Causeway Literary.*

### Crochet Today

Learn the craft of crocheting in a class created especially for beginners. Master the five basic stitches, then learn how to increase and decrease stitches, how to read crochet patterns and yarn labels, and more. With the instructor's help, you'll pick and get started on a project to work on, both in class and at home: hat, scarf, cowl, or fingerless gloves, or whatever you'd like to make. *Materials fee of \$15 is included for a beginner crochet kit (hooks, yarn, handouts); the cost of hooks and yarn for each student project will be additional and dependent on the project.*

**6 Tuesdays, Feb 25–Mar 31 | 6:30–8:30 pm**

**#100 | \$149 | SHS Library**

### Knitting for Beginners: Stitch It Up

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

**6 Mondays, Feb 24–Mar 30 | 6:30–8:30 pm**

**#101 | \$149 | SHS Library**

### Introduction to Drawing & Acrylic Painting

Starting with the fundamentals of drawing, composition, and painting techniques, learn the steps from sketch to finished painting, building confidence as you go. Use acrylics, a versatile and flexible mediums, to paint still lifes, landscapes, and portraits. Ongoing demonstrations, discussions and critiques serve to build your skills and understanding of good composition, use of color, texture and more. Those who wish to draw exclusively or whose main interest is painting are equally welcome. Materials list available in our office and on our website.

**10 Tuesdays, Feb 25–May 5 | 7:00–9:30 pm (no class 4/7)**

**#102 | \$245 | SHS 1004**

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

### Advanced Acrylic & Oil Painting

Already experienced with acrylics or oils? Want to stretch your wings? Take advantage of expert guidance and critical feedback and take your painting further in a supportive, fun atmosphere. Each week will feature demonstrations and discussions of materials and techniques you can use to enhance your vision. Personal projects are encouraged. Materials list available in our office and on our website. [Taught by Steve Parton]

**10 Wednesdays, Feb 26–May 6 | 7:00–9:30 pm (no class 4/8)**

**#103 | \$245 | SHS 1004**

### Watercolor

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

**10 Mondays, Feb 2–May 4 | 3:00–5:30 pm (no class 4/6)**

**#104 | \$245 | SHS 1004**

### Graphic Design Fundamentals

See page 7.

## Happy Clouds! Paint like Bob Ross

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

**"Snowfall Magic" #105a: Thursday, Mar 12 | 6:00–9:00 pm**

**"Night Light" #105b: Thursday, Apr 23 | 6:00–9:00 pm**

**1 session | \$79 | SHS 1004**

*Denise Cirillo-Romaniello is a certified Bob Ross Instructor trained in the Wet-on-Wet Technique®. These training classes concentrate exclusively on the development of painting and teaching skills.*

## iPhone Photos: Better Pix In Your Pocket

That phone in your pocket—or your purse—has a great camera, so why aren't your photos great? iPhone photography takes both tech savvy and a good eye. Let a professional photographer help. This workshop will help you maximize the potential of your phone-as-camera and your artistic potential. You'll learn some photography basics, including composition and lighting. You'll also discover some of the most popular photo-enhancing and post-processing apps for iPhones. Bring your fully charged iPhone, AppleID and password.

**1 Tuesday, March 24 | 6:30–8:30 pm**

**#106a | \$35 | SHS 1047**

**1 Thursday, April 22 | 6:30–8:30 pm**

**#106b | \$35 | SHS 1047**

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

## Jewelry 1.0

This introductory course takes you from concept to design to finished piece. Learn the tools and techniques to create a piece of jewelry such as a strand of beads with a clasp, a ring or pendant bezel set with a colorful stone or a wire bangle or cuff bracelet. Learn to manipulate metals in wire and sheet form including brass, copper and nickel. We'll cut, hammer, twist, texture and stamp. Finish your custom designs with solder and polish. *A materials fee of \$20 is included; additional fees may apply when using more expensive materials.* [Taught by Sue Bishop]

**#107a: 6 Thursdays, Feb 27–Apr 2 | 6:45–9:15 pm**

**#107b: 6 Thursdays, Apr 23–May 28 | 6:45–9:15 pm**

**\$179 | SHS 1012**

## Jewelry Workshop

For those with previous jewelry-making experience, this course offers you the time, space and guidance to sharpen your skills, improve your technique, create your own design and produce a piece of jewelry. Learn how to design a more intricate piece and refine the quality of your project with finishing techniques. Learn to work with designs around a center stone, or to make a hammered chain link bracelet or necklace. Guidance is available from design concept to creation. Materials fee of \$20 is included; additional fees may apply when using more expensive materials. Prerequisite: beginner jewelry course.

**#108a: 6 Tuesdays, Feb 25–Mar 31 | 6:45–9:15 pm**

**#108b: 6 Tuesdays, Apr 28–June 2 | 6:45–9:15 pm**

**\$179 | SHS 1012**

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

## Learn to Draw Anime

### Characters & Cartoons [age 15+]

Learn how to use anime-specific techniques to create original and authentic looking characters. We'll focus on character design for basic, popular types such as girls and boys in typical Japanese school uniforms, Magical Characters, "Bad Guys," Chibis (awesomely cute characters!), magical animals and creatures in the Kawaii genre. You'll also learn a few, simple layout and design techniques to frame your character drawings.

**6 Thursdays, Feb 27–Apr 16 | 4:00–5:30 pm**

**(no class on 3/19 or 4/9)**

**#113 | \$109 | SHS 1010**

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

## Photography with your DSLR: Basic Digital Camera Operation

This class will help you understand the operating fundamentals of your DSLR camera. Learn about the terminology of the camera's functions, with explanations on the choices for different situations so that you'll capture great photographic moments. Whether you are interested in photographing your friends and family, nature, landscapes or sports, this course will certainly help you. Bring your camera and manual.

**#109 | 6 Wednesdays, Feb 26–Apr 1 | 7:00–9:00 pm**  
**#110 | 6 Wednesdays, Apr 22–May 27 | 7:00–9:00 pm**  
**\$125 | SHS 1054**

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

## Photoshop

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

**5 Thursdays, Feb 27–Mar 26 | 7:00–9:00 pm**  
**#111 | \$159 | SHS 2034**

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

## Intermediate / Advanced Photoshop

If you know your way around Photoshop, maybe it's time to go a little deeper. Explore the complexities of digital retouching, filtering and enhancing your photos. Learn how to eliminate scratches, blemishes and red eye; how to dodge, burn and adjust saturation levels; and how bitmapped images and pixels compare to halftone screening. We'll also cover backgrounds, cropping, gradations, silhouettes, and low key, mid key, and high key. Prerequisite: basic understanding of Photoshop. Bring a laptop loaded with Photoshop. [Taught by Craig Burry]

**5 Thursdays, Apr 23–May 21 | 7:00–9:00 pm**  
**#112 | \$159 | SHS 2034**

## Business | Tech

### Google Suite 2: Collaborate Online

The Google Suite of online tools can be a powerful tool, learn how to use these more effectively. Use Google Drive to store, sync and share files with ease; it's a powerful tool that allows you to keep all your work in one place, view different file formats without buying extra software and access your files from any device. Collaborate using Google Docs at the same time, in your browser. Write reports, create joint project proposals and keep track of meeting notes. In Google Sheets, learn to collaborate and handle task lists, create project plans and analyze data with charts and filters. In Slides, the Google version of "Powerpoint," create pitch decks, project presentations and training modules.

**2 Tuesdays, Feb 25 & Mar 3 | 6:30–8:30 pm**  
**#200 | \$55 | SHS 1051**

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

### MS Excel for Business

With more than one billion Microsoft Office users globally, Excel has become the professional standard in offices across the globe for pretty much anything that requires management of large amounts of data. For small business owners in particular, Excel offers tools that can benefit the bottom line: calculate, table, chart, and compare data; track, post, and record transactions; generate financial reports; and much more. Join our expert and discover the hidden capabilities in the world's most popular—but underutilized—desktop program. Bring your own device loaded with MS Excel. [Taught by Valentina Vallinotto]

**Thursdays, Feb 27 & Mar 5 | 6:30–8:30 pm**  
**#201 | \$55 | SHS 1034**

### Grant Writing

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

**Wednesdays, May 6, 13, and 20 | 6:00–8:00 pm**  
**#202 | \$89 | SHS 1036**

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

## Graphic Design Fundamentals

Design and branding matter more now than ever. This introductory class is perfect for business owners, entrepreneurs, those thinking about starting a business and anyone who would benefit from basic graphic design knowledge to help with marketing for print and on the web. Learn the fundamental principles of graphic design, including the design process, typography, terminology and how to use layout, imagery, color and type to communicate effectively. Tackle the "Creative Cloud," including Adobe InDesign, Illustrator, and Photoshop, and explore affordable alternatives that are available. Lastly, apply these principles and technologies to help you create a brand identity, designing for print publications, advertisements, websites, social media and more.

**#203a: 6 Tuesdays, Feb 25–Mar 31 | 7:00–8:30 pm**

**#203b: 6 Tuesdays, Apr 21–May 26 | 7:00–8:30 pm**  
**\$169 | SHS 1029**

*Rebecca Tudor has been working as a professional graphic designer for 10 years, in an in-house marketing environment, and as the owner Tudor Graphic Design. She specializes in corporate branding and event marketing.*

## Social Media for Business

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

**3 Tuesdays, Feb 25–Mar 10 | 7:00–9:00 pm**

**#204 | \$49 | SHS 1049**

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

## Cards | Games

### Canasta for Beginners\*

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

**4 Wednesdays | Feb 5–Mar 4 | 7:00–9:00 pm**

**(no class 2/19)**

**#302 | \$85 | SHS Library**

**REGISTER | online** westportcontinuinged.com | **phone** 203.341.1209 | **in person** Staples High School 1040

## Beginner Bridge

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

**6 Wednesdays | Feb 26–Apr 1 | 7:00–9:00 pm**

**7 Wednesdays, Apr 22 - June 3 | 7:00–9:00 pm**

**#303 | \$125**

**| SHS 1051**

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

## Advanced Beginner / Intermediate Bridge

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

**7 Thursdays, April 23–June 4 | 7:00–9:00 pm**

**#304 | \$149 | SHS 1051**

## 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. [Taught by Jackie Fuchs]

**6 Thursdays | Feb 27–Apr 2 | 7:00–9:00 pm**

**#305 | \$125 | SHS 1051**

## Bridge for Beginners

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

**#306a: 8 Mondays, Jan 27–Mar 23 | 4:00–5:30 pm**

**(no class 2/17)**

**#306b: 8 Mondays, Apr 13–June 8 | 4:00–5:30 pm**

**(no class 5/25) | \$125 | SHS 2034**

*Mike Hess has been mentoring and teaching bridge for over 30 years. He is a Sapphire Life Master and has earned over 3,500 masterpoints. Mike has won pair and team events at the club, sectional, and regional levels, including the 2016 CT Unit 126 pairs title and the 2017 Flight A Grand National Teams for District 25. He was part of the New England team that won the Summer National Bridge Championships in Toronto in July 2017.*

# Adult Division: Cards | Games • Cooking

## Bridge for Advanced Beginners / Intermediates

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

**8 Thursdays | Jan 30–Mar 26 | 3:30–5:30 pm (no class 2/20)**  
**8 Thursdays | Apr 16–June 4 | 3:30–5:30 pm**  
**#307 | \$169 | SHS 2034**

## Mah Jongg for True Beginners

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

**6 Wednesdays | Apr 22–May 27 | 7:00–9:00 pm**  
**(no class Nov 27) #300a | \$135 | SHS Library**

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

**6 Mondays | Feb 24–Apr 13 | 3:45–5:45 pm**  
**(no class 3/9 & 4/6)**  
**#300b | \$135 | SHS Library**

**6 Tuesdays | Feb 25–Apr 14 | 3:00–5:00 pm**  
**(no class 3/10 & 4/7)**  
**#300c | \$135 | SHS 2034**

**6 Mondays | Apr 13–May 18 | 3:45–5:45 pm**  
**#300d | \$125 | SHS Library**

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

## Mah Jongg: Open Play

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

**6 Tuesdays | Apr 14–May 19 | 3:00–5:00 pm**

**#301 | \$125 | SHS 2034**

## Cooking

### Fairfield Cheese Company: Cheese 101

Are you a cheese lover? Do you want to know more about it? Cheese 101 is the place to start. Sit and enjoy a plate of some of our best cheeses (with a little wine to wash it down, of course) as we get down to the basics. We'll guide you through a scrumptious tasting of fresh and bloomy cheeses, washed rind and aged, plus a variety of cow, sheep, and goat cheese, all while learning about cheese-making, storage, and serving. Leave with your new-found knowledge and order with confidence the next time you're at a cheese counter!

**1 Thursday, Mar 5 | 7:00–9:00 pm**  
**#305 | \$50 | Location: Fairfield Cheese Company,**  
**2090 Post Road, Fairfield, CT**

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

### Italian Cooking & Culture

**See page 13 for Simona's Italian language class!**

Join our Italian chef and learn the secrets of making delicious fresh pasta with a menu celebrating spring, Festa di Primavera – Menu Tradizionale. Learn to make Pappardelle alla carbonara di Asparagi, home-made pasta with an egg-based sauce "carbonara style", asparagus and prosciutto. For secondi, learn to make Costolette di agnello con carciofi, lamb ribs with artichoke hearts. Finalmente, create a delicious dessert, Tiramisu alle fragole: ladyfingers dipped in strawberry sauce, layered with a cream and yogurt custard and strawberries. *Food fee of \$18 included.*

**1 Wednesday, Mar 4 | 7:00–9:00 pm**  
**#430 | \$70 | SHS Culinary Arts 184**

*A native of Rome, Simona Zanelli learned an eclectic mix of traditional and contemporary Italian cuisine from family members*

### SHS Culinary Classes Location

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

# Adult Division: Dance | Fitness | Wellness

*passionate about food made from fresh, high quality, and local ingredients.*

## Dance | Fitness | Wellness

### Adult Swimming: Beginners

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

**#500a: 6 Wednesdays, Feb 26–Apr 1 | 7:30–8:45 pm**

**#500b: 6 Wednesdays, Apr 22–May 27 | 7:30–8:45 pm**

**6 sessions | \$135**

**SHS Pool, Athletic Complex North Entrance**

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

### Adult Swimming: Intermediate to Advanced

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

**#501a: Thursdays, Feb 27–Apr 2 | 7:30–8:45 pm**

**#501b: Thursdays, Apr 23–May 28 | 7:30–8:45 pm**

**6 sessions | \$135 | SHS Pool**

### Badminton

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

**10 Wednesdays, Mar 25–June 3 | 7:30–9:30 pm**

**(no class April 8)**

**#502 | \$129 | SHS Gym**

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

### Ballroom Dancing

Ballroom dancing can take time and practice, but it's easy for most people to learn! Dance with the experts, learning the basic moves and then graduating to the various styles of ballroom dancing. You'll be surprised how quickly you can move your feet through many different ballroom dance styles! *Couples and singles welcome. Smooth soled shoes recommended.*

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

**#503a: 6 Tuesdays, Feb 25–Mar 31 | 7:00–7:45 pm**

**#503b: 6 Tuesdays, Apr 21–May 26 | 7:00–7:45 pm**

**\$95 | Location: St. Francis of Assisi Church,  
35 Norfield Road, Weston**

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

**#504c: 6 Tuesdays, Feb 25–Mar 31 | 7:45–8:30 pm**

**#504d: 6 Tuesdays, Apr 21–May 26 | 7:45–8:30 pm**

**\$95 | Location: St. Francis of Assisi Church,  
35 Norfield Road, Weston**

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

### Beat Fatigue and Energize Your Life

Are you having trouble juggling priorities between your business and personal life? This can lead to confusion, stress and perhaps an unforeseen crisis in your relationships, health or finances. When you feel stuck, it's difficult to see the positive opportunities that may lie ahead. When you understand the symptoms of fatigue, and how to overcome these challenges, you can live your life with enthusiasm, becoming empowered and resourceful. Learn to be your coach, and develop unshakable confidence and a massive dose of self-esteem.

**2 Wednesdays, February 5 & 12 | 6:30–8:00 pm**

**#517 | \$45 | SHS 1049**

*Tom Scally, a performance consultant, created a program using systematic and holistic approaches to improve one's health and*

# Adult Division: Dance | Fitness | Wellness

enable you to embrace your happiness. Visit [www.tomscally.com](http://www.tomscally.com)

## Being on Time, Getting Things Done

Do you often rush and still arrive to appointments late and frazzled? Do you have a long to do list but don't get that much done? Do you often miss important deadlines? In our personal and business lives there is much to do, many places to go, many people to see. How do you fit it all in? Learn strategies for how to arrive on time, focus on your priorities, handle email, paperwork and work more efficiently, and stay organized throughout your day.

**Thursday, March 26 | 7:00–9:00 pm**  
**#516 | \$35 | SHS 1047**

*Susan Lovallo is a 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.*

## Dancing to the Sounds of the 60s

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

**3 Thursdays, February 27–March 12 | 7:00–8:30 pm**  
**#505 | \$65 | SHS Library**

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

## Feldenkrais: Choose the Way you Move!

Everyone has movement habits as unique as their fingerprint, but moving with the same unconscious biases over a lifetime not only limits your range of movement, it puts stress on particular muscles and joints. Neither an exercise nor a meditation, Feldenkrais lessons introduce you to gentle movement sequences based on biomechanics and human development which are also internationally recognized and evidence-based. Choosing the way you move not only alleviates pain and reduces stress, but improves your own capabilities. Classes are on the floor. Please wear clothing you can move in.

**#506a: 6 Wednesdays, Feb 26–Apr 1 | 5:00–6:00 pm**  
**#506b: 6 Wednesdays, Apr 22–May 27 | 6:00–7:00 pm**  
**\$85 | SHS Library**

*Wendy was born in Zimbabwe and met her American husband while he was on a motorcycle trip through Africa. She published a memoir about growing up in Africa and loves painting, cooking, and gardening. Feldenkrais is the culmination of a lifelong interest in mindfulness and somatic education.*

## Ayurvedic Antidotes for Healthy Travel

Ayurvedic theory may appear complex, but its medicine originates from a very practical science. This workshop will provide a deeper understanding of why travel can impact health negatively and how routines that are followed prior and during travel can offset illness from travel. Create a toolbox complete with Ayurvedic antidotes for common imbalances experienced during travel. Some of the symptoms we will be addressing include: gas, bloating, dry eyes, nausea and insomnia. Some knowledge of the Doshas, Vata, Pitta and Kapha will be helpful but not required for this class.

**Tuesday, Mar 3 | 7:00–8:30 pm**  
**#507 | \$29 | SHS 1047**

*Samantha Parker is board certified by the National Ayurvedic Medical Association. Her Ayurvedic practice encompasses whole body with a focus on gut health. Learn more at [www.anjali.life](http://www.anjali.life).*

## The Healing Power of Ayurveda

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

**3 Mondays, Apr 27–May 11 | 7:00–8:30 pm**  
**#508 | \$65 | SHS Culinary Arts 183 & 184**  
**See page 8 for directions to Culinary Classes.**

## Mindful Yoga

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

**#509a: 6 Thursdays, Feb 27–Apr 16 | 5:30–6:45 pm**  
**(no class on 3/19)**  
**#509b: 6 Thursdays, Apr 23–May 28 | 5:30–6:45 pm**  
**\$145 | Location: Westport Senior Center, 21 Imperial Avenue**

*Sandy Adamczyk has studied yoga for over 35 years and teaches*

# Adult Division: Fitness | Wellness • Home | Garden

throughout Connecticut. She offers alternative yoga positions to accommodate all students.

## Mindfulness: Meditation as Medication

According to the American Academy of Family Physicians, "80% of visits to the family doctor are for stress related complaints." Studies show that "mindfulness meditation" is a powerful and effective therapeutic tool in reducing stress and maintaining mind-body health. Learn to build resiliency and connect with your source of inner strength and healing. Mindfulness is an important and effective therapy for pain, stress, and disease and promotes authentic healing as part of a "whole person" treatment plan. Through mindfulness and self-directed neuroplasticity, you can train your mind, change your brain and heal your whole being.

**2 Tuesdays, March 3 & 10 | 7:00–9:00 pm**  
**#510 | \$49 | SHS 1047**

*Dr. Epstein is a naturopathic physician, mind-body therapist, mindfulness meditation teacher, speaker and author, specializing in treating people with trauma and stress related disorders.*

## Outsmarting Osteoporosis

Worldwide, it is estimated that one in three women over age 50, and one in five men, will experience falls and resulting bone fractures due to osteoporosis. Join veteran personal fitness trainer Linda Gottlieb for a one night introduction to safe exercises including muscle strengthening and balance and fall prevention, to decrease your risk or minimize the impact of osteopenia/osteoporosis. Participants are asked to bring light hand weights (1, 2 or 3 pounds) or resistance bands. It is recommended that you consult your doctor before starting any exercise program for osteoporosis.

**1 Wednesday, Apr 22 | 6:00–8:00 pm**  
**#511 | \$35 | SHS 1047**

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

## Pickleball

Combining elements of tennis, badminton, and ping-pong, pickleball is a paddle sport designed for all ages and skill levels. The rules are simple, it's easy to learn and fun to play. After mastering the basics, pickleball develops into a fast-paced, competitive game for doubles or single players. This class will focus on skills for beginners; strategy tips, gentle coaching, and open play for intermediate players. [Instructor TBD]

**8 Mondays, Mar 23–May 18 | 6:30–8:00 pm (no class 4/6)**  
**#513a: Beginners | #513b: Open Play**  
**\$115 | SHS Fieldhouse**

## Stretching for Body Stiffness, Aches and Pains

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

**1 Wednesday, Apr 15 | 6:00–8:00 pm**  
**#514 | \$35 | SHS 1047**

## Tai Chi for Beginners

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

**10 Mondays, Feb 24–May 4 | 4:30–6:00 pm (no class 4/6)**  
**#515 | \$215 | SHS 2nd Floor Mezzanine**

*Louise Flax has been studying and teaching tai chi and qigong for over 20 years. Visit [www.waterwheeltaichi.com](http://www.waterwheeltaichi.com).*

## Home | Garden

### Beekeeping 101: A Beekeeping Workshop

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

**#130: Saturday, February 15 | 1:00–3:00 pm**  
**\$35 | Location: Red Bee Honey Barn, Weston; directions will**

# Adult Division: Home | Garden • Languages

be emailed prior to class.

*Marina Marchese is the beekeeper behind Red Bee Honey and the founder of the American Honey Tasting Society. Visit [www.redbee.com](http://www.redbee.com).*

## Designing a Meadow for Pollinators

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

**1 Thursday, Apr 23 | 7:00-8:30 pm**  
**270 | \$30 | SHS 1034**

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

## Feng Shui

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

**1 Tuesday, March 3 | 7:00-9:00 pm**  
**263 | \$35 | SHS 1036**

*Renata Senatore is the owner of the interior design consulting firm Ambiance by Renata LLC. She received her feng shui studies certification from the Metropolitan Institute of Design.*

## How to Get Your Home Sold: The Real Deal

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

be discussed.

**1 Monday, Mar 9 | 6:30-8:30 pm**  
**#117 | \$35 | SHS 1034**

## Languages

*There may be additional fees for language texts and materials.*

### American Sign Language

This class is geared towards individuals who have either completed the ASL Beginner class and/or individuals who have some fundamental ASL knowledge, but are not quite comfortable attending a fast paced class primarily in ASL. Continue to learn and practice the movements and gestures of the hands and face that represent the language of ASL. Explore the culture of ASL and its grammar, history, terminology and other unique characteristics. You'll learn enough to be proficient in basic sign language conversation, and you'll have lots of fun doing it.

**8 Wednesdays, Feb 26-Apr 22 | 6:00-8:00 pm (no class 4/8)**  
**#817 | \$179 | SHS 1036**

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

### Basic Conversational Spanish

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

**10 Thursdays, Feb 27-May 7 | 7:00-8:30 pm (no class 4/9)**  
**#967 | \$159 | SHS 1036**

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

### Conversational German

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

# Adult Division: Languages • Personal Finance

by Robert Kibel]

**10 Mondays, Feb 24–May 4 | 7:00–8:30 pm (no class 4/6)**  
**#163 | \$159 | SHS 1036**

## Italian for Beginners

Travelers, tourists, and others who need a basic understanding of Italian will learn pronunciation, typical greetings, and dialogue helpful for casual and basic conversation. Enjoy learning about Italian culture while you learn to speak simple phrases in Italian. Both new students and students who have some knowledge of Italian are welcome.

**8 Thursdays, Feb 27–Apr 30 | 4:30–6:30 pm**  
**(no class 4/6 & 4/16)**  
**#160 | \$205 | SHS 1047**

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

## Intermediate Italian

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

**8 Thursdays, Feb 27–Apr 30 | 7:00–9:00 pm**  
**(no class 4/6 & 4/16)**  
**153 | \$205 | SHS 1047**

**Join Simona Zanelli for Italian Cooking & Culture; see page 8 for more information.**

## Personal Finance

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

### Estate Planning

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

**3 Thursdays, Apr 16–30 | 6:30–8:30 pm**

**#650 | \$75 | SHS 1051**

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

### Fiscal Fitness

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

**2 Wednesdays, Mar 25 & Apr 1 | 7:00 pm–8:30 pm**  
**#651 | \$39 | SHS 1047**

### Fundamentals of Investing

Understand the meaning of cash equivalents, stocks, bonds, mutual funds, and annuities, and how each category can work for you. This is an excellent class for those who are interested in learning simple strategies they can use for a lifetime of investing. [Taught by Brenda Catugno]

**2 Mondays, Apr 13 & 20 | 6:30–8:30 pm**  
**#652 | \$49 | SHS 1047**

*Brenda Catugno, ChFC®, CDFATM, CASL®, is president at BPC, LLC, in Fairfield. She specializes in financial planning, portfolio management, divorce financial analysis, and creating individual action plans that meet her clients' financial needs.*

### Medicare & More

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

**#653a: Tuesday, March 24 | 6:30–8:00 pm**  
**#653b: Wednesday, May 20 | 6:30–8:00 pm**

# Adult Division: Languages • Pets

**\$29 | SHS 1049**

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

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

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

**2 Wednesdays, Mar 18 & 25 | 6:30–8:30 pm  
#654 | \$49 | SHS 1036**

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

## **Pets**

### **Dog Obedience**

For dogs at least 4 months old, this class will teach you to train your dog to be a well-mannered and obedient pet. Topics will include understanding your dog, communicating effectively, basic obedience commands, leash walking, and behavior modification. Plus, you'll learn strategies to effectively address problems like digging, jumping, chewing, barking, and more. Your dog must be collared, with a 6-foot leash. *This class is limited to 8. Please note that the first session is an orientation without dogs.*



## **Give the Gift of Learning!**

### **Gift Certificates**

For holidays, birthdays and other special occasions, consider a gift certificate for workshops or classes at Westport Continuing Education.

Because learning never stops!

**Call (203) 341-1209** for information.

## **Westport Center for Senior Activities**

Westport Continuing Education partners with the Westport Center for Senior Activities to offer **Mindful Yoga** on Thursday evenings. The Westport Center for Senior Activities also offers programs to Westport seniors 60+ years of age. Out-of-town residents are welcome to register one week after the Westport resident registration date. Most classes require pre-registration and payment and will be filled on a first-come-first-serve basis. You may also access the Center's quarterly calendar on the town's website, [www.westportct.gov/seniorcenter](http://www.westportct.gov/seniorcenter). Call (203) 341-5099 for information.

Center hours:

**Monday–Friday: 7:30 am–4:30 pm | Thursday: 7:30 am–7:00 pm | Saturday: 8:30 am–3:00 pm**

Some of the courses, programs, services, and workshops offered at the Center include:

**Computer Classes • Movie With Dinner, Saturday Lunch + Learn Days • Writing Workshops • Mind-Body-Spirit • Health + Healing • Culinary Classes • Foreign Language • Sculpture • Beading • Stained Glass • Drawing • Watercolor • Fitness Center • Strength Training • Balance Class • Aerobic Chair • Support Groups • Blood Pressure + Hearing Screenings • and much more!**

## Continuing Education Courses

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

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



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

**For more information about these and other programs:**

**Visit [www.StamfordAdultEd.Org](http://www.StamfordAdultEd.Org)**

**Call 203-977-4209 or Email [AdultEd@StamfordCT.Gov](mailto:AdultEd@StamfordCT.Gov)**



## Take Classes Online and Learn On Your Own Time

*Westport Continuing Education has partnered with ed2go to offer a wide range of interactive, online courses.*

Affordable, fun, fast, and convenient, all classes are taught by expert instructors. And because you set the pace, you can ask questions and give or receive advice at any time during the course. Upon successful completion of the course, you will be able to download a certificate of completion. Browse through hundreds of courses on a wide variety of topics; new classes are added frequently.

**To register, go to [www.westportcontinuinged.com](http://www.westportcontinuinged.com) and click on the ed2go link.**

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**Information Technology**

**Language**

**Law + Legal**

**Math + Science**

**Personal Development**

**Teaching + Education**

**Writing + Publishing**

# Weekly Calendar: Kids Division K-5

## coleytown [CES]

7 Wednesdays, Feb 26-Apr 22 | 6:30-7:30 pm

### Monday

Bricks 4 Kidz®: Life Science [K-3]

1/27-3/30.....24  
Heather Witt, owner of the Complete Canine Company, introduced Bricks 4 Kidz® to her daughter, and began her dog training business in 1988.

Bricks 4 Kidz®: Life Science [K-3]

1/27-3/30.....24

Overtime Athletics: Sports Variety

[K-5] 4/20-6/1 ..... 23

### Tuesday

Citizen Invention: Creative

Robotics [1-4] 1/28-3/24 ..... 24

Citizen Invention: Video Game

Design [1-4] 4/21-6/2.....24

iCook After School [3-5]

1/28-3/24.....22

Kempo Karate [K-5]

4/21-6/7.....23

### Wednesday

BringtheHoopla: Happy Hoopin'

[K-5] 1/29-3/11 ..... 26

Hobby Quest: Airplane Captains

[K-3] 1/29-3/25 ..... 25

Hobby Quest: Fashion Denim

Dreams [3-5] 4/22-6/10 ..... 21

### Thursday

Chess Club [1-5]

1/30-3/12 & 4/23-5/28 ..... 25

Kempo Karate [K-5]

1/30-4/2.....23

Mad Science: Lab Masters [1-4]

1/30-3/26.....25

Story Crafting: Create Your Own

Tales [3-5] 1/30-3/12 ..... 22

### Friday

Art Exploration [K-3]

1/31-3/27 & 4/24-6/5 ..... 20

Mad Science: Science Wonders

[1-4] 4/24-6/5.....25

Overtime Athletics: Sports Variety

[K-5] 1/31-4/3 ..... 23

## greens farms [GFS]

### Monday

BringtheHoopla: Happy Hoopin'

[K-5] 1/27-3/9.....26

Citizen Invention: Creative

Robotics [1-4] 1/27-3/23 ..... 24

Citizen Invention: Video Game

Design [1-4] 4/20-6/8.....24

Overtime Athletics: Scooter Dash

[K-5] 3/23-5/18 ..... 23

Tennis [1-5] 1/6-2/10 & 3/2-4/20

& 4/27-6/1 ..... 19

### Tuesday

Create-a-Comic [2-5]

3/31-5/12.....21

Hobby Quest: Fashion Denim

Dreams [3-5] 1/28-3/24 ..... 21

iCook After School [3-5]

1/28-3/24.....22

Mad Science: Lab Masters [1-4]

1/28-3/24.....25

Overtime Athletics: Sports Variety

[K-5] 1/28-3/24 ..... 23

### Wednesday

Arts for Learning CT: Young at

Art® [K-2] 4/22-6/3 ..... 20

Story Crafting: Create Your Own

Tales [3-5] 1/29-3/11 ..... 22

Mad Science: Science Wonders

[1-4] 4/22-6/3.....25

TheaterCamp 4 Kids! [2-5]

3/26-6/4.....26

### Thursday

PM/PE [1-5] 1/9-2/13

& 3/19-5/7 ..... 20

MoCA of Westport [1-5]

1/30-3/12.....21

Story Crafting: Create Your Own

Tales [3-5] 4/23-5/28 ..... 22

### Friday

Chess Club [grades 1-5]

1/31-3/13 & 4/24-5/29 ..... 25

Pen\*Stars [K-4] 1/31-3/13

& 4/24-5/29 ..... 22

## kings highway [KHS]

### Monday

PM/PE [1-5] 1/13-3/9

& 3/23-5/18 ..... 20

Magic Club [K-5]

1/27-4/13.....26

Mad Science: Science Wonders

[1-4] 4/20-6/8.....25

### Tuesday

Arts for Learning CT: Young

at Art® [K-2] 4/21-6/2 ..... 20

Chess Club [1-5]

1/28-3/10 & 4/21-5/26 ..... 25

Create-a-Comic [2-5]

1/28-3/10.....21

Kempo Karate [K-5]

1/28-3/24.....23

Mad Science: Lab Masters [1-4]

1/29-3/25.....25

### Wednesday

MoCA of Westport: Meet the

Abstract Masters [1-5]

1/29-3/11.....21

Story Crafting: [3-5]

4/22-5/27.....22

World Champion Taekwondo [K-5]

1/29-3/11 & 4/22-5/27 ..... 24

### Thursday

PM/PE + Homework Time [2-5]

1/9-3/12 & 3/26-5/28 ..... 20

Citizen Invention Creative

Robotics [1-4] 1/30-3/26 ..... 24

Citizen Invention Video Game

Design [1-4] 4/23-6/4.....24

Hobby Quest: Fashion Denim

Dreams [3-5] 4/23-6/11 ..... 21

### Friday

Bricks 4 Kidz®: Factory Fun

[K-3] 1/31-4/3 ..... 24

Bricks 4 Kidz®: Life Science

[K-3] 4/24-5/29 ..... 24

iCook After School [3-5]

1/31-3/27.....22

Kempo Karate [K-5]

4/24-6/5.....23

## long lots [LLS]

### Monday

Chess Club [1–5]	
1/27–3/9 & 4/20–6/11 .....	25
Hobby Quest: Airplane Captains	
1/27–3/23.....	25
Kempo Karate [K–5]	
1/27–3/23.....	23

### Tuesday

Mad Science: Science Wonders	
[1–4] 4/21–6/2.....	25
The Wonderful World of Theater	
[K–2] 4/14–6/3 .....	26

### Wednesday

iCook After School [3–5]	
1/29–4/1 .....	22
Kempo Karate [K–5]	
4/22–6/3.....	23
Citizen Invention: Creative	
Robotics [1–4] 1/29–3/25 .....	24
Citizen Invention Video Game	
Design [1–4] 4/22–6/3.....	24

### Thursday

Bricks 4 Kidz®: Factory Fun	
[K–3] 1/30–4/2 .....	24
Bricks 4 Kidz®: Life Science	
[K–3] 4/23–5/28 .....	24
Magic Club 1/23–4/16 .....	26
Tennis [K] 1/9–2/13 & 3/5–4/23	
& 4/30–6/4 .....	19

### Friday

Arts for Learning CT:	
Young at Art® [K–2]	
1/31–4/3 .....	20
Mad Science: Lab Masters [1–4]	
1/31–3/27.....	25

## saugatuck [SES]

### Monday

Hobby Quest: Airplane Captains	
[K–3] 4/20–6/15 .....	25
iCook After School [3–5]	
1/27–3/23.....	22
Mad Science: Lab Masters [1–4]	
1/27–3/23.....	25
World Champion Taekwondo	
[K–5] 1/27–3/9 & 4/20–6/1 .....	24

### Tuesday

PM/PE + Homework Time [2–5]	
1/14–3/10.....	20
MoCA of Westport [1–5]	
1/28–3/10.....	21
TheaterCamp 4 Kids! [2–5]	
3/24–6/2.....	26

### Wednesday

Chess Club [1–5]	
1/29–3/11 & 4/22–5/27 .....	25
Tennis [1–5] 1/8–2/12, 3/2–4/22	
& 4/29–6/3 .....	19

### Thursday

Kempo Karate [K–5]	
4/23–6/4.....	23
Mad Science: Science Wonders	
[1–4] 4/23–6/4.....	25
One River School: Art Shuffle [K–2]	
1/30–3/12.....	21
Overtime Athletics: Sports Variety	
[K–5] 1/30–4/2 .....	23

### Friday

Citizen Invention Creative	
Robotics [1–4] 1/31–3/20 .....	24
Citizen Invention: Video Game	
Design [1–4] 4/24–6/5.....	24
Hobby Quest: Fashion Denim	
Dreams [3–5] 1/31–4/3 .....	21
Kempo Karate [K–5]	
1/31–3/27.....	23
One River School: Art Shuffle	
[3–5] 4/24–6/5.....	21
Overtime Athletics: Scooter Dash	
[K–5] 3/27–5/22 .....	23

## Important Information

### After School Dismissal

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

### Cancellation & Refund Policies

See page 30.

### Class Schedules

**Classes follow the Westport Public School calendar.** Please check individual classes for dates when classes do not meet.

### Late Pick-Up Fees

Please be prompt picking up your child, our instructors have other commitments! Late pick-ups will be invoiced, on a per child basis.

**\$10 for 5 minutes;**  
**\$20 for each 15-minute increment thereafter.**

### Weather & School Closings

Westport Continuing Education follows the Westport Public Schools declaration of closures for inclement weather or another emergency. See page 30 for more information.

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

# February Vacation FUN! Tues, Feb. 18–Fri, Feb. 21 | K–12

See page 32 for April Vacation FUN!

## @Greens Farms School, 17 Morningside Drive South, Westport

### Bricks 4 Kidz®: LEGO® Jurassic Brick Land [grades K–3]

Are you ready for an adventure? Learn about the amazing dinosaurs that lived during the Jurassic Period. Build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T.Rex, and more. Discover more about other extinct, prehistoric animals that roamed the earth. Show us your building skills using our specialized project kits and come to learn, build and play!

#### Tuesday–Friday, February 18–21

**All-Day: #275a \$300 8:30 am–3:00 pm**  
**AM: #275b \$160 8:30 am–11:30 am**  
**PM: #275c \$160 12:00 pm–3:00 pm**

### Game Time Camp [grades K–5]

Staffed by teachers from Westport Public Schools, Game Time is the perfect chance to get out those cabin-fever blues with activities in a safe, structured environment. Join us for all of your favorite gym sports and games, plus a chance to exercise your brain with board games, giant Jenga, and more!

**GFS Gym** with Jennifer Mittenness & Christie Lombardi

#### Tuesday–Friday, February 18–21

**All-Day: #276a \$159 8:15 am–3:15 pm**  
**AM: #276b \$85 8:15 am–11:30 am**  
**PM: #276c \$85 12:00 pm–3:15 pm**

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

## @Staples High School, 70 North Ave, Westport

### American Red Cross Babysitters Certification [ages 11–15]

Earn your Red Cross Babysitters Certification in one day! Learn the skills you need to be a safe and responsible babysitter: how to care for children and infants, be a good leader and role model, make good decisions, solve problems, and handle injuries, illnesses, and other household emergencies. Please bring a nut-free lunch, there will be a 1/2 hour break for lunch.

[Taught by Nicole Jezairian, a Red Cross-certified teacher] See page 27 for additional classes.

**Tuesday, February 18 | 9:00 am–3:30 pm | #278 | \$160 | SHS 1036**

### Happy Trees! Bob Ross Painting [ages 14 +]

Bob Ross, the famous PBS TV host of “The Joy of Painting”, is a legend. Learn his wet-on-wet technique with a certified Bob Ross Instructor! Students are given all the materials needed, including the use of Bob Ross certified brushes and quick-drying oil paints. Learn how to apply several layers of paint to the canvas while still wet, and walk away with a completed painting in one day! All Bob Ross certified materials are included. Sign-up early, there is a limited # of students!

**Thursday, Feb 20 | 9:00–12:00 pm | #277 | \$79 | SHS 1004**

*Denise Cirillo-Romaniello is a certified Bob Ross Instructor trained in the Wet-on-Wet Technique®. These training classes concentrate exclusively on the development of painting and teaching skills.*

## @Kempo Academy Evolution, 374 Post Road East, Westport

### Kempo Camps [grades K–5]

Join Kempo for a great time with fun, Martial Arts-based activities while learning about strategy, teamwork and sportsmanship. Bring your friends for game favorites including Dodgeball, Ninja Hockey, Crab Soccer, Capture the flag, Light Saber Dueling and MORE. *No fighting or contact; students must submit a waiver, available on our website, prior to class. Wear comfortable clothes and gym shoes. Please make sure your child comes with a nut-free snack or lunch, and a water bottle.*

#### Tuesday–Friday, February 18–21

**All-Day: #279a \$209 8:15 am–3:15 pm**  
**AM: #279b \$109 8:15 am–11:30 am**  
**PM: #279c \$109 12:00 pm–3:15 pm**

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

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

## After School Tennis

### Tennis with Connie Goodman [grades K–8]

Respected and revered instructor Connie Goodman communicates her enthusiasm and love of tennis to students of all ages and skill levels. She frequently notes that “I really teach self-esteem and confidence. Tennis is just the vehicle.”

Using smaller QuickStart courts, smaller racquets, and low-compression balls for our younger, K–5 players, this tennis program has been a beloved Westport institution for over a decade. As your child learns to play tennis under the guidance of Connie Goodman and/or Professional Tennis Registry certified instructors, he or she will improve important physical skills like eye-hand coordination, agility, and fine and gross motor control. And, of course, we’ll cover the rules, ball handling, footwork, swing patterns, strokes, strategy, court etiquette, and more. These classes have a low student-to-pro ratio and your child will receive personalized attention and the opportunity to hit hundreds of balls. *Please bring a racquet; contact us if you have a question as to what racquet would be best for your child.*

### Tennis at Bedford Middle School [grades 1–8]

#### Location: Gym

#### 6 Fridays, January 10–February 14 | \$245

#565a: Grades 1–2	4:00–5:00 pm
#565b: Grades 3–5	5:00–6:00 pm
#565c: Grades 6–8	3:00–4:00 pm

#### 6 Fridays, March 6–24 (no class 3/20) | \$245

#565d: Grades 1–2	4:00–5:00 pm
#565e: Grades 3–5	5:00–6:00 pm
#565f: Grades 6–8	3:00–4:00 pm

#### 6 Fridays, May 1–June 5 | \$245

#565g: Grades 1–2	4:00–5:00 pm
#565h: Grades 3–5	5:00–6:00 pm
#565i: Grades 6–8	3:00–4:00 pm

### Tennis at Greens Farms School [grades 1–5]

#### Location: Gym

#### 5 Mondays, January 6–February 10 | \$210 [grades 1–5]

#566a: Grades 1–2	4:00–5:00 pm
#566b: Grades 3–5	5:00–6:00 pm

#### 7 Mondays, March 2–April 20 | \$280 [grades 1–5]

#566d: Grades 1–2	4:00–5:00 pm
#566e: Grades 3–5	5:00–6:00 pm

#### 5 Mondays, April 27–June 1 | \$210 [grades 1–5]

#566f: Grades 1–2	4:00–5:00 pm
#566h: Grades 3–5	5:00–6:00 pm

### Tennis at Long Lots School [Kindergarten]

#### Location: Gym

#### 6 Thursdays | \$245 | Kindergarten | 4:00–5:00 pm

#567a: January 9–February 13
#567b: March 5–April 23 (no class 3/19)
#567c: April 30–June 4

### Tennis at Saugatuck School [grades 1–5]

#### Location: Gym

#### 6 Wednesdays, January 8–February 12 | \$245

#568a: Grades 1–2	4:00–5:00 pm
#568b: Grades 3–5	5:00–6:00 pm

#### 6 Wednesdays, March 4–April 22 | \$245 (no class 3/18)

#568c: Grades 1–2	4:00–5:00 pm
#568d: Grades 3–5	5:00–6:00 pm

#### 6 Wednesdays, April 29–June 3 | \$245

#568e: Grades 1–2	4:00–5:00 pm
#568f: Grades 3–5	5:00–6:00 pm



## After School Clubs

### **PM/PE [grades 1-5]**

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

#### **Greens Farms School with Kelsey Hanley**

**GFS: #150a | \$139**

**6 Thursdays, Jan 9-Feb 13 | 3:15-5:00 pm**

**GFS: #150b | \$159**

**7 Thursdays, Mar 26-May 14 | 3:15-5:00 pm**

#### **Kings Highway School with Mike Quiricone**

**KHS: #150c | \$159**

**7 Mondays, Jan 13-Mar 9 | 3:15-5:00 pm**

**(no class 1/20 & 2/18)**

**KHS: #150d | \$179**

**8 Mondays, Mar 23-May 18 | 3:15-5:00 pm**

**(no class 4/6)**

### **PM/PE + Homework Time [grades 2-5]**

Our PM/PE + Homework Time (formerly Sports & Homework Club) is the perfect place to unwind after school. There's something for everyone. For kids, we offer all the sports and games you love during the school day. The atmosphere is non-competitive, your friends will be there, and best of all, you'll get some homework done!

#### **Kings Highway with Mike Quiricone**

**KHS: #151a | Jan 9-Mar 12 | 3:15-5:00pm (no class 2/20)**

**KHS: #151b | Mar 26-May 28 | 3:15-5:00pm (no class 4/9)**

**9 Thursdays: \$199**

#### **Saugatuck Elementary School with Jen Mitteness**

**SES: #151c | Jan 14-Mar 10 | 2:45-4:30 pm (no class 2/18)**

**8 Tuesdays: \$179**

## Arts

### **Art Exploration: Painting [grades K-3]**

Ready, set, paint! Brush, dabble, splatter, and smear with mediums from acrylics to watercolors across everything from canvas to rocks. Try your hand at creating with paint additives such as shaving cream, sand, glue and salt. Yup—salt! *Non-refundable materials fee of \$15 included.*

**CES: #152 | \$170**

**8 Fridays, Jan 31-Mar 27 | 3:20-4:50 pm**

**(no class 2/21 & 3/20)**

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

### **Art Exploration: Mixed Media [grades K-3]**

A perfect program for budding artists who enjoy making beautiful messes. Get ready to explore various art media and combine them in new and experimental ways. Cut, glue, sculpt, paint, and bedazzle your way through 2D and 3D projects. *Non-refundable materials fee of \$10 included.* [Taught by Jennifer Pagan]

**CES: #153 | \$150**

**7 Fridays, Apr 24-June 5 | 3:20-4:50 pm**

### **Arts for Learning CT: Young at Art® [grades K-2]**

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

**GFS: #154b | \$175**

**7 Wednesdays, Apr 22-June 3 | 3:20-4:20 pm**

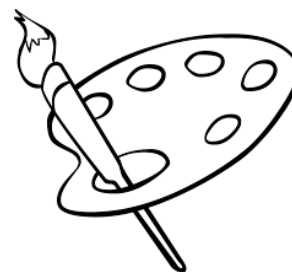
**KHS: #154c | \$175**

**7 Tuesdays, Apr 21-June 2 | 3:20-4:20 pm**

**LLS: #154a | \$199**

**8 Fridays, Jan 31-Apr 3 | 3:20-4:20 pm**

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



## Create-a-Comic [grades 2-5]

Let your imagination guide the way to make your ideas into super fun comics. Learn the skills and techniques to develop your own cartooning style. Craft a spellbinding storyline and then add your characters and captions, finishing with ink or color for your very own one-page comic strip. Do it again and again; you supply the imagination, we'll supply the paper and pencils.

**6 sessions | \$135**

**KHS: #156a | Tuesdays, Jan 28-Mar 10 | 3:20-4:35 pm**  
(no class 2/18)

**GFS: #156b | Tuesdays, Mar 31-May 12 | 3:20-4:35 pm**  
(no class 4/7)

*Margie Stokley-Bronz is a playwright, actress and filmmaker. She founded "Give it a Go!" in Fairfield, where adults and kids have a chance to train as artists, singers, actors, and writers. Visit [www.giveitagooct.com](http://www.giveitagooct.com).*

## Hobby Quest: Fashion Denim Dreams [grades 3-5]

We're crazy about denim, the most versatile fabric out there! Learn how to design and hand-sew your own denim vest that you can wear alone or with other pieces. You'll make cute coordinating clothing and fun accessories, too. From sketching to altering to decorating, you'll be guided through the design process. We'll even have a runway show at the end of the session to model your creations for family and friends! No experience necessary. [Taught by a Hobby Quest educator]

**8 sessions | \$210**

**CES: #157c | Wednesdays, Apr 22-June 10 | 3:20-4:20 pm**

**GFS: #157a | Tuesdays, Jan 28-Mar 24 | 3:20-4:20 pm**  
(no class 2/18)

**KHS: #157d | Thursdays, Apr 23-June 11 | 3:20-4:20 pm**

**SES: #157b | Fridays, Jan 31-Apr 3 | 2:50-3:50 pm**  
(no class 2/21 & 3/20)

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

## MoCA of Westport:

### Meet the Abstract Masters [grades 1-5]

In this class students will learn about the wonderful world of abstract art. Abstract art as a whole developed in the latter part of the 19<sup>th</sup> century as part of the modern art movement and came in full storm! Students will be fascinated by working on pieces inspired by the great abstract masters such as Alexander Calder, Helen Frankenthaler, and many more. [Taught by a MoCA educator]

**6 sessions | \$210**

**GFS: #158a | Thursdays, Jan 30-Mar 12 | 3:20-4:50 pm**  
(no class 2/20)

**KHS #158b | Wednesdays, Jan 29-Mar 11 | 3:20-4:50 pm**  
(no class 2/19)

**SES: #158c | Tuesdays, Jan 28-Mar 10 | 2:50-4:20 pm**  
(no class 2/18)

## One River School: Art Shuffle [grades K-2 & 3-5]

**K-2:** Young artists engage in art making through creative projects that stimulate imagination and help develop important art techniques and skills. Students learn drawing, painting and sculpture through subject matter that is fun and engaging.

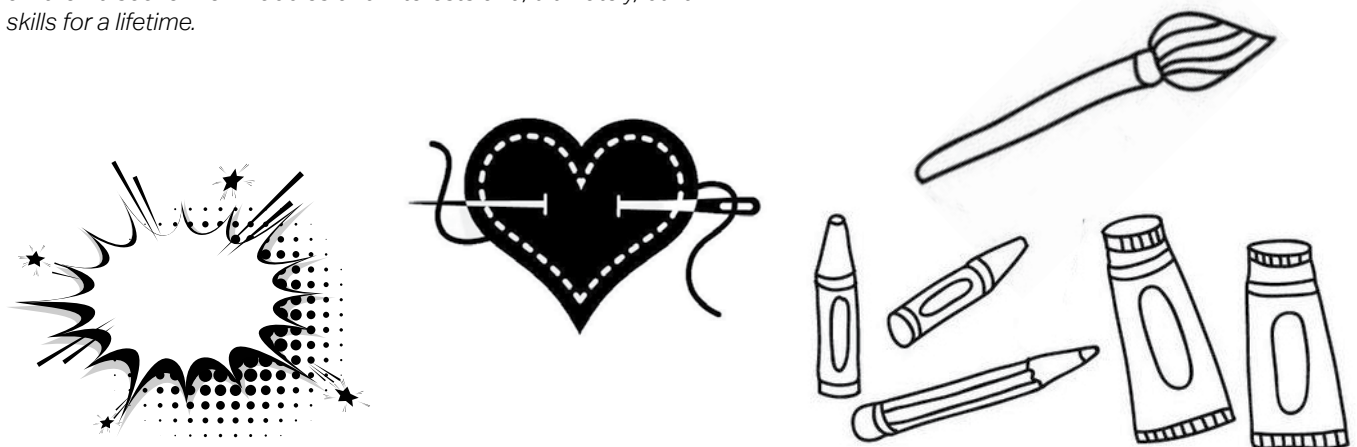
**3-5:** Students engage in drawing, painting and sculpture through creative projects that stimulate imagination and help develop important techniques and observational skills. Diverse projects draw on examples from the most important artists from the contemporary art world. [Taught by a One River School educator]

**6 sessions | \$220**

**SES [K-2]: #159a | Thurs, Jan 30-Mar 12 | 2:50-3:50 pm**  
(no class 2/20)

**SES [3-5]: #159b | Fridays, Apr 24-May 29 | 2:50-3:50 pm**

*One River School of Art + Design was founded by Matt Ross in September of 2012 "one river" west of New York City to embark on a mission to transform art education in America. Today, our innovative program teaches thousands of students in twelve schools across six states.*



# Kids Division: K-5 Arts | Creativity • Cooking

## The Pen★Stars Creativity Club [grades K-4]

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

**6 sessions | \$195**

**GFS: #160a | Fridays, Jan 31–Mar 13 | 3:20–4:20 pm**

(no class 2/21)

**GFS: #160b | Fridays, Apr 24–May 29 | 3:20–4:20 pm**

(no class 2/21)

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

## Story Crafting:

### Create Your Own Tales [grades 3-5]

Bring to life your own imaginative world, while learning about what goes into creating the stories we love. Whether your story is set on the high seas, in the enchanted forests, or beyond the confines of the sky, create your world and its story through this course. By the end of this class, every student will have their very own story to take home with them, and to remind them of the joys of writing and creativity throughout their lives.

**6 sessions | \$109**

**CES: #161a | Thursdays, Jan 30–Mar 12 | 3:20–4:20 pm**

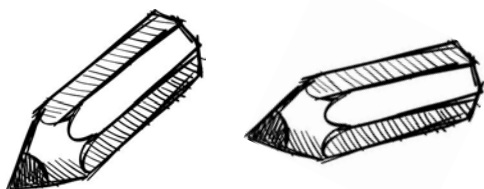
(no class 2/20)

**GFS: #161b | Wednesdays, Jan 29–Mar 11 | 3:20–4:20 pm (no class 2/19)**

**GFS: #161c | Thursdays, Apr 23–May 28 | 3:20–4:20 pm**

**KHS: #161d | Wednesdays, Apr 22–May 27 | 3:20–4:20 pm**

*Marc R. Lee is a writer, tutor, and professional editor who graduated from Fairfield University's MFA program with a Master's degree in Creative Writing. He has worked as an editor for the past five years and recently served for two years as the Editor-in-Chief for Causeway Literary.*



## Cooking

### iCook After School [grades 3-5]

iCook is a really fun, hands-on after-school cooking program for children. Our mission is simple: to help teach children to love everything about food - cooking, eating delicious and healthy dishes, and learning about world cuisine. During the winter session, our little chefs learn how to make healthy and delicious recipes using fresh ingredients. They'll explore international cuisine through virtual travels around the world. Chefs will master cooking safety, slicing, dicing, chopping, zesting and more!

**\*\*\* All classes will take place in the school kitchens supervised by a Chartwells staff member.**

**8 sessions | \$295**

**CES: #162a | Tues, Jan 28–Mar 24 | 3:20 - 4:20pm**

(no class 2/18)

**LLS: #162b | Wed, Jan 29–Apr 1 | 3:20 - 4:20pm**

(no class 2/19 & 3/18)

**GFS: #162c | Tues, Jan 28–Mar 24 | 3:20 - 4:20pm**

(no class 2/18)

**KHS: #162d | Fri, Jan 31–Mar 27 | 3:20 - 4:20pm**

(no class 2/21 & 3/20)

**SES: #162e | Mon, Jan 27–Mar 23 | 2:50 - 3:50pm**

(no class 2/17)

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

### Wakeman Town Farm:

#### International Cooking for Kids [grades 3-5]

Get your passports ready for a culinary trip around the world! Join Wakeman Town Farm Chef-Instructor-Nutritionist Annalyce Loretto in the commercial kitchen for a fun-filled international cooking adventure that focuses on flavors from around the globe. We'll make a variety of healthy yet delicious recipes and learn about their origins, including: Asian potstickers, Venezuelan arepas, Middle Eastern falafel and flat breads and American shortcakes with berries and homemade whipped cream...

**Fridays, Jan 31–Mar 20 | 4:00–5:30 pm (no class 2/14)**

**#163 | \$300 | Location: Wakeman Town Farm, 134 Cross Hwy**

### Wakeman Town Farm:

#### Cooking Around the Globe [grades 5-7]

See page 28.



## Fitness | Sports

### Badminton [grades 3-12]

This is badminton played as an Olympic sport, not a backyard game! From beginner to advanced junior player, take your badminton skills to the next level. Select participants may be invited to play in the Connecticut State Junior Badminton Tournament. *Sneakers and badminton racquet required; some racquets available to borrow.*

**#550 | \$129 | SHS Gym**

**10 Wednesdays, Mar 25-June 3 | 5:30-7:30 pm (no class 4/8)**

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

### **Coach Chris Fay, the Shot Doctor:**

#### **Westport AllStars Basketball**

#### **Spring Clinics [grades K-4, 5-12; boys & girls]**

Learn to play the right way! Tune up your game with shooting guru and ball handling wizard Coach Chris Fay. Featuring shooting, skills and drills, scrimmages, defense, strategy, and sportsmanship. You'll play on two full courts, six baskets, with lower hoops for our smaller ballers. Staff includes top area coaches.

**16 sessions, Tues & Thurs, Mar 24-May 21**

**(no class 4/7 & 9)**

**\$215 | SHS Gym**

**#551a: 5:30-6:30 pm [grades K-4]**

**#551b: 6:30-7:30 pm [grades 5-12]**

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

### **CT Juniors Volleyball**

See page 28.

### **Kempo Karate: Introduction to Martial Arts**

**[grades K-5]**

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

**8 sessions | \$130**

**CES: #552a | Thursdays, Jan 30-Apr 2 | 3:20-4:20 pm**

**(no class 2/20 & 3/19)**

### **Kempo cont'd**

**KHS: #552b | Tuesdays, Jan 28-Mar 24 | 3:20-4:20 pm (no class 2/18)**

**LLS: #552c | Mondays, Jan 27-Mar 23 | 3:20-4:20 pm (no class 2/17)**

**SES: #552d | Fridays, Jan 31-Apr 3 | 2:50-3:50 pm (no class 2/21 & 3/20)**

**7 sessions | \$115**

**CES: #552e | Tuesdays, Apr 21-June 2 | 3:20-4:20 pm**

**KHS: #552f | Fridays, Apr 24-June 5 | 3:20-4:20 pm**

**LLS: #552g | Wednesdays, Apr 22-June 3 | 3:20-4:20 pm**

**SES: #552h | Thursdays, Apr 23-June 4 | 2:50-3:50 pm**

*Over the past 20 years, Kempo Academy Evolution has created a successful curriculum that teaches both leadership and character building philosophies and traditional martial arts training methods. Visit [www.kempoacademyofwestport.com](http://www.kempoacademyofwestport.com).*

### **Overtime Athletics: Sports Variety [grades K-5]**

Let's Play! Save the best for last by finishing up the school day practicing skills and playing games with both traditional sports and playground favorites. The Sports Variety program features the best "to-do" list ever: basketball, soccer, flag football, kickball, capture the flag, knights and dragons, numbers game, tag games, safe base and more! All the bases are covered with an emphasis on playing, teamwork, sportsmanship and fitness.

**8 sessions / \$150**

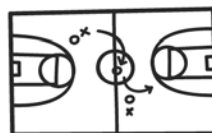
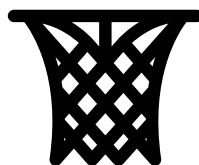
**CES: #553a | Fridays, Jan 31-Apr 3 | 3:20-4:20 pm (no class 2/21 & 3/20)**

**CES: #553d | \$120 | 6 Mondays, Apr 20-June 1 | 3:20-4:20 pm**

**GFS: #553b | Tuesdays, Jan 28-Mar 24 | 3:20-4:20 pm (no class 2/18)**

**SES: #553c | Thursdays, Jan 30-Apr 2 | 2:50-3:50 pm (no class 2/20 & 3/19)**

*Overtime Athletics proven curriculum for boys and girls of all skill levels puts emphasis on positive attitudes and sportsmanship as well as athletic technique.*



# Kids Division: K-5 STEM

## Overtime Athletics: Scooter Dash [grades K-5]

Everything is better on wheels, and Scooter Dash can prove it! This program is designed to provide a new twist on old favorites. If you think freeze tag is fun, try it on a scooter! If you love obstacle courses, see what it's like when you roll on through one. This gym class favorite has made its way to after school, and Overtime Athletics is ready to put you in the driver's seat!

**8 sessions | \$150**

**GFS: #554a | Tuesdays, Apr 14–June 2 | 3:20–4:20 pm**  
(no class 5/25)

**SES: #554b | Fridays, Apr 17–June 5 | 2:50–3:50 pm**

## World Champion Taekwondo [grades K-5]

Taekwondo offers physical and mental benefits: increased strength, cardio endurance, flexibility, greater mental focus and confidence that can expand into all areas of life. Build and refine motor skills while learning goal setting, respect and discipline. There is no fighting or contact. *Students will receive a free uniform, which can be picked up at WCT in Westport.*

**6 sessions | \$129**

**KHS: #555b | Wednesdays, Jan 29–Mar 11 | 3:20–4:20 pm**  
(no class 2/19)

**SES: #555a | Mondays, Jan 27–Mar 9 | 2:50–3:50 pm**  
(no class 2/17)

**KHS: #555d | Wednesdays, Apr 22–May 27 | 3:20–4:20 pm**

**SES: #555c | Mondays, Apr 20–June 1 | 2:50–3:50 pm**  
(no class 5/25)

*World Champion Taekwondo is the largest organization of its kind in Connecticut and has provided the finest martial arts training for more than 15 years. Visit [www.bigkick.com](http://www.bigkick.com).*

## STEM | Chess

### Bricks 4 Kidz®: Factory Fun [grades K-3]

Do you ever wonder how things are made? Factories rely on special machines to help build, move and package the things we use every day. Come build kid-size versions of clever creations, such as a scissor lift, specialized conveyor belts and a robot! Learn about the engineering challenges involved in machine design and become inspired to build your own machine!

**CES: #250a | \$240**

**9 Mondays, Jan 27–Mar 30 | 3:20–5:00 pm** (no class 2/17)

**KHS: #250c | \$215**

**8 Fridays, Jan 31–Apr 3 | 3:20–5:00 pm** (no class 2/21 & 3/20)

**LLS: #250b | \$215**

**8 Thursdays, Jan 30–Apr 2 | 3:20–5:00 pm**  
(no class 2/20 & 3/19)

### Bricks 4 Kidz®: Life Science [grades K-3]

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

**6 sessions | \$160**

**CES: #251a | Mondays, Apr 20–June 1 | 3:20–5:00 pm**  
(no class 5/25)

**LLS: #251b | Thursdays, Apr 23–May 28 | 3:20–5:00 pm**

**KHS: #251c | Fridays, Apr 24–May 29 | 3:20–5:00 pm**

### Citizen Invention STEM Club:

#### Creative Robotics [grades 1-4]

Learn about how motors, servos and sensors such as proximity, gyroscopic and vision tracking work in popular education robots (including Cozmo and EZ-Robot series). Program these robots to present creative performances and complete challenging tasks for you. You will also use modular electronics blocks to build and customize Droid robots from your imagination!

**8 sessions | \$206**

**CES: #252a | Tuesdays, Jan 28–Mar 24 | 3:20–4:20 pm**  
(no class 2/18)

**GFS: #252b | Mondays, Jan 27–Mar 23 | 3:20–4:20 pm**  
(no class 2/17)

**KHS: #252c | Thursdays, Jan 30–Apr 2 | 3:20–4:20 pm**  
(no class 2/20 & 3/19)

**LLS: #252d | Wednesdays, Jan 29–Apr 1 | 3:20–4:20 pm**  
(no class 2/19 & 3/18)

**SES: #252e | Fridays, Jan 31–Apr 3 | 2:50–3:50 pm**  
(no class 2/21 & 3/20)

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

### Citizen Invention:

#### Video Game Design [grades 1-4]

Are you a storyteller, digital artist and gamer? Then video game design is for you! Create a playable, tablet-friendly video game that includes background scenery, characters and plot. Along the way, pick up basic programming concepts and discover how ideas go from paper to screen. Advanced/returning learners will also explore 3D world-building and game development. *Projects change every session; returning students are welcome.*

**7 sessions | \$181**

**CES: #253a | Tuesdays, Apr 21–June 2 | 3:20–4:20 pm**

**GFS: #253b | Mondays, Apr 20–June 8 | 3:20–4:20 pm**  
(no class 5/25)

**KHS: #253c | Thursdays, Apr 23–June 4 | 3:20–4:20 pm**

**LLS: #253d | Wednesdays, Apr 22–June 3 | 3:20–4:20 pm**

**SES: #253e | Fridays, Apr 24–June 5 | 2:50–3:50 pm**

## Hobby Quest: Airplane Captains [grades K-3]

Roger that! Captain, you're in charge! As a commander in this exclusive flying club, you'll learn important STEM concepts in order to build your own *new* aircraft models like the Batman helicopter, the long-flying Airshow and more! Then you'll take them for a spin and watch them soar through the clouds. This class is the perfect combination of science and fun. It's all up to you, so buckle up and take the controls.

**8 sessions / \$210**

**CES: #254a | Wednesdays, Jan 29–Mar 25 | 3:20–4:20 pm**  
(no class 2/19)

**LLS: #254b | Mondays, Jan 27–Mar 23 | 3:20–4:20 pm**  
(no class 2/17)

**SES: #254c | Mondays, Apr 20–June 15 | 2:50–3:50 pm**  
(no class 5/25)

*Founded by teachers, Hobby Quest is committed to providing quality, hands-on educational enrichment programming to help children discover new hobbies and interests.*

## Mad Science: Lab Masters [grades 1-4]

Put your science goggles on and dig deep into science! See what you can invent, build and zap, and create science experiments. Learn the ins and outs of science, from gears, lasers and circuits to rockets and chemical reactions! See hands-on experiments and bring home things that are gooey, zoom, crank, pop and spark.

**8 sessions / \$195**

**CES: #255a | Thurs, Jan 30–Apr 2 | 3:20–4:20 pm**  
(no class 2/20 & 3/19)

**GFS: #255b | Tues, Jan 28–Mar 24 | 3:20–4:20 pm**  
(no class 2/18)

**KHS: #255c | Wed, Jan 29–Apr 1 | 3:20–4:20 pm**  
(no class 2/19 & 3/18)

**LLS: #255d | Fri, Jan 31–Apr 3 | 3:20–4:20 pm**  
(no class 2/21 & 3/20)

**SES: #255e | Mon, Jan 27–Mar 23 | 2:50–3:50 pm**  
(no class 2/17)

*Mad Science transforms laboratory science into fun, interactive learning experiences for kids. All programs correlate to Connecticut's science curriculum and are Next Generation Science Standards (NGSS) compliant.*

## Mad Science: Science Wonders [grades 1-4]

Come explore the world of scientific wonders and phenomena! Feel the force pulling you in an electromagnetic field, and build a magnetic source of your own. Experience the zapping effect of a Van De Graff generator and electrifying lightning. Visualize optical illusions and Technicolor in a way you've never seen before. Things heat up when you witness an underwater volcano, create thermal slime and discover the world's other super power sources!

**Dates on next page**

## Mad Science: Science Wonders cont'd

**7 sessions | \$175**

**CES: #256a | Fridays, Apr 24–June 5 | 3:20–4:20 pm**

**GFS: #256b | Wednesdays, Apr 22–June 3 | 3:20–4:20 pm**

**KHS: #256c | Mondays, Apr 20–June 8 | 3:20–4:20 pm**  
(no class 5/25)

**LLS: #256d | Tuesdays, Apr 21–June 2 | 3:20–4:20 pm**

**SES: #256e | Thursdays, Apr 23–June 4 | 2:50–3:50 pm**

## Chess Club [grades 1-5]

This group is led by professional instructors from the Chess Club of Fairfield County (CCFC). New players will learn the basic rules, movements and goals of the game. All participants will study opening strategy, middlegame concepts, classic games by chess legends and common endgame techniques. CCFC's curriculum was designed with a focus on developing critical thinking, decision making and time management skills.

**6 sessions | \$129**

**CES: #165a | Thursdays, Jan 30–Mar 12 | 3:20–4:20 pm**  
(no class 2/20)

**GFS: #165b | Fridays, Jan 31–Mar 13 | 3:20–4:20 pm**  
(no class 2/21)

**KHS: #165c | Tuesdays, Jan 28–Mar 10 | 3:20–4:20 pm**  
(no class 2/18)

**LLS: #165d | Mondays, Jan 27–Mar 9 | 3:20–4:20 pm**  
(no class 2/17)

**SES: #165e | Wednesdays, Jan 29–Mar 11 | 2:50–3:50 pm**  
(no class 2/19)

**CES: #165f | Thursdays, Apr 23–May 28 | 3:20–4:20 pm**

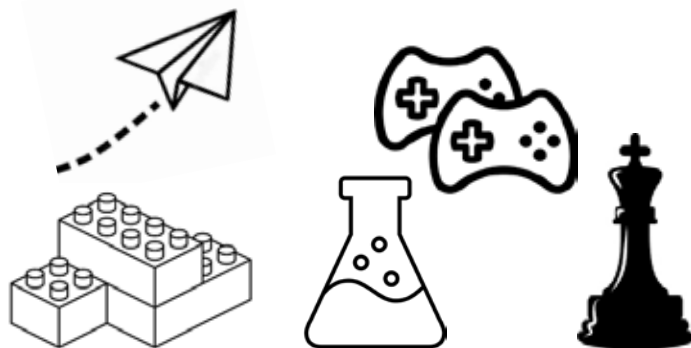
**GFS: #165g | Fridays, Apr 24–May 29 | 3:20–4:20 pm**

**KHS: #165h | Tuesdays, Apr 21–May 26 | 3:20–4:20 pm**

**LLS: #165i | Mondays, Apr 20–June 1 | 3:20–4:20 pm**  
(no class 5/25)

**SES: #165j | Wednesdays, Apr 22–May 27 | 2:50–3:50 pm**

*The Chess Club of Fairfield County is a leading resource for educational and recreational chess services in the region, serving all of Fairfield County. Visit [www.fairfieldcountychess.com](http://www.fairfieldcountychess.com).*



# Kids Division: Theater Arts

## Theater Arts

### **BringtheHoopla: Happy Hoopin'** [grades K-5]

In this high-energy, one-of-a-kind hoop class, the focus is on physical fitness, self-expression, skill-building and FUN!! Enjoy a variety of hoop games, music, creativity and movement. The unique curriculum uses weekly themes to promote positive reinforcement and encouragement that fosters persistence, self-confidence and free expression in a safe and caring environment.

**6 sessions | \$145**

**CES: #354a | Wednesdays, Jan 29-Mar 11 | 3:20-4:20 pm**  
(no class 2/19)

**GFS: #354b | Mondays, Jan 27-Mar 9 | 3:20-4:20 pm**  
(no class 2/17)

**LLS: #354c | Mondays, Apr 20-June 1 | 3:20-4:20 pm**  
(no class 4/25)

**SES: #354d | Wednesdays, Apr 22-May 27 | 2:50-3:50 pm**

*BringtheHoopla's high-quality programming uses the hoop as a vehicle for play, exercise and learning. Visit [www.bringthehoopla.com](http://www.bringthehoopla.com).*

### **Lights, Camera, Action!** [grades 3-5]

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

**10 sessions | \$170**

**LLS: #350 | Thursdays, Jan 30-Apr 23 | 3:20-4:20 pm**  
(no class 2/19, 3/18 & 4/9)

*Barbara Eilertsen has been teaching for more than 25 years. She is currently the library media specialist at LLS, and she loves movies!*

### **Magic Club** [grades K-5]

Disappearing coins! Magic scarves! Card tricks! Experience the wonder of magic as you learn and build techniques led by the Magic Genie. As a bonus, you will improve your presentation and public speaking skills while building self-confidence. Each week, you'll receive tricks and goodies to take home and fool your parents and friends with! Returning students will receive new tricks and become magical allies for new students. *Non-refundable materials fee of \$5 per week included.*

**10 sessions / \$199**

**KHS: #351a | Mondays, Jan 27-Apr 13 | 3:20-4:20 pm**  
(no class 2/17 & 4/6)

**LLS: #351b | Thursdays, Jan 23-Apr 16 | 3:20-4:20 pm**  
(no class 2/20, 3/19 & 4/9)

*Nisan Eventoff is an internationally known master magician who has traveled around the world to develop astonishing, unbelievable and incredible tricks! Visit [www.themagicgenie.com](http://www.themagicgenie.com).*

### **TheaterCamp 4 Kids! Broadway Acting, Dancing & Singing** [grades 2-5]

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

**10 sessions | \$165**

**GFS: #352a | Thursdays, Mar 26-June 4 | 3:20-4:20 pm**  
(no class 4/9)

**SES: #352b | Tuesdays, Mar 24-June 2 | 2:50-3:50 pm**  
(no class 4/7)

*Laura Curley Pendergast graduated from St. Lawrence University with a BA in Theater Arts. She is an actor, singer, dancer and playwright whose credits range from Brooklyn's BAM Opera House to regional theater. She was the also the managing director of the Off-Broadway Triangle Theater.*

### **The Wonderful World of Theater** [grades K-2]

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

**8 sessions / \$165**

**LLS: #353 | Tuesdays, Apr 14-June 3 | 3:20-4:20 pm**

*LLS teachers Tamara Oppenheimer (3rd grade) and Jen Giannino (indergarten) have been teaching elementary school for more than 20 years. They also direct the annual LLS musical.*



## Middle & High School

### American Red Cross Babysitters Certificate

[ages 11 +]

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

**3 sessions | \$160 | SHS 1036**

**#450a | 3 Tuesdays, Feb 25–Mar 10 | 4:00–6:00 pm**

**#450b | 3 Tuesdays, Apr 21–May 5 | 4:00–6:00 pm**

### Badminton [grades 3–12]

See page 23.

### Body Blast Sports Performance [grades 6–8]

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

**#576a: Mondays, Jan 13–Mar 16 | 3:00–4:00 pm**

(no class 1/20 & 2/17)

**#576b: Mondays, Mar 30–June 1 | 3:00–4:00 pm**

(no class 4/6 & 5/25)

**8 sessions | \$149 | BMS Gym**

*TJ Hair received his BS in sport and leisure management from Eastern Connecticut State University. He is currently pursuing a degree in kinesiology at Manhattan College, with plans to become a phys. ed. teacher.*

### Learn to Draw Anime

**Characters & Cartoons [age 15+]**

**6 Thursdays, Feb 27–Apr 16 | 4:00–5:30 pm | SHS**

See page 5.



### Overtime Athletics:

#### GOtime (Game Play and Scrimmaging) [grades 6–7]

Play Ball! Come join OTA for our ALL games ALL the time after school program. GOtime's exclusive game-play format features a variety of sports (Basketball, Soccer, Flag Football, etc.) and will be structured as a REAL GAME from start to finish. Loosen up, warm-up, and choose up sides, then get ready to play! Coaches will organize each game to teach kids the rules of competition, team play, and sportsmanship. We have always believed athletes get better the more they play. Here is your chance! This organized scrimmage every week will give players the opportunity to test new skills and get more comfortable in game situations. Come be a part of our TEAM!

**#580a: \$150 | 8 Mondays, Jan 27–Mar 23 | 3:00–4:00 pm**

(no class 2/18)

**#580b: \$135 | 7 Mondays, Apr 20–June 8 | 3:00–4:00 pm**

**BMS Gym**

### Rocketry [grades 6–8]

Join model-rocket enthusiast Lou Kitchner, who will show you how to construct a rocket from a kit, add your own unique touches and then launch it hundreds of feet into the sky. Along the way, learn about flight and motion, thrust and acceleration. You'll also use and sharpen your scientific process skills, including reading and following directions and diagrams, observing and evaluating, predicting and problem-solving. Have you always wanted to go to space? Problem solved!

**#453a: 6 Tuesdays, Feb 25–Mar 31 | 3:00–4:30 pm**

**#453b: 6 Fridays, Feb 28–Apr 3 | 3:00–4:30 pm**

**\$140 | BMS 272**

### Role Playing Games Club (RPG) [grades 6–8]

Get the chance to recreate yourself as a hero, adventurer, explorer or even a villain within the worlds of Dungeons & Dragons and other Role-Playing Games. Journey across fantastical lands following mystical quests and become the character that you've always dreamed of being. Use your knowledge and creativity to change the world and discover lost treasures and ancient secrets. All you need is a little bit of imagination, and the RPG club will open up a new world you can become a part of!

**6 sessions | \$109 | BMS**

**#451a: Tuesdays, Jan 28–Mar 10 | 3:00–4:00 pm**

(no class 2/18)

**#451b: Tuesdays, Apr 21–May 26 | 3:00–4:00 pm**

*Marc R. Lee is a writer, tutor, and professional editor who graduated from Fairfield University's MFA program with a Master's degree in Creative Writing.*

# Middle & High School

## **Tennis [grades K–8]**

See page 19.

## **Wakeman Town Farm:**

### **Cooking Around the Globe [grades 5–7]**

Learn cooking techniques, such as basic knife skills, mise en place (recipe set-up), and kitchen etiquette as you create delicious (and simple) recipes highlighting ingredients and spices from all over the world. With cold weather approaching, we will enjoy using more wintery seasonal vegetables to cook-up warming soups, stews and other hearty dishes. Creating meals together has proven to be a win-win especially for children less likely to try new foods. Even if you have little or no experience in the kitchen, you'll leave with a sense of independence and self-reliance. Most importantly, students learn how to create a delicious (and simple) meal they can recreate on their own! Let the food journey begin!

**8 sessions | \$365**

**#452a: Wednesdays, Apr 15–June 3 | 3:30–5:30 pm**

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

## **Westport AllStars Basketball**

See page 23.

## **CT Juniors Volleyball for Girls [grades 4–12]**

CT Juniors Volleyball is one of the most respected volleyball development programs in the East. Founded by Tyson Krause, an internationally certified coach and 2003 inductee into the Connecticut High School Volleyball Hall of Fame, CT Juniors is modeled after the most successful California juniors programs. It's designed to build skills, committed to coaches, players and parents and structured to enable players to form friendships, prepare for high school play and become leaders both on and off the court. *For more information about payment plans, visit [www.ctjuniorsvolleyball.com](http://www.ctjuniorsvolleyball.com).*

### **Extra Effort: Level 1 [grades 4–6]**

Lower net program that focuses on fun, fundamental, and basic skills: passing, serving, setting, approach, arm swing, rotation and rules. *No previous experience necessary.*

**7 sessions | check [westportcontinuinged.com](http://westportcontinuinged.com) for pricing**

**Sundays, Apr 28–Jun 9 | 5:00–6:30 pm**

**#577 | SHS Fieldhouse**

## **CT Juniors Volleyball for Girls cont'd**

### **Extra Effort: Level 2 [grades 6–8]**

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

**7 sessions | check [westportcontinuinged.com](http://westportcontinuinged.com) for pricing**

**Sundays, Apr 28–Jun 9 | 5:00–7:00 pm**

**#578 | SHS Fieldhouse**

## **Spring Volleyball Program [grades 7–12]**

A series of five clinics, each covering a different aspect of the game, plus, a sixth day of game play. This program is not for beginners. *8<sup>th</sup> graders are expected to have prior experience before signing up; 7<sup>th</sup> graders must have participated in the CT Juniors Winter Program in order to participate in the Spring Volleyball Program.*

**6 sessions | check [westportcontinuinged.com](http://westportcontinuinged.com) for pricing**

**Sundays, Apr 28–Jun 2 | 5:00–7:30 pm**

**#579 | SHS Fieldhouse**

## **Teach for Us**

**Are you passionate about a hobby?**

**An expert in a particular subject?**

**Want to spread the word about your organization or business?**

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

The form may be completed online here:

**<https://tinyurl.com/y2uvjyc2>**

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



# High School: Test Prep & Drivers Ed



## **SAT® & ACT® Prep**

**VOTED BEST SAT / ACT TUTORING**

**Fairfield Magazine Readers Choice Awards 2018 & 2019**

AlphaPrep was founded on the premise that each student has unique learning styles and individual strengths and weaknesses. Our students gain time management skills, self-confidence and an expanded academic outlook. Our highly skilled instructors provide a personal approach with high tech learning methods for the best possible outcomes.

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

**\$750 | SHS 2014**

To register, visit [www.alphaprep.com](http://www.alphaprep.com); select Services tab and enter course code WESTPORT to view details.

### **SAT® Prep**

**March 14 OR**

**March 25 Test for 11<sup>th</sup> Grade @ SHS:**

**Jan 9–March 5 | Thurs:**

6:30–8:30 pm (no class 2/20)

**for May 2 Test:**

**Mar 31–Apr 30 | Tues & Thurs:**

6:30–8:30 pm (no class 4/7 & 9)

**for June 6 Test:**

**Apr 15–June 3 | Wed: 2:30–4:30 pm**

### **ACT® Prep**

**for Feb 8 Test**

**Jan 6–Feb 3 | Mon & Wed:**

2:30–4:30 pm (no class 1/20)

**for April 4 Test**

**March 2–25 | Mon & Wed: 2:30–4:30 pm**

**for June 13 Test**

**Apr 17–June 5 | Fri: 2:30–4:30 pm**



## **Driver's Education**

Why Choose the Next Street? Simply: because we care about you. Our team of people genuinely love their jobs and love helping people take this important step in their lives. Does the thought of enrolling feel like another chore to you? There's a full in-house and local team available to answer anything, quickly (And not with driving instructors, doubling as customer service, while also on the road, like other places). We're available, accessible, helpful, local, and really, really nice.

**Location: SHS 1034**

**Feb 4–March 31**

**Tue + Thu | 2:30–4:30 pm**

**April 13–June 3**

**Mon + Wed | 2:30–4:30 pm**

- flexible make-up classes & driving lessons
- avoid the DMV for license testing!

**only \$659 for the full program**

**or \$149 for the 8-hour Safe Driving & Alcohol & Drug Education class only**

**For information or to enroll, call The Next Street™ (203) 293-1720  
or visit [thenextstreet.com/staples](http://thenextstreet.com/staples)**

# Important Information

## Access for People With Disabilities

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

## Affirmative Action Policy Statement

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

## Cancellation & Refund Policy

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

## Medical Emergency & Treatment Policy

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

## Photograph and Video Policy

Westport Continuing Education follows the policy of the Westport Public Schools for the release of students' or parents' information. It is the policy of the Westport Board of Education never to release students' or parents' addresses and telephone numbers without consent.

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

## Weather | School Closings

Westport Continuing Education follows the Westport Public Schools declaration of closures for inclement weather or another emergency. All class cancellations will be listed on our website, [www.westportcontinuinged.com](http://www.westportcontinuinged.com).

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

**News 12 CT**

**NBC Channel 30**

**Star 99.9 FM**

**WEBC 107.9 FM**

**WFSB TV Channel 3**

**WICC 600 AM**

**WNBC TV Channel 4**

**WTNH TV Channel 8**

## Afternoon / Evening Classes

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

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

**[westportcontinuinged.com](http://westportcontinuinged.com)**

*Westport Continuing Education and Westport Public Schools are not responsible for any errors or change of dates in this brochure.*

# Registration Form

Westport Continuing Education: winter / spring 2020

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

## Adult Division & Parent Information:

Name: \_\_\_\_\_ Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

## Student Division K-12

Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent / Guardian 2 Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

*Please indicate* Allergies: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

Medication: \_\_\_\_\_

Name of Child's Doctor: \_\_\_\_\_ Doctor's Phone #: \_\_\_\_\_

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

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

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

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3 Digit Security Code \_\_\_\_\_

Name on Card \_\_\_\_\_ Billing Address (if different than mailing address) \_\_\_\_\_

Cancellation / Refund Policy: see page 30 or [westportcontinuinged.com](http://westportcontinuinged.com)

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

# Spring Vacation FUN! Mon, April 6–Thurs, April 9 | K–12

See page 18 for February Vacation FUN!

## @Greens Farms School, 17 Morningside Drive South, Westport

### Bricks 4 Kidz®: Pocket Brick Monsters [grades K–3]

Get ready for an adventure in the world of Pokémon®! Capture wild Pokémon® creatures and train them for battle. Improve your accuracy and power as you learn new moves and use special abilities. Tap into your inner engineer as we build Dratini, Pikachu, Poké Balls, and more. Bring your own Pokémon® trading cards if you wish to play and trade at the end of each session. Do you have what it takes to become a Pokémon® Master? Each participant receives a custom mini-figure and craft.

#### Monday–Thursday, April 6–9

**All-Day: #281a \$300 8:30 am–3:00 pm**  
**AM: #281b \$160 8:30 am–11:30 am**  
**PM: #281c \$160 12:00 pm–3:00 pm**

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

### Overtime Athletics [grades K–5]

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

#### Monday–Thursday, April 6–9

**All-Day: #282a \$259 8:15 am–3:15 pm**  
**AM: #282b \$145 8:15 am–11:30 am**  
**PM: #282c \$145 12:00 pm–3:15 pm**

## @Staples High School, 70 North Ave, Westport

### American Red Cross Babysitters Certification [ages 11–15]

Earn your Red Cross Babysitters Certification in one day! Learn the skills you need to be a safe and responsible babysitter: how to care for children and infants, be a good leader and role model, make good decisions, solve problems, and handle injuries, illnesses, and other household emergencies. *Please bring a nut-free lunch, there will be a 1/2 hour break for lunch.* [Taught by Nicole Jezairian, a Red Cross-certified teacher] **See page 27 for additional classes.**

**Tues & Wed, April 7 & 8 | 9:00 am–12:00 pm | #283 | \$160 | SHS 1036**

## @Kempo Academy Evolution, 374 Post Road East, Westport

### Kempo Camps [grades K–5]

Join Kempo for a great time with fun, Martial Arts-based activities while learning about strategy, teamwork and sportsmanship. Bring your friends for game favorites including Dodgeball, Ninja Hockey, Crab Soccer, Capture the flag, Light Saber Dueling and MORE. *No fighting or contact; students must submit a waiver, available on our website, prior to class. Wear comfortable clothes and gym shoes. Please make sure your child comes with a nut-free snack or lunch, and a water bottle.*

#### Monday–Thursday, April 6–9

**All-Day: #284a \$209 8:15 am–3:15 pm**  
**AM: #284b \$109 8:15 am–11:30 am**  
**PM: #284c \$109 12:00 pm–3:15 pm**

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

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

summer 2020: K-5



@Greens Farms School



**Weekly Camps June 22–July 31 entering grades K–5 in fall 2020**

**All-Day: 8:30 am–2:30 pm | AM: 8:30 am - 12:30 pm | PM: 12:30 - 2:30 pm**



**Discovery Camp Jr. entering grades K–1 in fall 2020**

**Weekly Camps July 6–July 31 | AM: 8:30 am - 12:30 pm**

summer 2020: 3–12

# STAPLES

## summer academy

- academics • college | career • culinary • film
- fine arts • fitness | sports • stem • theater • writing

**weekly programs june 29–august 7**

**Bedford Middle School | Staples High School**

# Westport Continuing Education

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

Non-Profit Org.

U.S. Postage

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Westport, CT

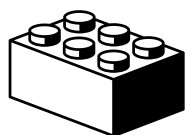
Permit No. 35



winter / spring 2020

## Vacation FUN! February & April | K-12

February Vacation: page 18 | Spring Vacation: page 32



**Bricks 4 Kidz®**



**Game Time  
Camp**



**Overtime  
Athletics**



**American Red Cross  
Babysitters Certification**



**Paint Like  
Bob Ross**



**Kempo  
Camps**



**summer 2020: preview on page 33**



**@Greens Farms School**

**K-5 Weekly Camps**

**June 22-July 31**

**All-Day | AM | PM**

**STAPLES**  
**summer  
academy**

weekly programs june 29-august 7

# Westport Continuing Education

[www.westportcontinuinged.com](http://www.westportcontinuinged.com) | 203-341-1209 | [conted@westportps.org](mailto:conted@westportps.org)