

WESTPORT CONTINUING EDUCATION



Learn!



Fall 2018

westportcontinuinged.com • 203.341.1209

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 ages 18 and up.

How to Register



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

www.westportcontinuinged.com.



Fill out the appropriate registration form in the catalog and mail it to us at: WCE, 70 North Avenue, Westport, CT, 06880.



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



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

Payment

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

Serving you for over 50 years

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

Contact Us

conted@westportps.org

O

ne of the most unexpected—and unexpectedly enjoyable—parts of my job has been working with teachers, some of whom were teaching at Staples when I was a student here. In fact, it was Al Jolley, who taught me everything I know about calculus. And it is certainly not his fault that I know literally nothing about calculus.

I was a reluctant and terrible math student. Really, just terrible. And terrified of math teachers, both individually and as a group. (Were I tasked with choosing the collective noun for math teachers—which, luckily for math teachers, I am not—I would recommend a *panic* of math teachers.)

But it turns out that A. (don’t tell anyone I said this) you can lead a full and fulfilling life even if your math skills are wanting and B. Mr. Jolley is a perfectly lovely and surprisingly funny human being, and there was, in the end, no reason to be afraid of either him or integrals. Mr. Rogers always said, *Look for the helpers*. And had I been able to see past my own dread, I would have seen that Mr. Jolley was, and I’m sure still is, a helper.

Imagine my surprise when, after becoming reacquainted with Mr. Jolley (who never held my dismal math grades against me), I became friends with none other than the math department *chair*, Andrew Hill. Here is an actual email exchange between the two of us: Me [brainstorming graphic ideas for a flyer]: Is there a symbol or image that encapsulates the idea of “Algebra 2”? Like pi... is pi algebra? Andrew: [🌀, multiplied many, many times]. That kind of multiplication I understand.

This fall, come back to school. Come because there are always new things to learn. Come because there’s no expiration date on learning, even stuff you didn’t learn the first time around. Even more, come because this is where the helpers are. Your curiosity plus our teachers add up to much more than the sum of their parts.

Ellen Israel, *Director* (and Staples graduate, Class of 1984)

School Location Guide

- BMS** Bedford Middle School, 88 North Avenue
- CES** Coleytown Elementary School, 65 Easton Road
- CMS** Coleytown Middle School, 255 North Avenue
- GFS** Greens Farms Elementary School, 17 Morningside Drive South
- KHS** Kings Highway Elementary School, 125 Post Road West
- LLS** Long Lots Elementary School, 13 Hyde Lane
- SES** Saugatuck Elementary School, 170 Riverside Avenue
- SHS** Staples High School, 70 North Avenue
- WSC** Westport Senior Center, 21 Imperial Avenue

Table of Contents

Adult Division

Weekly Calendar of Classes.....2

Arts + Crafts4

Business + Money Matters.....6

Cards + Games8

Cooking.....9

Fitness, Sports + Dance10

Health + Wellness.....12

Home + Garden.....14

Languages.....16

Pets.....17

Technology + Computers17

Kids Division

Weekly Calendar of Classes.....20

Sports & Homework + PM / PE.....22

Tennis with Connie Goodman.....23

Staff Development Day + School Vacation Camps24

Elementary School Programs

Arts + Music.....25

Cooking.....26

Fitness + Sports27

Games.....28

STEM29

Theater Arts.....31

Middle School Programs32

High School Programs

ACT & SAT Test Prep with AlphaPrep35

Driver Education with The Next Street.....36

Important Information

ed2go, Mandated Programs & Westport Senior Center.....19

Continuing Education Course Proposal Form.....37

Registration Form.....39

Refund & Cancellation Policy3, 21, 36, inside back cover

Other Policiesinside back cover

monday

Arts + Crafts

Watercolor [pg. 5]

Business + Money Matters

Getting the Most Out of Your Social Security [pg. 7]

Personal Finance 101 [pg. 7]

Cards + Games

Bridge for True Beginners [pg. 9]

Mah Jongg [pg. 8]

Fitness, Dance + Sports

Pickleball [pg. 11]

Health + Wellness

Genealogy [pg. 12]

Home + Garden

Feng Shui [pg. 15]

Home Staging [pg. 14]

Green Home Design [pg. 15]

Help Your Aging Parents Live Independently [pg. 15]

Languages

Conversational German [pg. 16]

Technology + Computers

Cool Apps for iPhones/iPads [pg. 18]

iBasics: Intro to iPhone/iPad [pg. 18]

iPhone/iPad Tips & Tricks [pg. 18]

tuesday

Arts + Crafts

Introduction to Drawing & Acrylic Painting [pg. 5]

Jewelry Making 101 [pg. 5]

Jewelry Workshop [pg. 5]

Business + Money Matters

Intro to Google Suite [pg. 6]

MS Excel for Business [pg. 6]

Retirement Planning [pg. 7]

Cards + Games

Mah Jongg: Open Play [pg. 8]

Cooking

Indian Cooking [pg. 10]

Fitness, Dance + Sports

Ballroom Dancing [pg. 11]

Tai Chi for Beginners [pg. 12]

Walking 4 Wellness [pg. 12]

Health + Wellness

MELT Method®:

Aging Gracefully [pg. 13]

MELT Method®:

Hands & Feet Workshop [pg. 13]

MELT Method®:

Reduce Neck & Low Back Pain [pg. 13]

Mindful Learning for Parents, Teachers & Students [pg. 13]

Mindfulness Meditation [pg. 14]

Sit Less, Move More [pg. 12]

Languages

American Sign Language [pg. 16]

Basic Conversational Spanish [pg. 16]

wednesday

Arts + Crafts

Advanced Acrylic Painting [pg. 5]

DIY Kitchen Cabinet Painting Workshop [pg. 4]

Furniture Painting Workshop [pg. 4]

Business + Money Matters

Financial Planning

for Business Owners [pg. 6]

Fundamentals of Investing [pg. 7]

Facing Your Finances [pg. 7]

Social Media for Businesses [pg. 6]

Cards + Games

Advanced Beginner / Intermediate

Bridge [pg. 8]

Canasta [pg. 8]

Mah Jongg [pg. 8]

Cooking

The Big Cheese: A Workshop for Cheese Lovers [pg. 9]

Italian Cooking & Culture [pg. 10]

Fitness, Dance + Sports

Adult Swimming: Beginners [pg. 10]

Badminton [pg. 10]

Home + Garden

Gardening 101: Fall Gardening & Landscaping [pg. 14]

Home Staging [pg. 14]

How to Avoid Costly Pitfalls When Selling Your Home [pg. 15]

Languages

Italian for Beginners [pg. 16]

Pets

Dog Obedience [pg. 17]

Technology + Computers

iPhone Photos [pg. 17]

thursday

Arts + Crafts

DSLR: Basic Digital Camera Operation [pg. 4]

Jewelry Workshop [pg. 5]

Business + Money Matters

Estate Planning [pg. 7]

Cards + Games

Beginner / Advanced Beginner Bridge [pg. 8]

Bridge for Advanced Beginners [pg. 9]

Cooking

Deliciously Healthy: Cooking for Wellness Workshop [pg. 9]

Fitness, Dance + Sports

Adult Swimming: Intermediate to Advanced [pg. 10]

Fencing Fitness [pg. 11]

Mindful Yoga [pg. 11]

Health + Wellness

Overcoming Procrastination [pg. 14]

Walking 4 Wellness [pg. 12]

Home + Garden

Flower Arranging 101: Bubble Bowl Design [pg. 14]

Technology + Computers

Basic Photoshop [pg. 17]

Intermediate / Advanced Photoshop [pg. 18]

Survival Guide for Today's Technology [pg. 18]

non-residents



saturday

Arts + Crafts

Furniture Painting Workshop: Bring Your Own Piece [pg. 4]

Knitting 101: Beginning Knitting [pg. 4]

sunday

Pets

Beekeeping 101: A Beekeeping Workshop [pg. 17]

Important Information

Class Location

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

Class Schedules

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

School Closings

In the event that Westport Public Schools are closed for inclement weather or another emergency, or if there is an early dismissal, all Continuing Education classes will be automatically canceled. All class cancelations will be announced on our website, westportcontinuinged.com.

Cancellation Policy

If we cancel a class, all tuition will be refunded • There are no refunds or credits for withdrawal from single-session classes or workshops • Registration fee is non-refundable • Withdrawal requests must be submitted in writing and must be received via email, fax, or mail at least 2 weeks prior to the start of class. Your tuition will be refunded less a \$35 per class cancellation fee • No refunds or credits will be given for withdrawals in the 2 weeks preceding the start of class or thereafter • Students 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.

Arts + Crafts

See Home + Garden for related classes, including Feng Shui, Flower Arranging 101, Gardening 101, and Home Staging

See Technology + Computers for related classes, including iPhone Photography and Basic & Advanced Photoshop

DIY Kitchen Cabinet Painting Workshop

Tired of builder's oak cabinets? Jealous of those great looking two-tone kitchens you see on Instagram and Pinterest? This is your chance to refresh your kitchen cabinets—and your kitchen—without the price tag of a full-scale reno. Join us and learn how to transform the heart of your home with Chalk Paint® by Annie Sloan. The workshop will cover professional tips and tricks, prep, basic repairs, how to install new hardware and block old finish bleed-through, as well as waxing, distressing, and glazing. Bring a cabinet door to work on, a few pix of your kitchen along with an inspiration photo, and we'll show you just how easy and affordable a new look can be!

967	\$130
1 Wednesday	Dec 5
10:00 am–1:00 pm	D Toth Design
	239 Westport Avenue, Norwalk

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

Furniture Painting Workshop

Open any design magazine, and it's obvious: painted furniture is in. If you love the look, join us for these relaxed, fun, and inspirational workshops. The first session of the workshop will cover the basics of the Annie Sloan Chalk Paint® method, including the four basic techniques: two-color finish, smooth/modern finish, rustic finish, and colored wash, plus wax application. The second session will focus on more advanced layering techniques, including dry brushing under a color wash, frottage, stenciling, and creating a weathered look with a wet wax technique. Materials are included, no chemicals or stripping. [Taught by Daniella Toth]

943	\$215
2 Wednesdays	Oct 10 & 17
10:00 am–1:30 pm	D Toth Design
	239 Westport Avenue, Norwalk

Furniture Painting Workshop: BYOP (Bring Your Own Piece)

Love the look of painted furniture but not sure where to begin? There's nothing like practicing on an actual piece. BYOP for a primer on the famous Chalk Paint® by Annie Sloan and learn how to transform a drab find into a fabulous piece of furniture. We'll guide you through the process, using our materials, supplies, and expertise. The workshop will cover prep, color selection and combinations, distressing, and wax finishing. Please note that your furniture piece must be small enough for you to carry and complete within three hours. Examples: mirror, picture frame, nightstand, side table, piano bench, or shelf. [Taught by Daniella Toth]

966	\$130
1 Saturday	Nov 3
9:00 am–12:30 pm	D Toth Design
	239 Westport Avenue, Norwalk

Knitting 101: Beginning Knitting

Let the experts at Westport Yarns help you spin a good yarn in this class for beginners and those who need a refresher. Learn the basics, from casting on to knitting, purling and binding off. Join the community of knitters and get your stitch on. Purchase your yarn and needles at the first class. [Taught by instructors from Westport Yarns]

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

DSLR: Basic Digital Camera Operation

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

094	\$169
8 Thursdays	Sept 27–Nov 15
7:00–9:00 pm	SHS 1054

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

Introduction to Drawing & Acrylic Painting

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

168	\$245
10 Tuesdays	Sept 25–Nov 27
7:00–9:30 pm	SHS 1004

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

Advanced Acrylic Painting

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

166	\$245
10 Wednesdays	Sept 26–Dec 5 (no class Nov 21)
7:00–9:30 pm	SHS 1004

Watercolor

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

064	\$245
10 Mondays	Sept 24–Nov 26
3:00–5:30 pm	SHS 1004

Jewelry Making 101

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

455	\$205
7 Tuesdays	Sept 25–Nov 6
6:45–9:15 pm	SHS 1012

Among Continuing Education's most popular instructors and teacher of one of our longest running classes, Susan Bishop has been helping students to craft beautiful jewelry since the early seventies. In the past ten years, she's helped craft enough lovely and unique jewelry to fill a treasure chest.

Jewelry Workshop

If you've taken our jewelry making classes before, or if you have a basic knowledge of jewelry fabrication, this course offers you the time, space, and guidance you need to sharpen your skills, improve your technique, and to create your own design and produce a piece of jewelry. Class projects will help you understand how to design a more intricate piece and how to refine the quality of your production 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. A non-refundable materials fee of \$20 is included; additional fees may apply when using more expensive materials. Prerequisite: ours or another beginner jewelry course. [Taught by Sue Bishop]

458a	\$260
9 Thursdays	Sept 27–Nov 29 (no class Nov 22)
6:45–9:15 pm	SHS 1012

458b	\$125
4 Tuesdays	Nov 20–Dec 11
6:45–9:15 pm	SHS 1012

Business + Money Matters

See Home + Garden for related classes, including Green Home Design, Home Staging, and How to Avoid Costly Pitfalls When Selling Your Home

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

Intro to Google Suite: Gmail, Calendar, Contacts, the Cloud & More

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

231	\$69
3 Tuesdays	Oct 2–16
6:30–8:30 pm	SHS 1049

After receiving a mechanical engineering degree in Turin, Italy, Valentina Vallinotto began her career as a math and physics teacher. She was a project manager and tech manual editor, before moving to Google, where she was a training manager. She still works as a change management consultant.

MS Excel for Business

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

232	\$55
Tuesday & Thursday	Oct 30 & Nov 1
6:30–8:30 pm	SHS 1049

Social Media for Businesses

Are you ready to stop sporadically posting on your business's social media accounts and start strategically engaging with your existing customers? Do you want to attract new ones? Join digital news producer Jessica Grunenberg as she teaches you techniques to turn your online presence into potential sales. 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 targeted ads. If you are ready to take your social media skills to the next level, this is the class for you.

146	\$49
2 Wednesdays	Oct 10 & 17
7:00–9:00 pm	SHS 1049

Veteran journalist Jessica Grunenberg worked for News 12, where she was responsible for everything from developing and assigning stories to creating digital content and sharing it across multiple social media platforms. Most recently, Jessica helps small businesses and nonprofits implement social media strategies and create engaging content.

Financial Planning for Business Owners: You Have Questions; We Have Answers

As an entrepreneur, your business and personal finances are inseparably linked. You have obligations to your partners, investors, employees, family—but what about you? Will your business venture fund your retirement? Your kids' college education? Will it expand quickly enough? How do you compensate and reward your employees and yourself? What happens if you lose a partner or key employee? What happens if you're not around? Do you have a plan? From planning techniques to help the busy business owner deal with the risks and challenges of starting, operating, and exiting a business to the business's impact on retirement and estate planning, we'll use real-life examples to explore strategies that create financial security for you and your business.

216	\$49
2 Wednesdays	Nov 7 & 14
7:00–9:00 pm	SHS 1047

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

Facing Your Finances: Taking the Fear Out of Your Financial Future

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.

145	\$49
2 Wednesdays	Sept 26 & Oct 3
7:00–8:30 pm	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.

Fundamentals of Investing

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

143	\$49
2 Wednesdays	Nov 28 & Dec 5
7:00–9:00 pm	SHS 1047

Personal Finance 101

You're never too young or too old to start taking steps towards a better financial future. This two-day workshop will teach you about the six areas of personal finance that will help you build the foundation for long-term financial success and security. Think of it as a crash course on making smarter financial decisions, designed to apply to all ages. We'll discuss the following topics: career, spending, protection, financial concepts, saving and credit. You'll draft a budget, organize your assets and liabilities, and develop a plan to improve your financial situation.

219	\$49
2 Mondays	Nov 12 & 19
7:00–8:30 pm	SHS 1051

James M. Rankowitz, CFP® is a financial advisor and Vice President–Investments at The Rankowitz Cilwik Financial Group of Wells Fargo Advisors in White Plains. Jim has been a financial advisor since 2011 and is a Certified Financial PlannerTM.

Getting the Most Out of Your Social Security

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

217	\$29
1 Monday	Oct 15
7:00–8:30 pm	SHS 1051

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

In today's financial environment, retirement planning has become more complex than ever. It encompasses accumulation and asset management; cash flow and "de-cumulation"; lifetime income distribution to cover expenses; risk management to protect that income from unexpected adverse health events; legacy planning to direct assets efficiently to the people you care about; and strategic tax planning. This class will also address long-term care planning and funding solutions, including but not limited to long-term care insurance. It's a lot to manage; this class can help. [Taught by Michael Rosenman]

215	\$49
2 Tuesdays	Oct 23 & 30
7:00–9:00 pm	SHS 1047

Estate Planning

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

262	\$75
3 Thursdays	Nov 1–15
6:30–8:30 pm	SHS 1034

Alyson Marcucio is a partner at Chipman, Mazzucco, Land & Pennarola, LLC and is licensed in both Connecticut and New York. She practices in the areas of estate planning and administration, probate, and elder law.

Turn the page for Cards + Games

Cards + Games

Mah Jongg for True Beginners
Move over, bridge. Bye-bye, book club. There’s a new game in town, one that dates from the 17th century but that’s younger and hipper than ever. You may remember the signature sound of your grandmother’s colorful, clicking tiles, but this isn’t your grandmother’s game. 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. If you’re new to the table, join us and discover the oldest game in town. A non-refundable Mah Jongg card fee of \$10 is included.

243a	\$135
6 Wednesdays	Sept 26-Oct 31
7:00–9:00 pm	SHS Library

Fran Rackson plays both mah jongg and canasta every week, and she’s taught lots of people to play her favorite games. She’s turned over thousands of tiles, sat around hundreds of card tables, and made lifelong friends. At this point, Fran can deal in her sleep, and she sees mah jongg dragons in her dreams.

243b	\$135
6 Mondays	Sept 24–Nov 5 (no class Oct 22)
3:00–5:00 pm	SHS Library

Sherri Raifaisen has been teaching mah jongg for several years. She plays in a weekly game (or two) with friends, and she loves it when her students join her to play outside of class. She thinks that the best things about mah jongg are that it keeps your mind sharp and you laughing.

Mah Jongg: Open Play

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

245	\$125
8 Tuesdays	Sept 25–Nov 20 (no session Oct 23)
5:00–7:00 pm	SHS Library

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

244	\$85
4 Wednesdays	Nov 14–Dec 12 (no class Nov 21)
7:00–9:00 pm	SHS Library

Beginner / Advanced Beginner Bridge

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

194	\$149
8 Thursdays	Sept 27–Nov 15
7:00–9:00 pm	SHS 1051

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

Advanced Beginner / Intermediate Bridge

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

196	\$149
8 Wednesdays	Sept 26–Nov 14
7:00–9:00 pm	SHS 1051

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

235	\$125
8 Mondays	Sept 24–Nov 12
4:00–5:30 pm	SHS 2034

Mike Hess has been mentoring and teaching bridge for over 30 years. He is a Gold Life Master and has earned over 3,000 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.

Bridge for Advanced Beginners

Comprised of a short lecture followed by bidding and play of real hands, this class is designed for players who know the basics. If you have ever bid to the contract of four spades and fulfilled that contract successfully, then you probably belong in this class. The goal is to build a firm foundation for your bidding and declarer and defensive play. We'll use Standard American bidding based on five-card majors and will cover important bidding conventions, like Blackwood, Stayman, and transfers. Required text: *Bridge for Everyone*, D. W. Crisfield, available on Amazon. [Taught by Mike Hess]

236	\$169
8 Thursdays	Sept 27–Nov 15
3:30–5:30 pm	SHS 2034

SHS Cooking Classes Location

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

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

Cooking

See Languages for related classes, including Italian for Beginners

The Big Cheese: A Workshop for Cheese Lovers

Join us for an elegant and educational presentation on the history, science, art, and craft of cheese and cheesemaking. Take a trip around the world, from asiago to Zwister, beginning with an overview of the discovery and development of cheese. Debate the pros and cons of pasteurization, discuss different types of cheese and their flavor profiles, and savor anecdotes and interesting facts about America’s favorite fermented food. Learn to pair cheeses with other foods and libations and enjoy a feast of cheese and pairings, beautifully arranged and served in abundance. A non-refundable food fee of \$20 is included.

183	\$75
2 Wednesdays	Nov 7 & 14
6:30–8:30 pm	SHS 502-503

Before he founded Le Theatre du Grande Fromage, John DeLutio received a BS in communication from Emerson College. He worked as an actor, which naturally led to a career in the food industry. John lived in Europe for two years, where he immersed himself in the culture and cuisine of the continent. He was among the first generation of cheese merchants for the Big Y chain of supermarkets.

Deliciously Healthy: A Cooking for Wellness Workshop

Looking for a way to cook for taste and health? Join us for two flavor-packed classes, including discussions about nutrient dense foods, how to detox from sugar and decrease inflammation, and the meaning of food labels like organic and all-natural. We'll identify imbalances in your diet and discuss how to make the best choices for your family’s needs. This season, the class will focus on quick, easy, and delicious plant-based meals, like Middle Eastern rice and greens, Thai sweet potato soup, Asian rice noodles and edamame beans, and fajitas. Each class will end with a shared meal and a round-table discussion. A non-refundable food fee of \$20 is included.

436	\$65
2 Thursdays	Nov 29 & Dec 6
7:00–9:00 pm	SHS 182

Johanne Bonin is a certified holistic health coach and instructor, with a focus on disease prevention. She received her BS from Johnson State College in Vermont and is a graduate of the Institute for Integrative Nutrition in New York City. She loves green smoothies, but she's been known to eat the occasional pastry.

Turn the page for more Cooking

Adult Division

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

Take our Italian language class and do it all in Italian! (See page 16.) Cooking class meets in SHS 184, 7:00–9:00 pm.

Handmade Pasta & Hearty Sauces

Winter is coming; let the carbo-loading begin. Homemade pasta is easy and fun to make, but it can be intimidating to start from scratch. Join our Italian chef and learn the secrets to making perfect pasta. It’s a delicious dive into the particulars of pasta, including regional differences, how the shapes developed, and which sauces go best with which pastas and why. Food fee of \$15 included.

430	\$70
1 Wednesday	Dec 5

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

Indian Cooking with Aditi Goswami

Cooking classes meet in SHS Room 182, 7:00–9:00 pm.

Indian Vegetarian and Vegan Cooking

Few cuisines celebrate and give prominence to legumes and vegetables the way Indian cooking does. Americans are becoming more and more familiar with these foods in all their rich and nutritious variety and with the benefits of incorporating them into a well-balanced daily diet. Join us and learn to make these widely available ingredients a healthful and delicious part of your everyday meals. Food fee of \$10 per class included. All new dishes; repeat customers welcome.

181a Vegetables	\$65
1 Tuesday	Oct 2
181b Lentils & Beans	\$65
1 Tuesday	Oct 16

Comfort Curries

The coming cold season calls for soups and stews that stick to your ribs. Join us and learn to make a quick and comforting chicken curry, a heavenly vegetable curry, and a few great rice pilafs. Cook ‘em on Sunday, and enjoy ‘em the rest of the week! Food fee of \$10 included.

169	\$65
1 Tuesday	Nov 13

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

Fitness, Sports + Dance

See Health + Wellness for related classes

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 how to swim... or how to swim well.

192	\$129
6 Wednesdays	Oct 3–Nov 7
7:30–8:45 pm	SHS Pool

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

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. For good swimmers brushing up on long-forgotten strokes, or for regular swimmers looking for clean, well-lighted place with a lifeguard. [Taught by Colin Walklet]

221	\$129
6 Thursdays	Oct 4–Nov 8
7:30–8:45 pm	SHS Pool

Badminton

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

175	\$105
8 Wednesdays	Sept 12–Nov 7 (no class Sept 19)
7:30–9:30 pm	SHS Gym

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

Ballroom Dancing for Everyone

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

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

951a	\$125
8 Tuesdays	Oct 2–Nov 20
7:00–7:45 pm	St. Francis of Assisi Church 35 Norfield Road, Weston

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

951b	\$125
8 Tuesdays	Oct 2–Nov 20
7:45–8:30 pm	St. Francis of Assisi Church 35 Norfield Road, Weston

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

Fencing Fitness

Featured in the first Olympics of the modern era, in Athens in 1896, and an event at every Summer Games since, fencing is among the most graceful of all sports, requiring both agility and endurance. It’s also fun. Led by Olympic gold medalist Gayla Pundyk at her gorgeous new studio in Wilton, this class is an introduction to fencing’s fundamental skills, techniques, and tactics. With activities, exercises, and games, it’s a great way to develop strength, flexibility, coordination, and aerobic capacity. Join us and fence your way to fitness! All equipment is provided.

7 Thursdays / 9:00–10:00 am / \$280

Held at Olympian Fencing Studio, 388 Danbury Road, Wilton

299a	Sep 13–Oct 25
299b	Nov 1–Dec 20 (no class Nov 22)

Galya Pundyk was the 2008 Olympic gold medalist in sabre fencing, in Beijing. She was a member of the Ukrainian National Fencing Team for 16 years and is currently the assistant fencing coach at Yale University. The sport took her all around the globe, and now, she loves to travel almost as much as she loves teaching fencing. Visit www.olympianfencingstudio.com.

Adult Division

Mindful Yoga

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

177	\$289
12 Thursdays	Sept 13–Dec 13 (no class Oct 4, Nov 22)
6:30–7:45 pm	Westport Senior Center, 21 Imperial Avenue

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

Pickleball

Pickleball is sweeping the nation. Get caught up in the craze! Combining elements of tennis, badminton, and ping-pong, pickleball is a paddle sport designed for all ages and skill levels. The rules are simple and it’s easy to learn and fun to play. And once you’ve mastered the basics, pickleball can develop into a fast-paced, competitive game for doubles or single players. Join longtime Westport Public Schools athletic coach Alice Addicks for your new favorite pastime. If she can teach it to a class of distracted high school seniors (and she has), she can teach it to you. This class will focus on skills for beginners; strategy tips, gentle coaching, and open play for intermediate players.

9 sessions / SHS Gym / \$129

125a Beginners	Mondays	Sept 17–Nov 12
	6:30–8:00 pm	

125b Open Play	Mondays	Sept 17–Nov 12
	6:30–8:00 pm	

Alice Addicks coached track and field at the junior high and high school level for 20 years. Over the span of her career in the Westport School System, she substitute taught physical education and provided a multitude of other services to her students. Long before it became all the rage, Alice was teaching pickleball to Westport students of all skills and age levels.

Turn the page for more Fitness, Sports + Dance

Tai Chi for Beginners

Harvard Medical School calls the ancient practice of tai chi “meditation in motion.” It can help manage stress by creating a heightened sense of self-awareness, soothing the nervous system and increasing cognitive and brain plasticity. Tai Chi Easy™ is a carefully developed method and approach to tai chi that makes learning easy, beneficial, and fun from the very beginning. Students will learn a series of simple qigong movements to strengthen body and calm the mind and a short form of yang style tai chi to enhance joint flexibility, circulation, range of motion and improve balance, no matter your age or fitness level. Wear loose clothing. Returning students welcome.

877	\$119
8 Tuesdays	Sep 25–Nov 13
7:00–8:00 pm	SHS 2 nd floor mezzanine

Steven Whitaker holds a tai chi and qigong certification from the Institute of Integral Qigong & Tai Chi, 500-hour Peak Pilates certification from Aura Wellness Center, and is an NASM-certified personal trainer. He teaches throughout Fairfield County.

Walking 4 Wellness

Committing to regular exercise is one of the most important things you can do to lower your risk for heart disease, diabetes, and some cancers. There’s no shortcut to good health, but regular, moderately intense walking can help you maintain a healthy weight, manage stress, and sleep better. Join veteran fitness trainer Linda Gottlieb for a twice weekly workshop and walk your way to wellness. Learn to stretch safely and effectively, practice exercises to maintain good posture and regain balance, review the basics of strength training and the importance of weight-bearing exercise, and discuss the impediments to, well, putting one foot in front of the other and walking out the door. We’ll walk inside and out, weather permitting; we’ll even walk to music! Wear comfy clothes and sneakers. \$10 materials fee for Walking for Wellness handbook, payable directly to instructor at first session.

122	\$169
4 Tue & 4 Thu	Sep 25–Oct 18
3:00–4:30 pm	SHS 1049

Linda Gottlieb, owner of FIT Training, is a nationally certified personal fitness coach, cancer exercise trainer, and mindful eating mentor with over 30 years’ experience. She is on staff at Yale University as a cancer exercise trainer, in addition to serving her in-home fitness clientele, and is the author of No Ifs and Butts: How to Turn Your Top 10 Exercise Excuses Into Fitness Triumphs.

Health + Wellness

See *Cooking for related classes, including Deliciously Healthy: A Cooking for Wellness Workshop*

See *Fitness, Sports + Dance for related classes*

Sit Less, Move More

If you’re like most Americans, you sit for more than 10 hours a day: on the couch, in an office chair, in a train, or in a car. Multiple studies now suggest that sitting for long periods of time has a negative effect on your health—even if you exercise. Join veteran fitness trainer Linda Gottlieb and learn why sitting is so hazardous to your and your family’s health and some simple strategies that will get you moving toward a healthier, more physically active self. Your mother wasn’t kidding when she said, Don’t just sit there!

139	\$35
1 Tuesday	Nov 13
6:30–8:30 pm	SHS 1051

Genealogy 101: The Family Tree Goes Digital

Who are you and where did you come from? These days, you don’t need to have descended from royalty to track your family’s journey through history. In fact, uncovering your history is as easy as the click of a button. But which button to press first... Let us introduce you to the new web-based tools designed to help you explore your family tree. Learn how to research lost branches, find your missing ancestors, and pinpoint where—and who—you came from. We’ll help you ask the right questions of those family members you already know in order to connect with those you don’t. We’ll even show you a fast, fun, and easy way to organize family reunions, in case you want to host a get together of your extended family. Please bring a laptop or other digital device.

142	\$59
2 Mondays	Oct 15 & 22
4:00-6:00 pm	SHS 1034

Keri Maisano Nadal has been researching her family under the tutelage of her uncle, a nationally recognized genealogist, author of several genealogy texts, and designer of a major family search website. Using modern techniques and fresh new approaches, she has traced her family’s path back more than 250 years and discovered as many as 500 members of her family tree.

Intro to the MELT Method®: Hands & Feet Workshop

The MELT Method® is a simple self-treatment that can provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and carpal tunnel syndrome. MELT treatment techniques are easy to learn and can be done in just minutes a day. Use the Method to erase pain and tension in your feet and hands brought on by everyday stress, overuse, and age, and feel the results in your whole body. Plus, improve your balance and stability and remain active and flexible as you age. We’ll end the session with a sampling of complementary essential oils and a brief review of their healing and stimulating properties. Bring an exercise mat to class. MELT tools are provided for use during class; MELT soft rollers, ball kits, and the bestselling MELT Method® book are available for purchase from the instructor.

168	\$35
1 Tuesday	Oct 2
7:00–8:30 pm	SHS Library

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

MELT Method®: Reduce Neck & Low Back Pain

Learn key MELT Method® techniques to reduce neck pain and low back aches. Learn how to reduce chronic back pain, rehydrate your connective tissue, and rebalance your nervous system with this simple self-treatment method. You’ll see improved alignment and muscle timing, plus reduced inflammation, joint compression, and pain. If you feel stiff in the morning, have neck, back, or shoulder pain, trouble sleeping, this class is for you. The session will end with a sampling of complementary essential oils and a brief review of their healing and stimulating properties. Bring an exercise mat and water. Participants should be able to get on and off the floor with little difficulty. MELT tools are provided for use during class; MELT soft rollers, ball kits, and the bestselling MELT Method® book are available for purchase from the instructor. [Taught by Kristen Hallett Rzasa]

165	\$35
1 Tuesday	Oct 16
7:00–8:30 pm	SHS Library

Aging Gracefully with the MELT Method®

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

167	\$35
1 Tuesday	Oct 30
7:00-8:30 pm	SHS Library

Mindful Learning: For Parents, Teachers & Students

A recent American Psychological Association survey concluded that stress is an epidemic for children and families. But you probably didn’t need an expert to tell you that: the May/June issue of Westport magazine featured the distressing statistic that nearly 1 in 4 teenagers suffer from anxiety. For students, stress impairs attention, mood, sleep, and learning readiness. For teachers, stress can decrease productivity and creativity and increase frustration and anxiety. For parents, stress can lead to a parenting style that looks more like a to-do list than an engaged and empathetic relationship with their children. Join Dr. Paul Epstein and learn how you or your student can move from the 3 Rs of education—reading, ’riting, and ’rithmetic—to the 3 Rs of mindful education: reflection, relationship, and resilience. The benefits of mindfulness include improved attention and focus, self-control, resilience and adaptability, and compassion, and even a little training in the practice can lead to a big payoff in the classroom and beyond.

943	\$35
1 Tuesday	Oct 2
7:00–9:00 pm	SHS 1047

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

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

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

932	\$49
2 Tuesdays	Oct 9 & 16
7:00–9:00 pm	SHS 1047

Overcoming Procrastination

Is your home or your office filled with unfinished projects? Do you put off until tomorrow what you should be doing today? You’re not alone: the tendency to procrastinate is prevalent in nearly a quarter of adults. If you’re a perennial procrastinator, if putting it off is impacting your life, if you want to break free of this pernicious and problematic pattern, then this is the class for you. Whether you’d like to be more efficient at work, change your diet, start exercising, or rid yourself of those pesky piles of paperwork, you can accomplish your long held—and long postponed!—dreams and goals. Learn how to take active steps to get important tasks done, be on time, finish those big projects, and bring your ideas to fruition. There really is no time like the present!

927	\$35
1 Thursday	Nov 8
7:00–9:00 pm	SHS 1047

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

Home + Garden

See Arts + Crafts for related classes, including DIY Kitchen Cabinet and Furniture Painting Workshops

See Pets for related classes, including Beekeeping 101

Home Staging: Love It & List It

If you’re selling or thinking of selling, home staging can help lend warmth, scale, aesthetic cohesion, and emotional appeal to your property. It’s a way of merchandising your home by creating emotional connection between potential buyers and your prop-

erty, enabling them to imagine how life could be for themselves and their families... in their new home. According the the National Association of Realtors, an average home staging investment of between 1–3% of the home’s asking price can generates a return on investment of 8–10%. Join our expert and learn the steps and secrets to prepping your house for sale, staging your own home, and putting your best room forward!

111a	\$69
2 Mondays	Sep 24 & Oct 1
6:30–8:30 pm	SHS 1034
111b	\$69
2 Wednesdays	Nov 7 & 14
3:30–5:30 pm	SHS 1034

Susan Corvo is the president of Susan Corvo Redesign. She is a certified Professional Redesigner and Home Stager and a member of the Real Estate Staging Association, the American Society of Home Stagers and Redesigners, and the Association of Design Education. Her goal is to help both buyers and sellers to envision themselves in a new home.

Gardening 101: Fall Gardening & Landscaping

Don’t slack off just yet... fall is a great time to garden! Divide your perennials, improve your soil, and change your garden layout. While you’re at it, why not feed your plants, plant some bulbs, and get a jump on spring. If you want, bring a photograph or sketch of an area you’re gardening, and we’ll discuss some of the things you can do to get your garden in shape for winter. Please note: this class will not cover fall vegetable gardens.

124c	\$35
1 Wednesday	Sept 12
7:00–9:00 pm	SHS 1010

Evelyn Lee is a professional flower farmer and floral designer at Butternut Gardens LLC in Southport, where she grows 45,000 flowers each year. An advanced master gardener, Evelyn holds an MA from the Yale School of Forestry and Environmental Studies and received her horticultural training at New York Botanical Garden. Visit www.butternutgardens.com.

Flower Arranging 101: Bubble Bowl Design for Holiday Entertaining

Be as bold as a garden in full bloom. Explore a sleek new type of floral design using the versatile bubble bowl and some of autumn’s most brilliant flowers. Bubble bowl arrangements are great options for holiday entertaining; they sit low on the table so your guests can see each other *and* your gorgeous centerpiece. All participants will make their own arrangement to take

home. No prior experience required. Workshop limited to 10 participants. Materials fee of \$40 included. [Taught by Evelyn Lee]

121g	\$75
1 Thursday	Nov 8
7:00–9:00 pm	SHS 1010

Feng Shui for Everyone

There are clear links between how a room is laid out and decorated and how you feel when you’re in that room; you know it when you step inside a well-designed space. A little art, a little science, feng shui is a system of design that has been in use for centuries in Asia, and that 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 by adding plants to your home.

263	\$79
3 Mondays	Oct 15–29
7:00–9:00 pm	SHS 1047

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

Green Home Design: Trends & Net Zero Energy Houses

Building code changes in 2018 require homes to be more energy efficient. But a net zero energy house uses about a third less heating and cooling energy than a home built to even the new code. Review the green homebuilding options available to you and learn how to create a home that produces more energy than it consumes. Discover how green technology can increase your home’s health; how controlling ventilation saves money by requiring a smaller HVAC system; and how even modest investments in energy efficient construction can lead to lifelong savings. Workshop includes presentation, discussion, and take-home resources.

267	\$35
1 Monday	Nov 5
7:00-9:00 pm	SHS 1034

Colin Healy was a co-founder of Sunspace, Inc., the first solar greenhouse design-build firm in Connecticut. He is an LEED Green Associate and a member of CT Passive House (CTPH). Visit www.colinhealydesign.com.

Help Your Aging Parents Live Independently by Design

Most people say they would prefer to continue living at home as long as they can, but few have taken steps to make it a sustainable choice. Join certified aging in place specialist Colin Healy for a presentation on ways to reinvent your home to meet your family’s changing needs. Learn the cognitive, psychological, and health advantages of aging in place; what key improvements can make aging in place a great experience for everyone; what strategic investments can add value to your home in a graying market; how to build a supportive network to make it all work; and how to recognize the right time to transition from home. Whether you’re helping loved ones or planning for yourself, this workshop will give you the insights you need to create a safe and happy environment for you and your family. Workshop includes presentation, discussion, and take-home resources.

266	\$35
1 Monday	Nov 26
7:00-9:00 pm	SHS 1034

Colin Healy received his BA in architecture from City College and is certified as an aging in place specialist by the National Association of Home Builders. Visit www.colinhealydesign.com.

How to Avoid Costly Pitfalls When Selling Your Home

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

117	\$35
1 Wednesday	Oct 3
6:30–9:00 pm	SHS 1049

Languages

See *Cooking for Italian Cooking & Culture*
There may be additional fees for language texts and materials.

Basic Conversational Spanish
Spanish has been spoken in what is now the United States since the 16th century. The language of Cervantes’ *Don Quixote* and García Márquez’s *One Hundred Years of Solitude*, Spanish is now this country’s second most spoken language. We’ll use a conversational approach to learn vocabulary and common phrases and to explore Spanish culture. Whether you’re studying for travel, conversation, or business purposes, you’ll gain the confidence you need to speak about food, travel, directions, lodging, shopping, and more. Students who have taken this class, or who have some knowledge of Spanish, are encouraged to return; new students are always welcome.

967	\$179
8 Tuesdays	Sept 25–Nov 13
3:30–5:30 pm	SHS 1047

Lauren Mattera is in her third year of teaching Spanish in the Westport Public Schools. She earned a BA and an MA in Hispanic language and literature from Boston University, as well as a MA in teaching from Sacred Heart University. When she's not teaching, you can find Lauren drinking coffee and reading corny romance novels.

Conversational German

A major world language, German is spoken by 95 million people worldwide. Without German, we wouldn’t have delicatessens, pumpernickel, or pretzels. And where would we be without zeitgeist, angst, and kitsch? In the hinterlands, that’s where! This class will cover basic conversational German, with a focus on vocabulary and pronunciation, and a little grammar thrown in for fun. You’ll be introduced to German culture, customs, and idioms. Students who have taken Conversational German, or who have some knowledge of German, are encouraged to return; new students are always welcome. Students should bring to class *Learn German the Fast and Fun Way* (4th Edition), Neil Donahue.

163	\$135
8 Mondays	Oct 1–Nov 19
3:30–5:30 pm	SHS 1051

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

Intro to American Sign Language
With American Sign Language, you’ve literally got the whole world in your hands! This class, for beginners as well as those with some ASL experience, will explore the connection between signs and how they were created by deaf people all over the world from their everyday expressions, how Deaf culture differs from that of hearing culture, and how to understand not just what is being said but its meaning. You’ll learn enough to be proficient in basic Sign language conversation—to understand and talk with hearing impaired and deaf people—and you’ll have lots of fun doing it. (Parents and grandparents, teach your infants to communicate with you before they can speak!)

817	\$225
10 Tuesdays	Sept 25–Dec 4 (no class Nov 20)
4:00–6:00 pm	SHS 1051

Keri Maisano-Nadal, a certified sign language interpreter and instructor, has a degree in ASL and Sign from the Ocean County-Keane College, a nationally recognized interpreter program. She has worked with individuals, schools and churches, and mothers groups, and she loves teaching sign language.

Italian for Beginners

Designed for travelers, tourists, and other admirers of *la dolce vita* who want to communicate in Italian, this class will cover pronunciation, typical greetings, and travel-related dialogue. Enjoy learning about Italian culture while you learn to speak simple phrases in Italian, from *Arrivederci, Roma* to *zuppa di pesce*. Students who have taken Italian for Beginners before, or who have some knowledge of Italian, are encouraged to return; new students are always welcome. Enjoy a flavorful feast after the class is over: join your instructor in our professional kitchens for our Italian Cooking & Culture class, **Handmade Pasta & Hearty Sauces**; see page 10 for registration information.

160	\$179
8 Wednesdays	Sept 26–Nov 14
7:00–9:00 pm	SHS 1034

A native speaker of Italian, Simona Zanelli grew up in Rome, where she practiced law and taught Italian law students. Since moving to the United States in 2004, Simona has continued to teach Italian language and culture to children and adults.

Pets

Beekeeping 101: A Beekeeping Workshop
From rooftops of major cities around the world to suburban backyards, beekeeping is a trend that is here to stay. Local beekeeper, author, and founder of Red Bee Honey, Marina Marchese will take you on a hands-on journey into the fascinating world of honeybees. Learn basic beekeeping practices, from setting up your first beehive 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! A great holiday gift for the bee enthusiast in your life... if you are interested in keeping bees in 2019, it’s not too early to start!

130	\$35
1 Sunday	Dec 2
1:00–3:00 pm	Red Bee Honey Barn
	Directions will be emailed prior to class

Marina Marchese is the beekeeper behind Red Bee Honey and co-author of The Honey Connoisseur: Selecting, Tasting, and Pairing Honey. She is the founder of the American Honey Tasting Society and a proud recipient of the Slow Food Snail of Approval. Visit www.redbee.com.

Dog Obedience
(for dogs at least 4 months old)

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

290	\$155
7 Wednesdays	Oct 3–Nov 28 (no class Oct 31, Nov 21)
6:30–7:30 pm	SHS Pool Lobby

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

Technology + Computers

See *Arts + Crafts* for related classes, including *DSLR: Basic Digital Camera Operation*
See *Business + Money Matters* for related classes, including *Intro to Google Suite, MS Excel for Business, and Social Media for Businesses*
See *Health + Wellness* for *Genealogy 101*

iPhone Photos: Better Pix In Your Pocket
That phone in your pocket—or your purse—has a great camera, so why aren’t your photos great? iPhone photography is a little bit computer science and a little bit art; it takes both tech savvy and a good eye. Let a professional photographer help. This workshop will help you maximize the potential of your phone-as-camera and your artistic potential. You’ll learn some photography basics, including composition and lighting. You’ll also discover some of the most popular photo-enhancing and post-processing apps for iPhones. Bring your fully charged iPhone 4 and above, and AppleID and password, and never miss another photo opp!

965a	\$35
1 Wednesday	Sept 26
7:00–9:00 pm	SHS 1047
965b	\$35
1 Wednesday	Nov 14
4:00–6:00 pm	SHS 1047

Peggy Garbus has been working as a professional photographer for 13 years. She specializes in portrait photography. She thinks it's the best job in the world, and she is inspired every day by the people she meets and the moments she captures. Visit www.peggygarbus.com and follow her on Instagram @peggygarbus.

Basic Photoshop CS6

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

619	\$159
5 Thursdays	Sept 27–Oct 25
7:00–9:00 pm	SHS 2034

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

Turn the page for more Technology + Computers

Intermediate / Advanced Photoshop CS6

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

890	\$159
5 Thursdays	Nov 1–Dec 6 (no class Nov 22)
7:00–9:00 pm	SHS 2034

iBasics: Intro to iPhone & iPad

They say we only use 10% of our brains; make up for that under-leveraged 90% by learning to access 100% of the computing, organizing, and navigating capacity of your Apple mobile devices. In this hands-on class, you'll explore features common to both devices and how to keep them in sync using Apple's iCloud service, as well as the apps that come pre-loaded, including Safari, Mail, and Calendar. Bring your fully charged iPhones and iPads and your AppleID and password; devices should be upgraded to iOS 10 or higher.

223	\$55
2 Mondays	Oct 15 & 22
3:00–5:00 pm	SHS 1047

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

iPhone / iPad Tips & Tricks

You already know the basics... you can answer the phone, send text messages, search the web, shop, even play games. But your devices are capable of so much more. Learn the tips and tricks that will make using them more efficient and tailored to your unique needs. From leveraging Apple's iCloud services to adding a personal email signature to saving articles and websites in Safari to squeezing out even more usage time before

recharging your phone, you're bound to learn something new and useful in this fast-paced class. Bring your fully charged iPhones and iPads and your AppleID and password; devices should be upgraded to iOS 10 or higher. [Taught by Valentina Vallinotto]

224	\$55
2 Mondays	Nov 5 & 12
3:00–5:00 pm	SHS 1047

Cool Apps for iPhones & iPads

With over 2 million apps available in Apple's App Store, there's an app for just about anything you want to do—and frequently more than one. So which ones do you choose and how do you find them? In this class, we'll explore apps of all kinds: travel apps that you'll want for your next trip overseas; business apps that turn your device into a digital scanner; apps that let you access the countless sources of content from around the world; apps that let you organize recipes, shopping lists, and many, many more. Bring your Apple ID and password and go home with at least 5 useful apps for your personal collection. Bring your fully charged iPhones and iPads and your AppleID and password; devices should be upgraded to iOS 10 or higher. [Taught by Valentina Vallinotto]

225	\$35
1 Monday	Dec 3
3:00–5:00 pm	SHS 1047

Survival Guide for Today's Technology

Ever feel like technology is moving too fast? Maybe your kids have bought you a new smart phone, and suddenly you're feeling not so smart? Join Rob Rogers, technology specialist in the Westport Public Schools, as he helps guide participants through the tangled web that is today's Internet of Things. (He'll even explain what that is and how it can make your life easier and you more efficient.) Discuss topics like smart phones, wifi, laptops versus tablets versus desktops, printers and printer software, and many more of the 21st century's technological wonders.

233	\$79
4 Thursdays	Oct 4–25
3:30–5:00 pm	SHS 1047

Rob Rogers earned a BA in history and an MA in education. He's currently a social studies teacher at BMS and previously was a technology integration teacher at CMS. When he's not geeking out over Star Wars or the latest cool app, he flies drones, and spends quality time with his family and his loyal dog Rosie.

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** and click on the **ed2go** link.

Accounting + Finance • Arts + Design • Business • College Readiness • Computer Applications + Programming • Construction + Trades • Health + Fitness • Healthcare + Medical • Hospitality • Information Technology • Language • Law + Legal • Math + Science • Teacher Professional Development • Writing + Publishing

Mandated Programs

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

These programs are now offered free during the academic year to interested Westport residents through Norwalk Public Schools Continuing Education program.

Proof of Westport residency is required. Students 17 and 18 years of age must present a copy of their school withdrawal papers when registering for any ESL, ABE, GED, or American Citizenship class.

For more information about these and other programs contact:

www.norwalkpublicschools.org
click District, then Continuing Education

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

Westport Center for Senior Activities / 21 Imperial Avenue

Westport Continuing Education is proud to partner with the Westport Center for Senior Activities to offer quality programming to Westport seniors 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. Call (203) 341-5099 for information.

Center hours:
Monday–Friday / 7:30 am–4:30 pm
Thursday / 7:30 am–8:00 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 Instruction • Sculpture • Beading • Stained Glass • Drawing • Watercolor • Fitness Center • Strength Training • Balance Class • Aerobic Chair • Support Groups • Blood Pressure + Hearing Screenings • Tai Chi • Qigong • Eccentrics • Dance Classes • and much more!

Weekly Calendar : Kids Division

coleytown greens farms kings highway

Monday
Art Exploration: Animal Art [pg. 25]
Bricks 4 Kidz®:
Amazing Animals [pg. 29]
Bricks 4 Kidz®:
Transformation Creations [pg. 29]
Westport All Stars Basketball:
Afterschool AllStars & Travel Prep [pg. 27]

Tuesday
Citizen Invention:
Creative Robotics [pg. 29]
Fork, Knife, Spoon Cooking:
Edible Winter Wonderland House [pg. 26]
Happy Code Club:
Minecraft Science Discoveries [pg. 30]
World Champion Taekwondo [pg. 28]

Wednesday
Fork, Knife, Spoon Cooking:
Edible Halloween Haunted House [pg. 26]
Happy Code Club:
Mindstorm Robotics [pg. 30]
Westport Arts Center:
Shapes & Patterns [pg. 25]

Thursday
Chess Club [pg. 28]
Kempo Karate [pg. 28]
Nouveau Nutrition:
The Science of Cooking [pg. 26]

Friday
Mad Science: Freaky Fyzzics [pg. 29]
Story Theater [pg. 31]

Monday
Citizen Invention:
Creative Robotics [pg. 29]
Fork, Knife, Spoon Cooking:
Edible Winter Wonderland House [pg. 26]
Tennis / gr. 1–2 [pg. 23]
Tennis / gr. 3–5 [pg. 23]
Westport Arts Center:
Shapes & Patterns [pg. 25]

Tuesday
Fork, Knife, Spoon Cooking:
Edible Halloween Haunted House [pg. 26]
Kindergarten Tennis [pg. 23]
Mad Science: Freaky Fyzzics [pg. 29]

Wednesday
Kempo Karate [pg. 28]
Westport Arts Center:
(Re)Think 3D [pg. 25]

Thursday
Happy Code Club:
Minecraft Science Discoveries [pg. 30]
PM / PE [pg. 22]
TheaterCamp 4 Kids!
Broadway Acting, Singing, Dancing [pg. 31]

Friday
Chess Club [pg. 28]
Pen ★ Stars Creativity Club [pg. 25]
Westport All Stars Basketball:
Afterschool AllStars & Travel Prep [pg. 27]
World Champion Taekwondo [pg. 28]

Monday
Magic Club [pg. 31]
PM / PE [pg. 22]
Tuesday
Chess Club [pg. 28]
Kempo Karate [pg. 28]
Westport Arts Center:
(Re)Think 3D [pg. 25]

Wednesday
Fork, Knife, Spoon Cooking:
Edible Winter Wonderland House [pg. 26]
Mad Science: Freaky Fyzzics [pg. 29]
World Champion Taekwondo [pg. 28]

Thursday
Citizen Invention:
Creative Robotics [pg. 29]
Fork, Knife, Spoon Cooking:
Edible Halloween Haunted House [pg. 26]
Scene Study & Monologue [pg. 31]
Sports & Homework Club [pg. 22]

Friday
Bricks 4 Kidz®:
Amazing Animals [pg. 29]
Bricks 4 Kidz®:
Transformation Creations [pg. 29]
Happy Code Club:
Minecraft Science Discoveries [pg. 30]
Westport Arts Center:
Shapes & Patterns [pg. 25]

long lots saugatuck

Monday
Chess Club [pg. 28]
Kempo Karate [pg. 28]
Westport Arts Center:
(Re)Think 3D [pg. 25]
Tuesday
Story Theater [pg. 31]
Westport Arts Center:
Shapes & Patterns [pg. 25]

Wednesday
Citizen Invention:
Creative Robotics [pg. 29]
Happy Code Club:
Minecraft Science Discoveries [pg. 30]
Pen ★ Stars Creativity Club [pg. 25]
TheaterCamp 4 Kids!
Broadway Acting, Singing, Dancing [pg. 31]

Thursday
Bricks 4 Kidz®:
Amazing Animals [pg. 29]
Bricks 4 Kidz®:
Transformation Creations [pg. 29]
Kindergarten Tennis [pg. 23]
Lights, Camera, Action! [pg. 32]
Magic Club [pg. 31]

Friday
CompuChild: Scratch That [pg. 30]
Fork, Knife, Spoon Cooking:
Edible Halloween Haunted House [pg. 26]
Fork, Knife, Spoon Cooking:
Edible Winter Wonderland House [pg. 26]
Mad Science: Freaky Fyzzics [pg. 29]

Monday
Fork, Knife, Spoon Cooking:
Edible Halloween Haunted House [pg. 26]
Mad Science: Freaky Fyzzics [pg. 29]
World Champion Taekwondo [pg. 28]
Tuesday
Pen ★ Stars Creativity Club [pg. 25]
Sports & Homework Club [pg. 22]

Wednesday
Chess Club [pg. 28]
CompuChild: Scratch That [pg. 30]
Tennis / gr. 1–2 [pg. 23]
Tennis / gr. 3–5 [pg. 23]

Thursday
Fork, Knife, Spoon Cooking:
Edible Winter Wonderland House [pg. 26]
PM / PE [pg. 22]
Westport Arts Center:
(Re)Think 3D [pg. 25]

Friday
Citizen Invention:
Creative Robotics [pg. 29]
Happy Code Club:
Minecraft Science Discoveries [pg. 30]
Kempo Karate [pg. 28]
Nouveau Nutrition:
The Science of Cooking [pg. 26]

Important Information

Class Schedules

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

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

School Closings

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

All class cancelations will be announced on our website, westportcontinuinged.com.

Late Fees

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

Elementary School

Unless otherwise noted, elementary level classes will not meet during Teacher Conference days, November 28–30.

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

Cancellation Policy

See inside back cover.

More Classes & Camps for Elementary School Students
See page 23 for more **Afterschool Tennis** • See page 24 for **Election Day** and **February Vacation Camps** • See page 27 for **Badminton, Fencing,** and **Westport AllStars Basketball Clinics** • See page 32 for **American Red Cross Babysitters Course** • See page 33 for **Competitive Fencing** and **CT Juniors Volleyball**

middle school + high school
See pages 32–36 for new and returning programs for grades 6–8 and 9–12.

Afterschool Clubs

Sports & Homework Club
grades 2–5

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

KHS 21 & Gym with Mike Quiricone				
6 sessions / \$155	836a	Thursdays	3:15–5:00 pm	Sep 13–Oct 18
6 sessions / \$155	836b	Thursdays	3:15–5:00 pm	Oct 25–Dec 13 (no class Nov 22 & 29)
SES Library & Gym with Jen Mitteness				
5 sessions / \$129	836c	Tuesdays	2:45–4:30 pm	Nov 13–Dec 11

PM / PE
grades 1–5

To be clear, you’ll get your share of sports. But the reality is that this club has always been about more than just sports. 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 he or she will also be learning important skills and attitudes, like cooperation, collaboration, communication, conflict resolution, problem solving, perseverance, self-expression, and self-control. In short, it’s good, clean fun just when kids need it most: after a tough day reading, writing, and ’rithmetic-ing.

GFS Gym				
6 sessions / \$155	840a	Thursdays	3:15–5:00 pm	Sep 13–Oct 18
6 sessions / \$155	840b	Thursdays	3:15–5:00 pm	Oct 25–Dec 13 (no class Nov 22 & 29)
KHS Gym with Mike Quiricone				
6 sessions / \$155	840c	Mondays	3:15–5:00 pm	Sep 17–Oct 22
6 sessions / \$155	840d	Mondays	3:15–5:00 pm	Oct 29–Dec 10 (no class Nov 5)
SES Gym with Jen Mitteness				
5 sessions / \$129	840e	Thursdays	2:45–4:30 pm	Nov 1–Dec 13 (no class Nov 22 & 29)



Afterschool Tennis

Tennis with Connie Goodman
grades K–8

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

Kindergarten

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

827a	Sep 11–Oct 16 (no class Sep 18)	5 sessions / \$210
-------------	---------------------------------	--------------------

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

827c	Oct 23–Dec 11 (no class Nov 6)	7 sessions / \$280
828a	Jan 8–Feb 12	6 sessions / \$245

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

827b	Sep 13–Oct 18	6 sessions / \$245
-------------	---------------	--------------------

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

827d	Oct 25–Dec 13 (no class Nov 22)	7 sessions / \$280
828b	Jan 10–Feb 14	6 sessions / \$245

Grades 1–2

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

341A2	Sep 17–Oct 15	5 sessions / \$210
--------------	---------------	--------------------

Mondays in the GFS Gym / 4:00–5:00 pm

343A2	Oct 22–Dec 10 (no class Nov 5)	7 sessions / \$280
321A2	Jan 7–Feb 11 (no class Jan 21)	5 sessions / \$210

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

341B2	Sep 12–Oct 17 (no class Sep 19)	5 sessions / \$210
--------------	---------------------------------	--------------------

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

343B2	Oct 24–Dec 12 (no class Nov 21)	7 sessions / \$280
321B2	Jan 9–Feb 13	6 sessions / \$245

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

341C2	Sep 14–Oct 19	6 sessions / \$245
--------------	---------------	--------------------

Fridays in the BMS Gym / 4:00–5:00 pm

343C2	Oct 26–Dec 14 (no class Nov 23)	7 sessions / \$280
321C2	Jan 11–Feb 8	5 sessions / \$210



Grades 3–5

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

341A3	Sep 17–Oct 15	5 sessions / \$210
--------------	---------------	--------------------

Mondays in the GFS Gym / 5:00–6:00 pm

343A3	Oct 22–Dec 10 (no class Nov 5)	7 sessions / \$280
321A3	Jan 7–Feb 11 (no class Jan 21)	5 sessions / \$210

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

341B3	Sep 12–Oct 17 (no class Sep 19)	5 sessions / \$210
--------------	---------------------------------	--------------------

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

343B3	Oct 24–Dec 12 (no class Nov 21)	7 sessions / \$280
321B3	Jan 9–Feb 13	6 sessions / \$245

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

341C3	Sep 14–Oct 19	6 sessions / \$245
--------------	---------------	--------------------

Fridays in the BMS Gym / 5:00–6:00 pm

343C3	Oct 26–Dec 14 (no class Nov 23)	7 sessions / \$280
321C3	Jan 11–Feb 8	5 sessions / \$210

Grades 6–8

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

341A1	Sep 17–Oct 15	5 sessions / \$210
--------------	---------------	--------------------

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

341C1	Sep 14–Oct 19	6 sessions / \$245
--------------	---------------	--------------------

Fridays in the BMS Gym / 3:00–4:00 pm

343C1	Oct 26–Dec 14 (no class Nov 23)	7 sessions / \$280
321C1	Jan 11–Feb 8	5 sessions / \$210



Staff Development Day / Tuesday, November 6 [Election Day]

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

Bricks 4 Kidz® presents Worlds of Amusement
grades K–3

Worlds of Amusement camp takes you on a thrilling adventure as you build amusement park-themed models out of LEGO®. First, visit Wizard World and build your favorite wizard and his magical owl. Then, build a roller coaster and take your despicable yellow characters on a hair-raising ride. Get your amusement park ticket stamped as you bring your favorite games, food, rides, and attractions to LEGO life!

Full-day session @ \$125 / half-day session @ \$59

SHS 1004	Tuesday, Nov 6
935a	8:30 am–3:00 pm
935b	8:30–11:30 am
935c	12:00–3:00 pm

Happy Code Club presents Python Power
grades 4-5

If you've outgrown Scratch, you're ready for Python, a unique programming language that's easy to understand, easy to learn, and easy to use. But don't underestimate it. Python isn't just for kids; it's a favorite of software developers around the globe. Did you know that Python powers YouTube? Now, you too can harness a little of that power in this one-day camp for kid coders. Join your fellow techies and spend the day building fun, interactive projects.

Full-day only @ \$140

SHS 1029	Tuesday, Nov 6
618	8:30 am-3:00 pm

Kempo Academy Election Day Programs [November 6]

grades K–2, 3–5

No fighting or contact; students must submit a waiver, available on our website, prior to class. Wear comfortable clothes and gym shoes. Programs held at Kempo Academy, 374 Post Road, entrance in back.

Kempo Dodgeball Camp (#289a)

Who doesn't love dodgeball?! (Tom Brady says it's one of his favorite off-season sports, and he doesn't play around.) We'll play multiple rounds of dodgeball (in our very padded, very supervised dojo), including varieties like Super Power Dodgeball, Foursquare Dodgeball, Pirates of the Caribbean Dodgeball, Jedi Dodgeball, and even Advanced Jedi Dodgeball for... advanced Jedis, of course!

Kempo Warrior Obstacle Course (#289b)

Inspired by the popular television series, American Ninja Warrior, Kempo Warrior camp is designed to test your fitness, your motor skills, and your perseverance. Aspiring warriors of all ages will find themselves (safely) challenged by our obstacle course. Whether you're climbing, crawling, clambering, balancing, bouncing, dodging or ducking, you'll soon discover your inner superhero.

289a	Dodgeball	8:15–11:30 am	\$140
289b	Obstacle Course	12:00–3:15 pm	\$140
289c	Dodge Ball + Obstacle Course	8:15 am–3:15 pm	\$275

February School Vacation Camps / February 19–February 22

Sports & Fun Adventures Camp with Jennifer Mitteness & Christie Cardinale

grades K–5

Bored by board games? Tired of TV? Join us for a camp that's all about physical fun... just for the heck of it. Because—admit it—you might not miss math class, but you definitely miss gym! Staffed by WPS PE teachers, Sports & Fun Adventures features age-appropriate activities in a safe setting. Put down that deck of cards, shove Monopoly back in the closet, and join us for pro ball, pirates' gold, sink the ship, crossover, pinball, basketball, wiffle ball, team handball, tag games, scooters, volleyball, badminton, floor hockey, and much more. Rollerblading and snowshoeing offered for grades 3–5 only.

4 full-day sessions @ \$159 / 4 half-day sessions @ \$85

838a	Tuesday–Friday	Feb 19–22	8:15 am–3:15 pm
838b	Tuesday–Friday	Feb 19–22	8:15 am–11:30 am
838c	Tuesday–Friday	Feb 19–22	12:00 pm–3:15 pm

Arts + Music

Art Exploration presents Animal Art
grades K–3

Get ready to let your imagination run wild: this season, Art Exploration is going to the dogs... and the lions and tigers and bears, oh my! We'll explore animals through diverse 2- and 3D media and materials, ranging from paint to recycled plastics. And we'll find inspiration from other countries and cultures, including Aboriginal, Oaxacan, and African. There'll be new projects every week, so don't forget to *alpaca* your creativity and make sure you're in the *moooooo*-d for fun! Non-refundable materials fee of \$10 included.

8 sessions / \$165

CES Art Rm. 19	Mondays	Sep 24–Nov 12
475	3:20–4:50 pm	

Jennifer Pagan has a BFA in printmaking and illustration. She has worked at the Aldrich Contemporary Art Museum and most recently at Westport's own Stepping Stones Preschool. When she's not working, she can be found crocheting impossible projects she finds scrolling through Pinterest.

The Pen★Stars Creativity Club:
Where Learning Meets Creativity

grades K–4

The Pen★Stars Creativity Club incorporates music, drama, art, and brain-stimulating games and activities in order to foster our students' unique gifts and enhance their creativity, writing (including spelling and vocabulary), 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, and we think their experiences should be too. On the last day, parents are invited to attend a showcase of our Pen★Stars' work. Stories created by children may be featured in The Pen★Stars Series, an interactive book series created by children, for children.

8 sessions / \$240

SES 181	Tuesdays	Sep 25–Nov 20
342a	2:50–3:50 pm	no class Nov 6
LLS Art Rm. 6	Wednesdays	Sep 26–Nov 14
342b	3:20–4:20 pm	
GFS Art Rm. 130	Fridays	Sep 28–Nov 16
342c	3:20–4:20 pm	

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

The Westport Arts Center presents
(Re)Think 3D

grades K–2

Why make two-dimensional art when you can make three-dimensional art that literally pops off the table? This hands-on sculpting class will introduce your student to super innovative, super creative methods of making 3D art. Sculpture isn't just clay: it can mean colorful polymer action figures, wearable art, pop-up art, soft fiber and fabric sculpture, even your very own personalized pom-poms. Learn about contemporary 3D artists while exploring sculpture in a whole new way. [Taught by a Westport Arts Center educator]

8 sessions / \$280

LLS Art Rm. 6	Mondays	Sep 24–Nov 12
703a	3:20–4:50 pm	
KHS Art Rm. 108	Tuesdays	Sep 25–Nov 20
703b	3:20–4:50 pm	no class Nov 6
GFS Art Rm. 130	Wednesdays	Sep 26–Nov 14
703c	3:20–4:50 pm	
SES Art Rm. 126	Thursdays	Sep 27–Nov 15
703d	2:50–4:20 pm	

The Westport Arts Center presents
Shapes & Patterns In Art

grades 3–5

Do you know that artists have used mathematics since the 4th century BC? Math isn't just academic; it's incredibly creative. We'll prove it to you with projects inspired by mathematics and incorporating shape, line, and pattern. Using parabolic curves and other shapes, symmetry, and repetition, we'll create incredible designs and discover a new way of looking at art. Students will experiment with mixed media, applying mathematical formulas to create and color gorgeous designs. With a new project every week, this class will reveal the art hidden inside mathematics. [Taught by a Westport Arts Center educator]

8 sessions / \$280

GFS Art Rm. 130	Mondays	Sep 24–Nov 12
704a	3:20–4:50 pm	
LLS Art Rm. 6	Tuesdays	Sep 25–Nov 20
704b	3:20–4:50 pm	no class Nov 6
CES Art Rm. 19	Wednesdays	Sep 26–Nov 14
704c	3:20–4:50 pm	
KHS Art Rm. 108	Fridays	Sep 28–Nov 16
704d	3:20–4:50 pm	

Turn the page for Cooking

Cooking

Nouveau Nutrition presents The Science of Cooking grades 1–3

Cooking is part art, part science, and all fun. Join us and discover why whipped cream is whipped; how to blow up a balloon using ingredients found in your pantry; who put the fizz in fizzy sherbet; and what you need to do to turn room temperature ingredients into ice-cold treats. You'll have a delicious time determining how heat and cold affect different ingredients, revealing the reactions between various foods, and figuring out why ice cream gives you brain freeze! Meanwhile, all that measuring will help you brush up on your math skills. Who knew science could be so scrumptious? (Not all experiments will be edible, but those that are will be delish!) Non-refundable materials fee of \$30 included.

6 sessions / \$120		
CES Art Rm. 19 563a	Thursdays	Sep 27–Nov 1 3:20–4:20 pm
SES Cafeteria 563b	Fridays	Sep 28–Nov 9 2:50–3:50 pm no class Oct 26

Kira Pantschenko is a nutrition expert and the founder of Nouveau Nutrition. She believes that if you give children a healthy meal, you feed them for a day; if you teach children how to make healthy meals, they will eat well for a lifetime. Kira and her cooking classes have been featured on WTNH 8 and Channel 12 news. Visit www.nn4kids.com.

Edible Halloween Haunted Houses grades K–5

Make your Halloween even sweeter (is that even possible?) with a spooktacular—and edible—Haunted House. Break out your creepy and get ready to use your scariest stuff when you decorate your very own handcrafted house. Use frosting, marshmallow ghosts, creepy critters, flying bats, and all things Halloween to create a mysterious masterpiece. Houses will be wrapped in cello paper for easy transport home. Materials fee of \$5 included.

1 session / \$40		
SES Cafeteria 544a	Monday	Oct 22 2:50–4:05 pm
GFS Auditorium 544b	Tuesday	Oct 23 3:20–4:35 pm

CES 15 544c	Wednesday	Oct 24 3:20–4:35 pm
KHS Cafeteria 544d	Thursday	Oct 25 3:20–4:35 pm
LLS Cafeteria 544e	Friday	Oct 26 3:20–4:35 pm

Maria and Raz Farinas are chefs and co-owners of Fork, Knife, Spoon Cooking, based in Wilton. They run cooking classes designed to provide a fun and educational way to learn about food and healthy eating.

Edible Winter Wonderland Houses grades K–5

Come exercise your creativity and chase the winter blues away in our Winter Wonderland decorating class. Use fluffy white marshmallows to build the world's most delicious igloo. Place Arctic penguins and edible snowmen on your palace and then Let It Go... right into your belly! Perpetual winter never tasted so good. Houses will be wrapped in cello paper for easy transport home. Materials fee of \$5 included. [Taught by Fork, Knife, Spoon Cooking]

1 session / \$40		
GFS Auditorium 545a	Monday	Dec 3 3:20–4:35 pm
CES Art Rm. 19 545b	Tuesday	Dec 4 3:20–4:35 pm
KHS Cafeteria 545c	Wednesday	Dec 5 3:20–4:35 pm
SES Cafeteria 545d	Thursday	Dec 6 2:50–4:05 pm
LLS Cafeteria 545e	Friday	Dec 7 3:20–4:35 pm

Fitness + Sports

See Afterschool Tennis for K–8 programs

See our Middle School section for more fitness classes, including CT Juniors Volleyball and Competitive Fencing (ages 11–17)

Badminton grades 3–12

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

8 sessions / \$105		
SHS Gym 984	Wednesdays	Sep 12–Nov 7 5:30–7:30 pm no class Sep 19

Fencing 101 ages 7–10

En garde! Our afterschool fencing instructor—who just happens to be an Olympic gold medalist!—is now offering classes at her new studio in Wilton. Fencing 101 is a fun and comprehensive introduction to the sport for boys and girls, with a focus on the fundamental skills and rules of fencing. Classes are designed to teach fencing technique and tactics through exercises, activities, and games that develop coordination, flexibility, balance, strength, endurance, and focus.

7 Tuesdays / 4:30–5:30 pm / \$280	
Held at Olympian Fencing Studio, 388 Danbury Road, Wilton	
998a	Sep 11–Oct 23
998b	Oct 30–Dec 11

Galya Pundyk was the 2008 Olympic gold medalist in sabre fencing, in Beijing. She was a member of the Ukrainian National Fencing Team for 16 years and is currently the assistant fencing coach at Yale University. The sport took her all around the globe, and now, she loves to travel almost as much as she loves teaching fencing. Visit www.olympianfencingstudio.com.

See page 33 for Competitive Fencing (ages 11–17)

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

Coach Chris Fay was named the Nike/Gatorade Phenom National East/West All Star coach in San Diego in 2016 and 2017 and was featured on ESPN. Widely regarded as a top youth coach, Chris enjoys helping kids realize their basketball dreams, one dribble at a time.

Fall Clinics & Travel Prep grades K–2, 3–4, 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. Whether you're a beginner, an advanced player, or prepping for travel team tryouts, the action will be geared to your level. You'll play on two full courts, six baskets, with lower hoops for our smaller ballers. Staff includes top area coaches.

17 sessions / Tue & Thu / Sep 4–Nov 8 (no class Sep 13, 18, Nov 6)		
SHS Gym / \$225		
322a	grades K–2, 3–4	5:30–6:30 pm
322b	grades 5–12	6:30–7:30 pm

Winter Sunday Shootout grades 1–5, 6–9; boys & girls

This winter, take advantage of extra court time, improve all season long, and keep your shot sharp. Featuring shooting, ball handling, skills, drills, and games. You'll play on two full courts with six baskets. Lower hoops for smaller ballers.

11 sessions / Sundays / Dec 2–Mar 10 (no class Dec 23, 30, Jan 20, Feb 17)		
SES Gym / \$165		
348a	grades 1–5	11:00 am–12:00 pm
348b	grades 6–9	12:00–1:00 pm

Afterschool AllStars & Travel Prep with Gameplay grades K–2, 3–5, 6–8

Head to the gym right after school for hoops! Learn the game from a seasoned coach, from the fundamentals—including the rules and regs—to skills, drills, and games. Travel prep, including gameplay, for advanced players. Get your game on after school, keep improving all season long; then show your stuff at the Sunday Shootout (#348; separate registration required).

10 sessions / \$135		
CES Gym 371a	Mondays	Dec 3–Mar 4 3:20–4:50 pm no class Dec 24, 31, Jan 21, Feb 18

11 sessions / \$150		
GFS Gym 371b	Fridays	Dec 7–Mar 8 3:20–4:50 pm no class Dec 28, Feb 15, 22

Turn the page for more Fitness + Sports

Kempo Karate: Introduction to Martial Arts grades K–5

The modern world requires far less of the physical aspects of martial arts than at any other time; so why martial arts training? Kempo Karate kids learn self-confidence and self-control. They learn focus, discipline, and perseverance. They learn to follow instructions and how to become leaders. And they bring all those skills back to school. Kempo Karate kids get better grades, and that’s one less battle you have to fight. 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.

10 sessions / \$149		
LLS Gym 303a	Mondays	Sep 24–Dec 3 3:20–4:20 pm no class Nov 5
KHS Gym 303b	Tuesdays	Sep 25–Dec 4 3:20–4:20 pm no class Nov 6
GFS Gym 303c	Wednesdays	Sep 26–Dec 12 3:20–4:20 pm no class Nov 21 & 28
CES Gym 303d	Thursdays	Sep 27–Dec 13 3:20–4:20 pm no class Nov 22 & 29
SES Gym 303e	Fridays	Sep 21–Dec 14 2:50–3:50 pm no class Oct 26, Nov 23 & 30

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

World Champion Taekwondo grades K–5

Taekwondo offers physical and mental benefits: increased strength, cardio endurance, and flexibility, plus greater mental focus and a confidence that can expand into all areas of students' lives. World Champion students will not only build and refine their motor skills, but they'll also learn 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. At the end of the program, students will have the opportunity to take the promotion belt test at WCT (test fee of \$60) to get their yellow belt and a trophy. Returning students who have earned a yellow belt are welcome to return and work toward higher level belts.

8 sessions / \$169		
SES Gym 324a	Mondays	Sep 24–Nov 19 2:50–3:50 pm no class Nov 5
CES Gym 324b	Tuesdays	Sep 25–Nov 20 3:20–4:20 pm no class Nov 6
KHS Gym 324c	Wednesdays	Sep 26–Nov 14 3:20–4:20 pm
GFS Gym 324d	Fridays	Sep 28–Nov 16 3:20–4:20 pm

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

Games

Chess Club grades 1–5

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

10 sessions / \$205		
LLS Music Rm. 132 318a	Mondays	Sep 24–Nov 26 3:20–4:20 pm
KHS 13 318b	Tuesdays	Sep 25–Dec 4 3:20–4:20 pm no class Nov 6
SES Cafeteria 318c	Wednesdays	Sep 26–Dec 12 2:50–3:50 pm no class Nov 21 & 28
CES 35 318d	Thursdays	Sep 27–Dec 13 3:20–4:20 pm no class Nov 22 & 29
GFS Library 318e	Fridays	Sep 28–Dec 14 3:20–4:20 pm no class Nov 23 & 30

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

STEM

Bricks 4 Kidz® grades K–3

Explore STEM principles and develop problem solving and critical thinking skills as you build structures out of LEGO® bricks, using one-of-a-kind model plans designed by engineers and architects.

Bricks 4 Kidz® presents Transformation Creations

Build it and they will... transform! Get ready to discover how your LEGO® models can change from one thing into something completely new. If you love LEGOs, you'll love this mash-up of models. Our awesome 2-in-1 kits include exciting characters, robots, vehicles, and more. Follow the step-by-step building plans and then ignite your inner engineer and use your imagination to transform your creation.

6 sessions / \$160		
CES 14 888a	Mondays	Sep 17–Oct 22 3:20–5:00 pm
LLS Art Rm. 6 888b	Thursdays	Sep 20–Oct 25 3:20–5:00 pm
KHS 104 888c	Fridays	Sep 21–Oct 26 3:20–5:00 pm

Bricks 4 Kidz® presents Amazing Animals

It’s a zoo in here, but if you love animals, this is your class. We'll build LEGO® models of a spider, a kangaroo, a monkey, and more. Each week, we'll discuss fascinating facts about the animals we build, from the chameleon that changes colors to the seal that waddles across the table. You'll love these moving models that celebrate the wonders of the animal kingdom.

7 sessions / \$189		
CES 14 889a	Mondays	Oct 29–Dec 10 3:20–5:00 pm
5 sessions / \$135		
LLS Art Rm. 6 889b	Thursdays	Nov 1–Dec 13 3:20–5:00 pm no class Nov 22 & 29
KHS 104 889c	Fridays	Nov 2–Dec 14 3:20–5:00 pm no class Nov 23 & 30

Citizen Invention grades K–2

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

Citizen Invention presents Creative Robotics

Kids and robots go together like hamburgers and fries, like milk and cookies, like Luigi and Mario! And there’s no better way to help younger kids learn about programming (algorithms, loops, conditionals, oh my!) than with age-appropriate, kid-friendly robots. Join Citizen Invention and learn to program a robot to find treasures in a maze, navigate a community map you create, draw artful pictures, and even perform a creative dance. No prior experience necessary. Projects change every session; returning students are welcome.

8 sessions / \$205		
GFS LMC 606a	Mondays	Sep 24–Nov 12 3:20–4:20 pm
CES 24 606b	Tuesdays	Sep 25–Nov 20 3:20–4:20 pm no class Nov 6
LLS 207 606c	Wednesdays	Sep 26–Nov 14 3:20–4:20 pm
KHS Art Rm. 108 606d	Thursdays	Sep 27–Nov 15 3:20–4:20 pm
SES 158 606e	Fridays	Sep 28–Nov 16 2:50–3:50 pm

Mad Science grades 1–4

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

Mad Science presents Freaky Fyzzics

Calling all mad scientists: we’re looking for a few good junior engineers to build bridges, arches & pyramids. Want to become a magician? We’ve got the scientific secrets behind some of the world’s most famous magic tricks. But wait, there’s more!... Learn about forces, gravity, and inertia while experimenting with gyroscopes and spinning wheels. Discover how electric current

Freaky Fyzzics continued on next page

Turn the page for more STEM

Mad Science presents Freaky Fyzzics, cont.
grades 1–4

follows a circuit as you make buzzers buzz and a firefly flicker with light. Build a loop-flying stunt plane and explore the principles of flight. Create your own wave-in-a-bottle and plumb the depths of density and the states of water. All Mad Science programs correlate with CT’s science curriculum and are Next Generation Science Standards (NGSS) compliant.

8 sessions / \$225		
SES 181 909a	Mondays 2:50–3:50 pm	Sep 24–Nov 12
GFS Art Rm. 130 909b	Tuesdays 3:20–4:20 pm	Sep 25–Nov 20 no class Nov 6
KHS Art Rm. 108 909c	Wednesdays 3:20–4:20 pm	Sep 26–Nov 14
LLS Art Rm. 6 909d	Fridays 3:20–4:20 pm	Sep 28–Nov 16
CES Art Rm. 19 909e	Fridays 3:20–4:20 pm	Sep 28–Nov 16

CompuChild presents
Scratch That: Creative Coding
grades 3–5

Scratch, a visual programming language developed at MIT, is designed to make computer programming more engaging and accessible for young students. And it works! Send us your young programmers, and we'll teach them to think creatively, reason systematically, and work collaboratively, as they learn important mathematical and computational ideas. You'll know they're picking up important 21st century skills; they'll be creating characters, drawing shapes, generating spirographs, designing games, choosing music, navigating mazes, and much more. Don't just play on the computer; program it!

8 sessions / \$185		
SES Computer Lab 619a	Wednesdays 2:50–3:50 pm	Sep 26–Nov 14
LLS Computer Lab 619b	Fridays 3:20–4:20 pm	Sep 28–Nov 16

With classes that are fun and creative, CompuChild encourages students to develop the skills needed to become tomorrow's innovators and leaders by providing STEAM curriculum that fosters communication, collaboration, and critical thinking.

Happy Code Club

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

Minecraft: Science Discoveries
grades 3–5

Love Minecraft? Join the Club and take a journey through worlds of scientific discoveries. Experiment and explore: examine the human body, from the inside out; measure the distance between planets; or enter a virtual CERN Lab and smash atoms. If you’re inspired enough, you can even design your own experiments to support your hypothesis, using tools like Redstone and Make-code. Want to collaborate on a global scale? Join our team and work with other scientists to change the world. It’s a blast, from the first minute to the last!

8 sessions / \$235		
CES LMC Comp Lab 616a	Tuesdays 3:20–4:20 pm	Sep 25–Nov 20 no class Nov 6
LLS Comp. Lab 1 616b	Wednesdays 3:20–4:20 pm	Sep 26–Nov 14
GFS Comp. Lab 616c	Thursdays 3:20–4:20 pm	Sep 27–Nov 15
KHS Comp. Lab 616d	Fridays 3:20–4:20 pm	Sep 28–Nov 16
SES Comp. Lab 616e	Fridays 2:50–3:50 pm	Sep 28–Dec 7 no class Oct 26, Nov 23, 30

Mindstorm Robotics
grades 3–5

These are not your kid brother’s robots. EV3 robot kits make building, programming, and commanding your own LEGO robots smarter, faster, and more fun, using bricks, motors, and sensors. Build a robot that can walk, drive, slither, slam, or spin. Do it just for fun, or team up and challenge another group to a robot rodeo! You'll need to use critical thinking and apply it to the design and coding process. And you'll probably need to tinker with your creation, work collaboratively with your team to solve problems, and debug a program or two. But that’s what engineers do. And you’re an engineer, right? No experience necessary; just a desire to build something cool and have some fun.

8 sessions / \$285		
CES LMC Comp Lab 617	Wednesdays 3:20–4:20 pm	Sep 26–Nov 14

Theater Arts

Story Theatre
grades K–2

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

7 sessions / \$105		
LLS Music Rm. 1 658a	Tuesdays 3:20–4:20 pm	Sep 25–Nov 13 no class Nov 6
CES LMC 658b	Fridays 3:20–4:20 pm	Sep 28–Nov 9

Elizabeth Donnelly’s regional acting credits include numerous productions in Connecticut and New York. She is the theatre director for Farmington Valley Academy Montessori and founding member of the Actors' Equity theatre company, Fifth Letter Productions.

Magic Club
grades K–5

We can’t teach you to make your little sister disappear—that wouldn’t be right!—but we can reveal the secrets of the professional magician in this critically acclaimed program. Experience the wonder of magic as you learn the ancient art of prestidigitiation. Improve your presentation, public speaking, and leadership skills, build self-confidence and poise, and develop stage presence. Plus, disappearing coins! Magic scarves! Card tricks! We promise a truly magical experience. Each week, you'll receive tricks and materials to take home with you. Students repeating this class will receive new tricks to take home and, with the wave of a wand, will become magical aides for new students. Non-refundable materials fee of \$5 per week included.

10 sessions / \$199		
LLS Music Rm. 1 841a	Thursdays 3:20–4:20 pm	Sep 27–Dec 13 no class Nov 22 & 29
KHS 25 841b	Mondays 3:20–4:20 pm	Sep 24–Nov 26

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

TheaterCamp 4 Kids! presents
Broadway Acting, Dancing & Singing
grades 2–5

Whether you have a budding Broadway star or a child who is bashful, TheaterCamp 4 Kids! classes offer something for every student. Founded on the belief that make-believe is more than just fun, we provide an innovative, play-based way to learn about theater arts, featuring games, improvisation, movement and dance, hip hop, Broadway songs—including some from this year’s middle school productions!—and even stage combat. Scene work, direction and choreography, ensemble pieces and monologues... all these teach kids about the theater, but they also help boost confidence, develop empathy, and enhance teamwork skills. Bring a nut-free snack; class may be held outdoors, weather permitting.

8 sessions / \$125		
LLS Music Rm. 1 701a	Wednesdays 3:20–4:20 pm	Sep 26–Nov 14
GFS Music Rm. 127 701b	Thursdays 3:20–4:20 pm	Sep 27–Nov 15

Laura Curley Pendergast graduated from Saint Lawrence University with a BA in theater arts. An actor, singer, dancer, and playwright, her credits range from Brooklyn’s BAM Opera House to regional theaters, and she was the managing director of the Off-Broadway Triangle Theater in New York City. Laura is the proud owner of Junior the Wonder Dog, who starred in an Emmy-award winning episode of ABC’s Born to Explore.

Scene Study & Monologue
grades 3–5

If anyone’s ever told you to stop being so dramatic, don't listen. Instead, take this class! Under the guidance of a professional actor, you'll collaborate on your own monologue or scene. You choose the topic: be inspired by something you’ve seen or read, or make it more personal and use your own life as inspiration. Either way, each week, your creativity and confidence will grow as you explore both your piece, your character(s), and your dramatic side. There will be group work and drama games and rehearsal for a showcase on the final day of class. A great program for new actors, as well as those with experience. [Taught by Elizabeth Donnelly]

7 sessions / \$105		
KHS LMC 629	Thursdays 3:20–4:20 pm	Sep 27–Nov 8

Turn the page for more Theater Arts

Kids Division

Lights, Camera, Action!
grades 3–5

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

10 sessions / \$165

LLS LMCThursdaysSep 20–Dec 6
6633:20–4:20 pmno class Nov 22 & 29

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

Middle School

See page 23 for Afterschool Tennis (gr. 6–8) and page 27 for Badminton (gr. 3–12) and Westport AllStars Basketball Clinics (gr. 6–8)

American Red Cross Babysitters Course
ages 11 to 15

Be the best babysitter you can be with this class brought to you by the nation's leading provider of childcare education. 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 a Red Cross-certified teacher]

3 sessions / \$155

SHS 1047TuesdaysOct 9–23
367a4:00–6:00 pm

SHS 1047TuesdaysNov 13–27
367b4:00–6:00 pm

Body Blast Sports Performance
grades 6–8

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

8 sessions / \$149

BMS GymMondaysSep 24–Nov 12
985a3:00–4:00 pm

CMS GymFridaysSep 28–Nov 16
985b3:00–4:00 pm

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

Crazy Delicious Cooking with Chef Cecily Gans
grades 6–8

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

4 sessions / \$199

SHS Room 182TuesdaysOct 2–23
2733:00–5:00 pm

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

Study Skills
grades 6–8

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

4 sessions / \$145

BMS 212WednesdaysOct 3–24
603:00–4:30 pm

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

Competitive Fencing (Beginners Welcome)
ages 11–17

Featured in the first Olympics of the modern era, in Athens in 1896, and an event at every Summer Games since, fencing is among the most graceful of all sports, requiring both agility and endurance. Practiced regularly, it develops strength, flexibility, coordination, and aerobic capacity. It is also challenging and fun. Led by Olympic gold medalist Gayla Pundyk, this class is designed for both beginners and fencers who want to work on their form. Let this be your introduction to the fundamental skills, techniques, and tactics of fencing through games and exercises, or join us to continue improving your fencing skills.

7 Thursdays / 5:30–6:30 pm / \$280

Held at Olympian Fencing Studio, 388 Danbury Road, Wilton

999aSep 13–Oct 25

999bNov 1–Dec 20 (no class Nov 22)

Galya Pundyk was the 2008 Olympic gold medalist in sabre fencing, in Beijing. She was a member of the Ukrainian National Fencing Team for 16 years and is currently the assistant fencing coach at Yale University. The sport took her all around the globe, and now, she loves to travel almost as much as she loves teaching fencing. Visit www.olympianfencingstudio.com.

Kids Division

CT Juniors Volleyball for Girls
grades 4–12

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

Fall Program: Level 1
grades 4–6

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

8 sessions / \$245

SHS FieldhouseSundaysSep 16–Nov 4
2526:00–7:30 pm

Fall Program: Level 2
grades 6–8; 6th graders must have completed at least one previous CT Juniors program

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.

8 sessions / \$315

SHS FieldhouseSundaysSep 16–Nov 4
2556:00–8:00 pm

Winter Development Program
grades 4–8

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

Practice dates

251SundaysJan 6, 13, 27,
SHS Fieldhouse6:30–8:30 pmFeb 24, March 10, 24

Play datesSundaysFeb 10 & Mar 31

CT Sports Centertimes TBD

CT Juniors Volleyball Winter State Program on next page

Turn the page for more Middle School

CT Juniors Volleyball for Girls
Winter State Program
grades 7–12

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

Practice dates 250	Sundays	Dec 2, 9, 16, Jan 6, 13, 27, Feb 10, 24, Mar 10
SHS Fieldhouse	6:30–8:30 pm	
Tournaments CT Sports Center	Sundays	Jan 20, Feb 3, Mar 3, 17 times TBD

Drone Academy
grades 6–8

These days, drones can monitor hard-to-reach environments, capture aerial footage, and detect dangerous pollutants. We’re using them to teach STEM concepts and deliver fun. Join WPS technology and social studies teacher Rob Rogers and learn to program and fly Parrot mini drones, using Tynker block coding, pad controllers, and VR gear (that’s virtual reality, for all you parents). Navigate through an obstacle course, complete a series of aerial trials, and rise—literally!—to the challenge.

6 sessions / \$100 BMS 222 562	Tuesdays	Sep 25–Oct 30
	3:00–4:30 pm	

Rob Rogers earned a BA in history and an MA in education. He’s currently a social studies teacher at BMS and previously was a technology integration teacher at CMS. When he’s not geeking out over Star Wars or the latest cool app, he flies drones, and spends quality time with his family and his loyal dog Rosie.

Rocketry
grades 6–8

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

6 sessions / \$140 BMS 272 449	Fridays	Sep 28–Nov 2
	3:00–4:30 pm	

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

YouTube By You
grades 6–8

Want to be the next viral sensation? Learn everything you need to know to get your YouTube, Vimeo, or other internet video channel up, running, and racking up those all important subscribers and likes. This class is for everyone, even if you just have a phone. We’ll teach you the time-tested production techniques developed by the top YouTube stars of today. Whether you shred it with high end editing software or use a basic editing app on your phone, you’ll walk away with both fundamental and topic specific editing styles, plus marketing tricks that can bring major traffic to your site. So, video gamers, mystery box openers, movie reviewers, song creators, or sellers of that awesome new thingie you just invented, sign up today and make your mark in the digital broadcast universe!

10 sessions / \$195 SHS 450 TV Studio 474	Thursdays	Sep 27–Dec 6
	3:00–4:30 pm	no class Nov 22

Justin Nadal teaches TV broadcasting and film at Staples. A former actor, reporter, and play-by-play announcer, these days, he can be found in the booth at Staples-TV, where he presides over Good Morning, Staples, and other broadcasting projects.

High School

See previous page for CT Juniors Volleyball Winter State Program (gr. 7–12)

See page 27 for Badminton (gr. 3–12) and Westport AllStars Basketball Clinics (up to gr. 12) and page 33 for Competitive Fencing (ages 11–17)

AlphaPrep presents
ACT & SAT Prep Classes

Founded in 2007, AlphaPrep offers a wide spectrum of standardized test preparation, as well as other educational consulting services. AlphaPrep’s mission is to help students achieve their highest potential by developing individualized learning programs, tailored to take account of each student’s strengths, weaknesses, and unique learning styles. Using key predictors, diagnostics and proprietary online tools, students gain time management skills, self-confidence and an expanded academic outlook and emerge with pride and excitement about their impending college experience and opportunities. Highly skilled instructors provide a high-touch, personal approach with high tech learning methods for the best possible outcomes.

\$750 / all classes held at Staples High School

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.

To register, visit www.alphaprep.com; select Services tab and enter course code WESTPORT to view details. See our website for additional SAT and ACT prep classes in 2019.

SAT Prep Classes

Prep for the October 6 SAT

Sep 4–Oct 2	Tue & Thu	6:30–9:00 pm
	no class Sep 13 & 18	

Prep for the November 3 or December 1 SAT

Oct 1–24	Mon & Wed	6:30–8:30 pm
----------	-----------	--------------

Prep for the March SAT

including the CT Dept. of Education test, given at SHS during the school day

Jan 10–Mar 7	Thursdays	6:30–8:30 pm
	no class Feb 21	

ACT Prep Classes

Prep for the October 27 ACT

Oct 2–25	Tue & Thu	6:30–8:30 pm
----------	-----------	--------------

Prep for the December 8 ACT

Nov 1–Dec 4	Tue & Thu	2:30–4:30 pm
	no class Nov 6 & 22	

Prep for the February 9 ACT

Jan 7–Feb 4	Mon & Wed	2:30–4:30 pm
	no class Jan 21	



Driver Education @ Staples High School

Right after school; right at school • Flexible make-up classes and driving lessons • Avoid the DMV for license testing.

Only \$639 for the full program • \$99 for the 8-hour Safe Driving & Alcohol & Drug Education class

For information or to enroll, call The Next Street™ at (203) 293-1720 or visit thenextstreet.com/staples.

Upcoming classes @ Staples High School / Room 1034

Tue + Thu / 2:30–4:30 pm
September 25–November 20

Mon + Wed / 2:30–4:30 pm
November 19–January 23

Mon + Wed / 2:30–4:30 pm
February 4–April 1

Tue + Thu / 2:30–4:30 pm
April 9–June 4



Westport Continuing Education Refund & Cancellation Policy

If we cancel a class, all tuition will be refunded • There are no refunds or credits for withdrawal from single-session classes or workshops • Registration fee is non-refundable • Withdrawal requests must be submitted in writing and must be received via email, fax, or mail at least 2 weeks prior to the start of class. Your tuition will be refunded less a \$35 per class cancellation fee • **No refunds or credits will be given for withdrawals in the 2 weeks preceding the start of class or thereafter • Students 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.**

For any holiday, birthday, or other special occasion, consider giving the gift of learning at Westport Continuing Education



Call (203) 341-1209 for information about Westport Cont Ed gift certificates.

Westport Continuing Education Teaching Opportunities

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

Name

Street Address City State Zip

Home Phone Work Phone Cell Phone

Email Address

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

Course Details (please answer as specifically as possible)

Number of sessions	Hour(s) per session	Min./Max. students	Materials fee per student (if applicable)
Preferred day(s) of the week (M–Th)	Preferred start/end times	Preferred start date	
\$ per	Pay rate (indicate if per hour or class or student)	Student grade range and/or adult ed	

Equipment and/or materials needed:

continued on next page →

Teach for Us

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

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

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

Instructor Availability: ☐ Fall (Sep-Dec) ☐ Winter/Spring (Jan-Jun) ☐ Summer (late Jun-Aug)

Please submit the completed form, along with a résumé (if applicable), by email to conted@westportps.org, mail to WCE, 70 North Avenue, Westport, CT 06880, or fax to (203) 341-1218.

For WCE use

Registration Form

Westport Continuing Education : Fall 2018

Today's Date

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

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

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

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

For office use **Fall 2018 – Name:**

New Math

Tom Lehrer, *The Year That Was, Reprise Records, 1965*

...In the new approach, as you know, the important thing is to understand what you're doing rather than to get the right answer. Here's how they do it now...

You can't take three from two,
Two is less than three,
So you look at the four in the tens place.
Now that's really four tens,
So you make it three tens,
Regroup, and you change a ten to ten ones,
And you add them to the two and get twelve,
And you take away three, that's nine.
Is that clear?

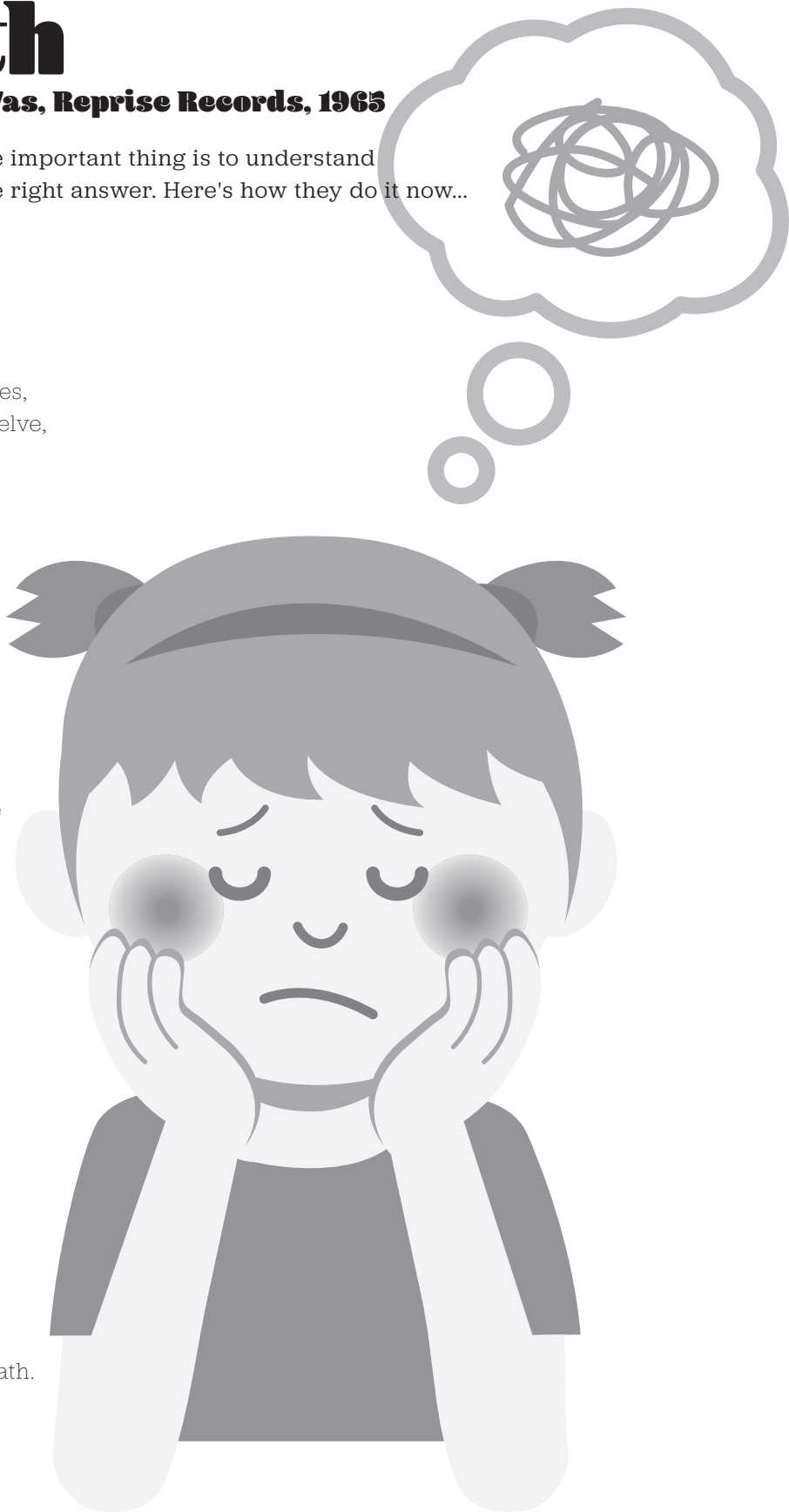
Now instead of four in the tens place
You've got three,
'Cause you added one,
That is to say, ten, to the two,
But you can't take seven from three,
So you look in the hundreds place.

From the three you then use one
To make ten ones...
(And you know why four plus minus one
Plus ten is fourteen minus one?
'Cause addition is commutative, right.)
And so you have thirteen tens,
And you take away seven,
And that leaves five...

Well, six actually.
But the idea is the important thing.

Now go back to the hundreds place,
And you're left with two.
And you take away one from two,
And that leaves...?
Everybody get one?
Not bad for the first day!

Hooray for new math,
New-hoo-hoo-math,
It won't do you a bit of good to review math.
It's so simple, so very simple,
That only a child can do it!



Westport Continuing Education
Ellen Israel
Director

Staff
Joanne Samela, *Business Manager*
Mary Youngling, *Office Administrator*
Sheila Gallanty, *Catalog Manager*
Amedeo Cannone, *Evening Administrator*

Contact Us
conted@westportps.org

Westport Public Schools
Dr. Colleen Palmer
Superintendent

Board of Education (as of 7/16/18)
Jeannie Smith, *Vice Chair*
Elaine Whitney, *Secretary*
Mark Mathias
Karen Kleine
Vik Muktavaram
Candice Savin

Continuing Education Refund & Cancellation Policy

If we cancel a class, all tuition will be refunded • There are no refunds or credits for withdrawal from single-session classes or workshops • Registration fee is non-refundable • Withdrawal requests must be submitted in writing and must be received via email, fax, or mail at least 2 weeks prior to the start of class. Your tuition will be refunded less a \$35 per class cancellation fee • No refunds or credits will be given for withdrawals in the 2 weeks preceding the start of class or thereafter • **Students 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.**

Continuing Education Photograph & Video Policy

Westport Continuing Education may be contacted by the media to feature or publicize an achievement or activity by a student or group of students. Students may be photographed or televised as part of these activities. Their names, schools, and grades may also be used. Students' names and photos may also be used in school system publications, such as catalogs, newsletters, school or grade-level videos, etc. Students' photos (without identification) also may be used on Continuing Education or school web pages. A teacher may videotape a class for personal professional development, an educational article, or other professional activities. Adult students and parents who do not want their child/children to participate in such media or publicity should inform the teacher that they or those children are not to be photographed.

Access for People With Disabilities

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

Affirmative Action Policy Statement

Westport Continuing Education 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.

Inclement Weather & Other School Closings

Mornings

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

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

For up-to-the-minute information about school closings and early dismissals, please tune your radio to the following local stations:

WEBC 107.9 FM
Star 99.9 FM
WICC 600 AM
News 12 CT
WTNH TV Channel 8
WFSB TV Channel 3
WNBC TV Channel 4
NBC Channel 30

Afternoons

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 our office at (203) 341-1209, or check the WCE website:

westportcontinuinged.com

Check our website...

... for additional classes and programs that may have been added after the catalog was printed:

westportcontinuinged.com

Westport Continuing Education

70 North Avenue
Westport, CT 06880-2799



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

Afterschool, afternoon, and evening classes



Fall 2018

westportcontinuinged.com • 203.341.1209