

WESTPORT CONTINUING EDUCATION



Learn!



Winter / Spring 2019

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



We have new students at Staples High School, where our office is located. They are, in many ways, quite similar to those we have watched for years: they come in all shapes and sizes, and there is something unique about each and every one. Between periods—when they fill the no-man's land of our hallway and we catch a glimpse of them—they are, much like their older peers, a parade of energy and angst, laughter, raised voices, side-eye, and sincerity.

Still, our new 8th graders are, somehow, recognizably 8th graders. Many of them are, naturally, smaller than your typical high school student, but it's more than that. (And to be frank, I'm not much bigger than the average ninth grader, though to my everlasting disappointment, I am never mistaken for one.) No, our 8th graders emit their own particular energy.

Understandably, when they first arrived, they seemed... not nervous exactly, but wary. Watchful. As skittish as prairie dogs and as vigilant. On the lookout for clues about how to behave, unsure of where to go, and clearly hyper-aware of their place. Which was, at first, neither here nor there. Neither of Staples nor of their middle school. It took some time, but Staples teachers, administrators, and students all took a jump to the left and a step to the right and pretty soon everyone was dancing to the same song. Side out and rotate. Our team is really great.

Now, a month or so after the Great Middle School Migration of 2019, the 8th graders of Coleytown Academy at Staples High School are a sight to behold. Having been allotted the World Language wing, they have made it their own. They have classrooms and their own bathrooms and they use the lockers, which no one has done since, well... probably since the school was built, if my own sons' high school experience is anything to go on. And they are, in all their indefatigable glory, as brilliant as neon and just as arresting. I can hear them during the school day: their squeals of excitement, their sarcastic asides and shouts of laughter, the slamming of lockers. And it's music to my ears.

I know it wasn't planned. I know it's a horrible disruption to what should have been their victory lap at Coleytown Middle School. But I love our new students. May they stay—and remind us to stay—forever young.

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
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 Center for Senior Activities, 21 Imperial Avenue

Table of Contents

Adult Division

Weekly Calendar of Classes	2
Arts + Crafts	4
Business + Money Matters	6
Cards + Games	9
Cooking	11
Fitness, Sports + Dance	12
Health + Wellness	15
Home + Garden	16
Languages	18
Pets	19
Technology + Computers	20

Kids Division

Weekly Calendar of Classes	22
Elementary School Programs	
Staff Development Day + School Vacation Camps	24
Afterschool Fitness + Fun Clubs	26
Tennis with Connie Goodman	27
Arts + Music	28
Cooking	30
Games	30
Sports	31
STEM	32
Theater Arts	36
Middle School Programs	37
High School Programs	39
ACT & SAT Test Prep with AlphaPrep	40
Driver Education with The Next Street	41

Important Information

ed2go, Mandated Programs & Westport Senior Center	13, 21, 40, 41
Teach for Us: Course Proposal Form	42
Registration Form	43
Refund & Cancellation Policy	3, 41, inside back cover
Other Policies	inside back cover

monday

Arts + Crafts

Knitting for Beginners [pg. 4]

Watercolor [pg. 5]

Business + Money Matters

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

Make an Impact With Your Wealth [pg. 8]

Cards + Games

Bridge for True Beginners [pg. 10]

Mah Jongg for Beginners [pg. 9]

Mah Jongg: Open Play [pg. 9]

Fitness, Dance + Sports

Pickleball [pg. 14]

Tai Chi for Beginners [pg. 14]

Health + Wellness

Genealogy 101 [pg. 15]

Home + Garden

Feng Shui for Everyone [pg. 17]

Languages

Conversational German [pg. 18]

tuesday

Arts + Crafts

Introduction to Drawing & Acrylic Painting [pg. 5]

Jewelry Workshop [pg. 6]

Business + Money Matters

Aging with Dignity [pg. 7]

Facing Your Finances: Taking the Fear Out [pg. 6]

Fundamentals of Investing [pg. 7]

Grant Writing [pg. 8]

Intro to Google Suite [pg. 8]

MS Excel for Business [pg. 8]

Social Media for Businesses [pg. 8]

Advanced Social Media for Businesses [pg. 9]

Cards + Games

Mah Jongg for Beginners [pg. 9]

Mah Jongg: Open Play [pg. 9]

Cooking

Greek Cooking [pg. 12]

Fitness, Dance + Sports

Ballroom Dancing [pg. 12]

Tennis for Adults [pg. 14]

Walking 4 Wellness [pg. 14]

Health + Wellness

Beyond Dieting [pg. 16]

MELT Method®: Self Care [pg. 15]

Mindfulness Meditation [pg. 16]

Home + Garden

Eco-Home Design Trends [pg. 16]

Languages

American Sign Language I + II [pg. 19]

Tech + Computers

iPhone Photos [pg. 20]

wednesday

Arts + Crafts

Advanced Acrylic & Oil Painting [pg. 5]

DIY Kitchen Cabinet Painting [pg. 4]

DSLR Camera Operation [pg. 5]

Furniture Painting Workshop [pg. 4]

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

Business + Money Matters

Essential Financial Planning for Business Owners [pg. 7]

Cards + Games

Advanced Beginner / Intermediate Bridge [pg. 10]

Bridge: Play of the Hand [pg. 10]

Canasta [pg. 9]

Mah Jongg for Beginners [pg. 9]

Cooking

Italian Cooking & Culture [pg. 11]

Fitness, Dance + Sports

Adult Swimming: Beginners [pg. 12]

Badminton [pg. 12]

Health + Wellness

Caregiver Fitness [pg. 15]

Home + Garden

Home Staging [pg. 18]

How to Avoid Costly Pitfalls When Selling Your Home [pg. 18]

Languages

Basic Conversational Spanish [pg. 18]

Italian: Beg. + Inter. [pg. 19]

Pets

Dog Obedience [pg. 19]

Tech + Computers

iBasics: Intro to iPhone/iPad [pg. 20]

iPhone / iPad Tips & Tricks [pg. 21]

thursday

Arts + Crafts

Crochet Today [pg. 4]

Jewelry Making 101 [pg. 5]

You Brought It, You Paint It [pg. 6]

Business + Money Matters

Estate Planning [pg. 7]

Grant Writing [pg. 8]

Cards + Games

Bridge Classes:

Beginner [pg. 10]

Advanced Beginner [pg. 10]

Adv. Beginner / Intermediate [pg. 10]

Cooking

Indian Cooking [pg. 11]

Fitness, Dance + Sports

Adult Swimming:

Intermediate to Advanced [pg. 12]

Dancing to the 60s [pg. 13]

Fencing Fitness [pg. 13]

Mindful Yoga [pg. 13]

Walking 4 Wellness [pg. 14]

Health + Wellness

MELT Method®:

Reduce Chronic Pain [pg. 15]

Home + Garden

Flower Arranging 101:

Spring Centerpieces [pg. 17]

Gardening 101: The Basics [pg. 17]

Gardening 101: Landscape [pg. 17]

Happily Organized [pg. 17]

Tech + Computers

Basic Photoshop [pg. 20]

Inter. / Adv. Photoshop [pg. 20]

iPhone Photos [pg. 20]

Survival Guide for Today's Technology [pg. 21]

non-residents



saturday

Arts + Crafts

Knitting 101:

Beginning Knitting [pg. 6]

Knitting 102: Hat Trick [pg. 6]

sunday

Cooking

The Magic of Honey

for Health & Healing [pg. 11]

Home + Garden

Beekeeping 101:

A Beekeeping Workshop [pg. 16]

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 cancellations 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.

Adult Division

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

Crochet Today

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

173

\$149

6 Thursdays Feb 7–Mar 21 (no class Feb 21)

4:30–6:30 pm* SHS 1027

***NOTE:** on Feb 7, class will run 5:00–7:00 pm.

Andrea Dener, a.k.a. the Yarn Farmer, is a Craft Yarn Council certified instructor who loves to knit and crochet and share her passion with others. She's been knitting since she was ten and loves turning people of all ages onto the charms of crafting with yarn, thread, and other fibers.

Knitting for Beginners: Stitch It Up

Come sit and knit with us in the afternoons, in a class created just for beginners. You'll learn all the basics: stitches, knitting abbreviations, how to read a pattern, how to understand the information on a yarn label and choose the appropriate yarn for any project, and more. Each class will build upon the class before, and with the instructor's help, you'll pick and get started on a project to work on in class and at home: a scarf, a hat, a poncho, or whatever you'd like to make. Materials fee of \$15 is included for a beginner knitting kit (needles, yarn, handouts); the cost of needles and yarn for each student project will be additional and dependent on the project. [Taught by Andrea Dener]

185

\$149

6 Mondays Feb 4–Mar 18 (no class Feb 18)

4:30–6:30 pm* SHS 1027

***NOTE:** on Feb 4, class will run 4:45–6:45 pm.

See page 6 for Knitting 101: Beginning Knitting and Knitting 102: Hat Trick.

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

Apr 10

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. She is 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]

2 Wednesdays / 10:00 am–1:30 pm / \$215

Held at D Toth Design, 239 Westport Avenue, Norwalk

943a

Mar 13 & 20

943b

May 15 & 22

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 Wednesday Feb 27
10:00 am–1:30 pm D Toth Design
239 Westport Avenue, Norwalk

DSLRL: 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 Wednesdays Jan 30–Mar 27 (no class Feb 20)
7:00–9:00 pm SHS 1049

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 our office and on our website.

168 **\$245**
10 Tuesdays Jan 29–Apr 23
(no class Feb 12, Feb 19, Apr 16)
7:00–9:30 pm SHS 1004

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

Advanced Acrylic & Oil Painting

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

166 **\$245**
10 Wednesdays Jan 30–Apr 10 (no class Feb 20)
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, relaxed, and low-pressure, so you can focus on the creative process instead of a perfect product. Materials list available in our office and on our website. [Taught by Steve Parton]

064 **\$245**
10 Mondays Jan 28–Apr 8 (no class Feb 18)
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 apply the 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. Materials fee of \$20 is included; additional fees may apply when using more expensive materials. [Taught by Sue Bishop]

455a **\$205**
7 Thursdays Feb 28–Apr 11
6:45–9:15 pm SHS 1010
455b **\$179**
6 Thursdays May 2–Jun 6
6:45–9:15 pm SHS 1010

Turn the page for more Arts + Crafts

Adult Division

Jewelry Workshop

If you've taken our jewelry making classes before or 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 create 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. Materials fee of \$20 is included; additional fees may apply when using more expensive materials. Prerequisite: ours or another beginner jewelry course.

458a **\$205**
7 Tuesdays Jan 29–Mar 26 (no class Feb 12 & 19)
6:45–9:15 pm SHS 1010

458b **\$179**
6 Tuesdays Apr 23–May 28
6:45–9:15 pm SHS 1010

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 decade, she's helped craft enough lovely and unique jewelry to fill a treasure chest.

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 Mar 2 & 9
9:00–11:00 am Westport Yarns, 582 Post Road East

Knitting 102: Hat Trick

Wear more than one hat? This winter, keep your many selves warm by knitting a gorgeous, chunky knit hat; it's the must-have accessory of the season. Learn to work on circular and double-pointed needles, how to knit in the round, and how to make a pom-pom. Students must have taken Knitting 101 or know how to knit and purl. Purchase yarn and needles at the first class. [Taught by instructors from Westport Yarns]

143 **\$69**
2 Saturdays Jan 26 & Feb 2
9:00–11:00 am Westport Yarns, 582 Post Road East

You Brought It, You Paint It

Designed around each student's individual interests and objectives, this 8-week course takes artists of all levels and abilities through the creative process, from the spark of inspiration to work of art. Bring in the inspiration—a postcard, a photo on your iPhone, a coffee table book—we'll help you take it from there. Whether you want to learn how to paint a flower like Georgia O'Keefe or splatter a canvas like Jackson Pollock, melt wax like Jasper Johns or develop an installation in three dimensions like Christo, our instructor will work with each student to develop a lesson plan and, along the way, discuss the materials and demonstrate the skills needed to give it a go! Bring a sketchbook and pen to the first class; see website for details.

142 **\$200**
8 Thursdays Feb 28–Apr 25 (no class Apr 18)
7:00–9:00 pm SHS 1004

Margie Stokley-Bronz began her career in the arts as a child actor. After graduating from NYU, she worked Off-Broadway and regionally, co-founded Andhow! Theater Company, and wrote theater pieces. For many years, she ran a decorative painting business, with clients in New York and across the country. Visit www.stokleyart.com and www.giveitagoc.com.

Business + Money Matters

See Home + Garden for related classes, including Eco-Home Design Trends, 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.

Facing Your Finances: Taking the Fear Out

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 so you can worry less and focus more on your bright future.

145 **\$39**
2 Tuesdays Apr 2 & 9
7:00–8:30 pm SHS 1047

Brenda Catugno, ChFC®, CDFA™, 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 Tuesdays Apr 23 & 30
7:00–9:00 pm SHS 1047

Aging with Dignity: Creating a Retirement Lifestyle

Planning for aging should take into account the physical, emotional, and mental consequences of living a long life, but it can be difficult to have these conversations. We'll help by facilitating open discussions about: talking with your parents or children about planning for the future; developing active listening skills; how perceptions and priorities regarding health, family, and money change over time; where you want to live as you age and what your needs will be; what personal care looks like in different types of facilities, the costs, and who pays for it; access to medical care, shopping, social activities, and support systems; chronic disease self-management; and fall prevention and making your home safer.

218 **\$29**
1 Tuesday Apr 30
7:00–9:00 pm SHS 1049

Michael K. Rosenman, CLU® ChFC® CASL® AEP, is a financial advisor and estate and business planning specialist with Northwestern Mutual, based in Stamford. Nancy S. Fried-Tanzer, M.Ed, teaches therapeutic qigong for healthy aging, diabetes and chronic disease self-management, fall prevention strategies, and healthy eating programs.

Essential Financial Planning for Business Owners

As a business partner or owner, your business and personal finances are closely linked. You have obligations to your partners, investors, employees, and family—but what about you? Will your business adequately fund your retirement? Your kids' college education? How can you maximize value to a potential buyer? 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 succession plan? With real-life strategies that create financial security for you and

your business, this workshop will cover essential planning techniques to help the busy business owner deal with the risks and challenges of starting, growing, and exiting a business, and the impact of business ownership on retirement and estate planning. [Taught by Michael Rosenman]

216 **\$29**
1 Wednesday May 8
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 conservatorship. 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. Join us and gain insight into the difficult issues faced by families through case studies and interactive discussion.

262 **\$75**
3 Thursdays Mar 14–28
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.

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 the widow, widower, or survivor benefit works, how divorcees may be able to claim on their ex-spouse's earnings, what claiming strategies may still be available and how they work, and more.

217 **\$29**
1 Monday Mar 11 (Mar 18 storm date)
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 Planner™.

Turn the page for more Business + Money Matters

Adult Division

Make an Impact With Your Wealth

Whether it's climate change, gender equality, or another social issue, investors want to make their voices heard with their money. This two-part class focuses on both responsible investing and charitable giving strategies, two methods that allow investors to help make an impact on causes that matter to them. We'll explore potential ways to invest according to your principles and how to maximize your impact while still achieving your financial goals. Topics include how to define your environment, social, governance (ESG) and charitable giving goals, understanding your different ESG investment options and available charitable giving techniques, and how to implement ESG concepts and charitable giving strategies into your portfolio. [Taught by James Rankowitz]

220	\$39
2 Mondays	Mar 25 & Apr 1 (Apr 8 storm date)
7:00–8:30 pm	SHS1051

Grant Writing

Whether you want to raise funds for a nonprofit organization or you're looking for grants from foundations, corporate sources, or individual sources, this class is designed to give you the tools you need to research and write a winning proposal. Beginning with the basics, our instructor will take you through the components of a grant, from cover letter to executive summary and statement of need, methodology, evaluation, and budget. The class will review the Connecticut Common Grant application form and discuss grant reporting, and you'll hear expert advice on researching funding opportunities, cultivating contacts, and dealing with rejection. Join us and let our expert help you help the people and institutions you care most about. Materials fee of \$5 included.

141	\$89
Tue & Thu	May 28 & 30
3:00–6:00 pm	SHS 1033

Beverly Salzman teaches grant writing, nonprofit management, fundraising, and related courses at University of New Haven and other regional colleges. She received BS degrees in psychology and physical education from the University of Bridgeport and an MBA from Sacred Heart University.

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

Whether you use it at work or at home, Gmail can be a powerful tool, 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	Mar 5–19 (Mar 26 storm date)
6:30–8:30 pm	SHS 1033

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 is now a safari specialist for the luxury safari business African Portfolio.

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
2 Tuesdays	Apr 2 & 9
6:30–8:30 pm	SHS 1033

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 effectively use Facebook, Twitter, Instagram, and LinkedIn to grow your business. You'll learn how to increase your followers, when to post to maximize your reach, how to create content your customers care about, and tips on everything from hashtags to handling negative comments. If you are ready to develop an effective and efficient social media strategy for your brand or business, this class is for you. [Taught by Jessica Grunenberg]

146	\$49
2 Tuesdays	Feb 26 & Mar 5
7:00–9:00 pm	SHS 1049

Advanced Social Media for Business

Have you mastered the fundamentals of social media for your business? Are you ready to elevate your social media strategy? Join digital news producer Jessica Grunenberg as she teaches how to take your social media skills to the next level. She'll share her insider's perspective on the techniques the pros use. You'll learn about apps and tools designed to enhance the posts you create, when and how to use paid advertisements, and ways to make your insights and analytics work for you. This class is designed for anyone who has completed Social Media for Businesses. Isn't it time you went viral?

148 **\$49**
2 Tuesdays Mar 26 & Apr 2
7:00–9:00 pm SHS 1049

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.

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. Mah Jongg card fee of \$10 is included.

243a **\$135**
6 Wednesdays Apr 24–May 29
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.

Mah Jongg for True Beginners *continued*

243b **\$135**
6 Tuesdays Jan 29–Mar 19 (no class Feb 5 & 19)
3:00–5:00 pm SHS 2034

243c **\$135**
6 Mondays Apr 8–May 20 (no class Apr 15)
5:00–7:00 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 the office to find out how to order one. [Supervised by Sherri Raifaisen]

245a **\$125**
8 Mondays Jan 14–Mar 25
(no class Jan 21, Feb 4 & 18)
4:00–6:00 pm SHS Library

245b **\$125**
8 Tuesdays Apr 2–May 28 (no class Apr 16)
3:00–5:00 pm SHS 2034

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 and easy to learn: all you need is two decks of cards, a few friends, and a little guidance. Whether you lay your cards on the table or hold them close to your chest, if you're a card player, this is the class for you. *More experienced players welcome too. [Taught by Fran Rackson]

4 Wednesdays / \$85
Jan 30–Feb 27 (no class Feb 20) / SHS Library

244a 4:30–6:30 pm
244b 7:00–9:00 pm

Turn the page for more Cards + Games

Adult Division

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.

194a **\$149**
8 Thursdays Jan 24–Mar 28 (no class Feb 7 & 21)
7:00–9:00 pm SHS 1051

194b **\$149**
8 Thursdays Apr 11–Jun 6 (no class Apr 18)
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

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

196 **\$149**
8 Wednesdays Jan 30–Mar 27 (no class Feb 20)
7:00–9:00 pm SHS 1051

Bridge: Play of the Hand

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

095 **\$149**
8 Wednesdays Apr 10–June 5 (no class Apr 17)
7:00–9:00 pm SHS 1051

Bridge for True Beginners

Bridge is to card games what chess is to board games: as challenging as it is rewarding. If you've ever wanted to learn, now is the time and this is the class. We'll start with the basics: what it means to follow suit, to take a trick, and to play trump. Then we'll move on to the objectives, including actual scoring based on

bidding and making contracts. Lessons will cover fundamental bidding (to reach the best contract) and Play of the Hand (to be able to fulfill that contract). See website for required text.

235a **\$125**
8 Mondays Jan 28–Mar 25 (no class Feb 18)
4:00–5:30 pm SHS 2034

235b **\$109**
7 Mondays Apr 8–Jun 3 (no class Apr 15, May 27)
4:00–5:30 pm SHS 2034

Mike Hess has been mentoring and teaching bridge for over 30 years. He is a Sapphire Life Master and has earned over 3,500 masterpoints. Mike has won pair and team events at the club, 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 short lectures 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. See website for required text. [Taught by Mike Hess]

236 **\$169**
8 Thursdays Jan 24–Mar 21 (no class Feb 21)
3:30–5:30 pm SHS 2034

Bridge for Advanced Beginners / Intermediates

This class will build on material from Bridge for Advanced Beginners and will introduce important competitive conventions, like Michaels, Splinters, Jacoby 2NT, and Negative Doubles. We'll cover advances in defensive play: what to discard, giving count, and how to use suit preference signals. We'll use Standard American bidding based on five-card majors and will cover important basic bidding conventions, like Blackwood, Stayman, and transfers as a grounding for the advanced conventions referred to above. Comprised of short lectures followed by the bidding and play of real bridge hands, this class is designed for players who are ready for more complex play. See website for recommended texts. [Taught by Mike Hess]

237 **\$149**
7 Thursdays Apr 4–May 23 (no class Apr 18)
3:30–5:30 pm SHS 2034

Cooking

See *Languages* for related classes, including *Italian for Beginners and Intermediate Italian*

See *Home + Garden* for related classes, including *Beekeeping 101: A Beekeeping Workshop*

The Magic of Honey for Health & Healing

Sure it's sweet, but honey, which has been used since ancient times to treat a wide variety of ailments and illnesses, also has a reputation for its medicinal properties. Join our nationally recognized honey expert and learn the health benefits of honey and bee pollen and how to incorporate them into a healthy lifestyle. Explore the difference between raw and processed honey and learn how to choose the variety best suited for your purposes. Watch our beekeeper whip up honey- and bee pollen-based elixirs designed to boost your energy and your immune system, then sample them for yourself. You'll walk away with recipes and some sweet ideas about how to use honey to do more than satisfy your sweet tooth. Samples fee of \$5 included. **See page 16 for Beekeeping 101: A Beekeeping Workshop.**

125	\$35
1 Sunday	Mar 3
1:30–3:00 pm	Red Bee Honey Barn, Weston
	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.

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 19.) Cooking class meets in SHS 184, 7:00–9:00 pm.

Handmade Pasta & Spring Sauces

Spring has sprung: it's time to lighten things up and that includes your menu! Join our Italian chef and learn the secrets to making perfect pasta and how to pair it with just the right seasonal sauce. Take your pesto on beyond basil and explore spring's most scrumptious sauces. It's a delicious dive into the particulars of pasta, including fettuccine with a subtle touch of cocoa! Food fee of \$15 included.

430	\$70
1 Wednesday	Apr 10

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 give prominence to legumes and vegetables the way Indian cooking does. And Americans are becoming more familiar with these foods in all their rich and nutritious variety, as well as with the benefits of incorporating them into a well-balanced diet. Join us and learn to make these 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 Thursday	Apr 4
181b Lentils & Beans	\$65
1 Thursday	Apr 25

Spring Curries

This spring, emerge from hibernation like a spring chicken, not an angry bear. Weather the transition from darkness to light with soups and stews that reflect the rhythm and rituals of spring: learn new ways to use fresh, springtime herbs and seasonal vegetables and savor spring. Cook on Sunday and enjoy the results the rest of the week! Food fee of \$10 included.

169	\$65
1 Thursday	May 9

Patel Brothers: One-Stop Shopping Trip

Shopping for cuisines that are new to you can be intimidating, but it doesn't have to be. Join our expert at a local specialty store and receive an aisle-by-aisle tour of Indian ingredients, including the produce and spices found in the Indian subcontinent and the Middle East. [Led by Aditi Goswami]

170	\$35
1 Thursday	May 23
6:30–8:30 pm	Patel Brothers, 330 Connecticut Ave, Norwalk
<i>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.</i>	

SHS Cooking Classes Location

Drive around the left side of Staples High School. Enter the building through the Lou Nistico Sports Complex/South Entrance. Inside, turn left; kitchens are on your left. The classrooms and kitchens where our cooking classes are held are not food allergy free. Nuts, shellfish, etc, are used frequently.

Turn the page for more **Cooking**

Adult Division

Greek Cooking with Chrysanthé Lygnos Cook a Little, Eat a Little, Talk a Little

Inspired by the food of her childhood, our Greek chef brings the cuisine and culture of Greece to our kitchens. Join her and share in the delicious traditions of the country where the famous Mediterranean diet was born. Cooking classes meet in SHS Room 182; times vary.

It's All Greek to Me: Spring Holidays / 6:30–9:00 pm

Oven-roasted leg of lamb with oregano lemon potatoes • real Greek salad • spinach and leek rolls. Food fee of \$20 included.

123 **\$70**
1 Tuesday Mar 26

It's All Greek to Me: Eat Your Veggies / 7:00–9:00 pm

Stuffed tomatoes and green peppers • artichokes *à la polita* (city-style) with saffron • *ravani*, a sweet semolina cake flavored with orange syrup. Food fee of \$15 included.

124 **\$65**
1 Tuesday May 14

Prior to moving to Westport, Chrysanthé Lygnos lived in Athens, Greece, for 25 years. She worked in the shipping industry for many years, but her passion has always been cooking. Chrys loves to share her culture and its culinary traditions with friends, family, and now students.

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.

192a **\$129**
6 Wednesdays Jan 30–Mar 13 (no class Feb 20)
7:30–8:45 pm SHS Pool

192b **\$129**
6 Wednesdays Mar 27–May 8 (no class Apr 17)
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 a clean, well-lighted place with a lifeguard. [Taught by Colin Walklet]

221a **\$129**
6 Thursdays Feb 28–Apr 4
7:30–8:45 pm SHS Pool

221b **\$129**
6 Thursdays Apr 25–May 30
7:30–8:45 pm SHS Pool

Badminton

Forget those stodgy Victorians lofting shuttlecocks on sweeping green 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. 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 **\$129**
10 Wednesdays Mar 27–Jun 5 (no class Apr 17)
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 the Hustle.

951a **\$125**
8 Tuesdays Feb 26–Apr 23 (no class Apr 16)
7:00–7:45 pm St. Francis of Assisi Church
35 Norfield Road, Weston

Ballroom Dancing for Everyone **continued**

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 Feb 26–Apr 23 (no class Apr 16)
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.

Dancing to the Sounds of the 60s

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

957 **\$65**
3 Thursdays Mar 14–28
7:00–8:30 pm SHS 321

Lynn Colafrancesco earned her MBA from UConn and her MS in organizational management and human resources at Manhattanville College. After a career in professional development, she put her dancing shoes on and returned to her first love. She has taught all forms of dance, including ballroom, yoga nidra, and creative movement.

Learn Online, On Your Own Time.

We've partnered with **ed2go** to provide affordable, interactive online courses. For info and to register, go to **westportcontinuinged.com** and click on **ed2go**.

**Accounting + Finance • Arts + Design • Business
• Computer Apps + Programming • Construc-
tion + Trades • Health + Fitness • Healthcare +
Medical • Hospitality • Information Technology
• Languages • Legal • Math + Science • Teacher
Professional Development • Writing + Editing**

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.

8 Thursdays / 9:00–10:00 am / \$320

Held at Olympian Fencing Studio, 388 Danbury Road, Wilton

299a Jan 24–Mar 21 (no class Feb 21)
299b Apr 4–May 30 (no class Apr 18)

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.

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.

Held at the Westport Senior Center, 21 Imperial Avenue

177a **\$240**
10 Thursdays Jan 10–Mar 28 (no class Feb 14 & 21)
6:30–7:45 pm

177b **\$169**
7 Thursdays Apr 11–May 30 (no class Apr 18)
6:30–7:45 pm

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.

Turn the page for more Fitness, Sports + Dance

Adult Division

Pickleball

Get caught up in the craze sweeping the nation! Combining elements of tennis, badminton, and ping-pong, pickleball is a paddle sport designed for all ages and skill levels. The rules are simple; it's easy to learn and fun to play. 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.

8 sessions / SHS Gym / \$115

125a Beginners Mondays
6:30–8:00 pm Mar 25–May 20 (no class Apr 15)

125b Open Play Mondays
6:30–8:00 pm Mar 25–May 20 (no class Apr 15)

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.

Tai Chi for Beginners

Harvard Medical School calls the ancient practice of *taiji* “meditation in motion” and, like meditation, it can help manage stress by creating a heightened sense of self-awareness and soothing the nervous system. Regular practice can also enhance joint flexibility, circulation, and range of motion and improve balance, no matter your age or fitness level. The class will begin with an examination of the principles of *taiji*; students will learn the first section of a yang-style long form and a series of simple *qigong* movements to strengthen the body, focus the mind, and regulate breathing. Whether you are new to *taiji* or have some experience, this class will enhance your practice. Wear loose clothing. Returning students welcome.

877a \$129
6 Mondays Jan 28–Mar 11 (no class Feb 18)
4:30–6:00 pm SHS 2nd floor mezzanine

877b \$129
6 Mondays Apr 8–May 20 (no class Apr 15)
4:30–6:00 pm SHS 2nd floor mezzanine

Louise Flax earned her BA from Brandeis, an MA from the University of the Arts, and a PhD from the Union Institute. She has been studying and teaching taiji and qigong for 23 years, and she recently added chi-running to her fitness routine. Visit www.waterwheeltaichi.com.

Tennis for Adults

The **beginner** level is for players who have never played before or who have never had formal instruction. **Advanced beginner** is for players who have completed the beginner class or have had an introduction to grips and strokes and are starting to make contact with the ball on a regular basis. **Low intermediate** is for players who are starting to keep the ball in play, learning to serve and about court positioning, and can volley. **Intermediate** is for players who can keep the ball in play consistently, hit with some spin, and serve and volley consistently. Fairfield County Tennis always maintains a low student-to-instructor ratio.

Beginner / Advanced Beginner

141a \$139
5 Tuesdays May 7–Jun 4 (makeup Jun 11)
6:00–7:00 pm SHS Tennis Courts

Low Intermediate / Intermediate

141b \$139
5 Tuesdays May 7–Jun 4 (makeup Jun 11)
7:00–8:00 pm SHS Tennis Courts

Fairfield County Tennis has been providing quality tennis instruction for all ages and levels of play for over 15 years. All of their teaching professionals are USPTR certified.

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 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 the Walking for Wellness handbook, payable directly to instructor at first session.

122 \$169
4 Tue & 4 Thu Jan 29–Feb 28 (no class Feb 19 & 21)
3:00–4:30 pm SHS 1052

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. In addition to serving her private fitness clients, she is on staff at Yale University as a cancer exercise trainer and is the author of No Ifs and Butts: How to Turn Your Top 10 Exercise Excuses Into Fitness Triumphs.

Health + Wellness

See *Fitness, Sports + Dance* for related classes

Caregiver Fitness: Don't Forget to Care for Yourself

Nearly 30% of the population provides part- or full-time care for a family member or a friend. Many of these unofficial caregivers are women, but regardless of gender, if you're the person on whom someone relies for his or her health, comfort, or happiness, you've probably neglected your own. Caregivers rarely get a day off, and consequently, it is they who, when asked—if they're asked at all—report physical and emotional impacts that mostly go unaddressed. If this is you, now is the time to care for yourself so you can continue to care for your loved one. Join our fitness expert and learn what you can do, how to do it, and why it's so important to make time for it. Like your friendly flight attendant says, *Place the oxygen mask on yourself first, then you can help others.* [Taught by Linda Gottlieb]

143 **\$35**
1 Wednesday Apr 10
6:30–8:30 pm SHS 1033

Genealogy 101: The Family Tree Goes Digital

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. And if you decide you want to host a get together of your newfound relatives, we'll even show you a fast, fun, and easy way to organize family reunions! Please bring a laptop or other digital device.

142 **\$59**
2 Mondays Jan 28 & Feb 4 (Feb 11 storm date)
5:30–7:30 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.

MELT Method®: Natural Solutions for Simple Self Care

In this interactive workshop, you'll learn to cultivate simple but powerful daily self-care practices to elevate your mindset, enhance your energy levels, and enrich your environment. Use the MELT Method® to ground and rebalance your nervous system and improve your body's ability to restore balance and repair itself. As an added bonus, this class will explore how to use essential oils to increase your health and vitality and to support your emotional well-being. 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.

148 **\$35**
1 Tuesday Mar 12 (Mar 19 storm date)
7:00–8:30 pm SHS Library

Kristen Hallett Rzasa is the owner of InterPlay Health, a whole-life wellness company 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 Chronic Pain

In this workshop, you'll learn key MELT Method® techniques to reduce chronic aches and pains. A simple self-treatment method, MELT can help rehydrate your connective tissue and rebalance your nervous system. You'll see improved alignment and muscle timing, plus reduced inflammation, joint compression, and pain. If you feel stiff in the morning, experience neck, back, or shoulder pain, or have trouble sleeping, this class is for you. 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]

149 **\$35**
1 Thursday Apr 25
7:00–8:30 pm SHS Library

Turn the page for more Health + Wellness

Adult Division

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

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

932 **\$49**
2 Tuesdays Mar 12 & 19
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.

Beyond Dieting: Why Diets Alone Don't Work & What Does

When it comes to weight loss, there's no magic cure, no silver bullet, no quick fix. If you're ready to break a pattern of yo-yo dieting or are tired of programs focused on restricting food rather than enjoying it, join naturopathic physician Dr. Paul Epstein and explore a more holistic approach to weight loss. We'll discuss how to individualize and customize an approach that's both unique to and right for your mind, body, and emotions, one that supports long-term change and healing rather than instant results. Why is the recidivism rate for the popular weight loss programs over 90%? Because weight is not the disease; weight is a symptom. And it's an opportunity for deeper transformation. So if you're ready for an approach that really works, if you're ready to lose it *and* keep it off, consider this for a change: instead of dieting, begin a process of self-love, healing, and transformation.

947 **\$35**
1 Tuesday Mar 5
7:00–9:00 pm SHS 1047

Home + Garden

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

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. **See page 11 for The Magic of Honey for Health & Healing.**

Held at Red Bee Honey Barn, Weston; directions will be emailed prior to class.

130a **\$35**
1 Sunday Feb 10
1:00–3:00 pm

130b **\$35**
1 Sunday Mar 10
1:00–3:00 pm

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.

Eco-Home Design Trends: Green Home / Healthy Home

Building codes changed in 2018 to require homes to be more energy efficient, but the surprising extra benefit is healthier indoor environments. If you're planning to build or remodel, this review of the available options in green home design can help. Learn how a "passive house" is a comfortable, quiet, and healthy home in all seasons; how a "tight" home with controlled ventilation saves money; and how modest investments in energy efficient construction lead to lifelong savings and health. Home design transformation authority and green designer Colin Healy will show you how to create a home that produces more energy than it consumes. Presentation and discussion with free resources.

267 **\$35**
1 Tuesday Mar 5
7:00–9:00 pm SHS 1036

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.

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 about simple, cost-efficient adjustments to your space and improve the harmony and energy of your rooms.

263 **\$79**
3 Mondays Mar 18–Apr 1
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.

Flower Arranging 101: Spring Centerpieces

You'll be surprised at how easily you can create your own jaw-dropping, show-stopping centerpieces with this step-by-step introduction to floral design. All participants will make their own arrangement featuring beautiful spring cut flowers. No prior design experience required. All participants will take their own arrangement home. Bring snips or small handheld pruners, if you have a pair, and a box and newspaper for transport of your design. Materials fee of \$40 included.

121f **\$75**
1 Thursday Apr 4
7:00–9:00 pm SHS 1052

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

Gardening 101: The Basics

Sure, you know which end of the trowel goes up, but do you know what to do with all of those plants? Give your gardens and landscape plantings the best start possible by becoming a knowledgeable gardener. This class covers the basics of plant needs, hardiness zones, site preparation, soil, light, water, mulch, fertilization, pruning, and garden maintenance. Attention will also

be given to items to consider in planning your garden and good plant options for various types of sites including problem sites. Please note: this is not a class on vegetable gardening. [Taught by Evelyn Lee]

124a **\$35**
1 Thursday Apr 25
7:00–9:00 pm SHS 1052

Gardening 101: Basic Landscape Planning & Problem Solving

Have a spot you don't know what to do with? A patch of lawn where nothing grows? In this companion class to Gardening 101: The Basics, you'll learn how to plant the right plant in the right spot and to artfully combine evergreen trees and shrubs, deciduous trees and shrubs, bulbs, perennials, and annuals for year-round interest. We'll discuss the roles of each type of plant group in creating a structurally sound and diverse garden, with interesting features and color for four season enjoyment. Principles can be applied to foundation plantings, stand-alone gardens, and full landscapes. Bring a photograph and rough dimensions of an area you hope to plant or rejuvenate, and we'll brainstorm possible design options to get you started. This class may be taken alone or in conjunction with Gardening 101: The Basics. [Taught by Evelyn Lee]

124b **\$35**
1 Thursday May 2
7:00–9:00 pm SHS 1052

Happily Organized: How to Get & Stay Organized

Marion Arbusto was simply the most organized person in the world, and no one knows that better than her daughter, professional organizer Susan Lovallo. Join Susan and let her teach you some of Marian's tried and true techniques for clearing clutter and living a freer life. Bring your own mother or daughter, friend, or other family members. We'll tackle everything from your paperwork to your junk drawer and drill down to the nitty-gritty: the daily actions and methods that get and keep your life organized. Isn't it time you lived happily organized ever after?

944 **\$35**
1 Thursday Mar 7
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.

Turn the page for more Home + Garden

Adult Division

Home Staging: Show Your Home to Sell

Thinking about selling your home and not sure where to begin? The art of home staging (and it is an art) can be an effective way to bring attention to your home. An experienced stager can help you see your home with objective eyes. She can help you highlight assets and ameliorate faults, point out dated furnishings, problem rooms, and necessary repairs, and offer solutions that will help expedite your sale. Join our staging professional for an interactive and informative workshop and learn the secrets to capturing a buyer's emotions and moving your home to the top of their list. Plus, get firsthand information from one of Fairfield County's premier estate sale professionals about how to sell the things you no longer need or want and turn your goods into money. Email a photo of one room in your home prior to class and learn how you can easily update and showcase the space; contact the office for instructions.

125a	\$35
1 Wednesday	Feb 13 (Mar 6 storm date)
6:30–8:30 pm	SHS 1034
125b	\$35
1 Wednesday	Apr 10
6:30–8:30 pm	SHS 1034

Debra Grant is president and owner of Show To Sell Homes in Westport. She has been staging homes throughout Fairfield County since 1986, with the goal of creating beautiful, eye-catching interiors that sell homes.

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	Feb 27 (Mar 6 storm date)
6:30–9:00 pm	SHS 1034

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 Wednesdays	Feb 27–Apr 24 (no class Apr 17)
4:00–6:00 pm	SHS 1047

Sarah (O'Mahoney) Elliott has taught Spanish for over 10 years. She earned her BA from the University of Rhode Island and her MA from the University of Saint Joseph. In her free time, Sarah uses her Spanish to eat tapas, drink vino, and dance the flamenco.

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, plus 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, available on Amazon.

163a	\$135
8 Mondays	Jan 28–Mar 25 (no class Feb 18)
3:30–5:30 pm	SHS 1033
163b	\$105
6 Mondays	Apr 8–May 20 (no class Apr 15)
3:30–5:30 pm	SHS 1033

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 **\$180**
8 Tuesdays Jan 29–Apr 2 (no class Feb 12 & 19)
6:30–8:30 pm SHS 1054

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.

American Sign Language II: Keep Calm & Sign On

If you've taken Intro to ASL or you have some knowledge of ASL, join our certified ASL instructor and move beyond the basics or brush up your signing skills and vocabulary. Please call the office for information about class placement if you are in doubt about which class to register for. [Taught by Keri Maisano-Nadal]

816 **\$135**
6 Tuesdays Apr 23–May 28
6:30–8:30 pm SHS 1054

See page 39 for Intro to American Sign Language for high school students.

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*. Both new students and students who have some knowledge of Italian are welcome. Enjoy a flavorful feast after the

class is over: join your instructor in our professional kitchens for our Italian Cooking & Culture class, Handmade Pasta & Spring Sauces; see page 11 for registration information.

160 **\$205**
8 Wednesdays Jan 30–Mar 27 (no class Feb 20)
4:30–6:30 pm SHS 1036

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.

Intermediate Italian

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

153 **\$205**
8 Wednesdays Jan 30–Mar 27 (no class Feb 20)
7:00–9:00 pm SHS 1036

Pets

Dog Obedience

(for dogs at least 4 months old)

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

290 **\$155**
7 Wednesdays Jan 30–Mar 20 (no class Feb 20)
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, AppleID, and password, and never miss another photo opp!

965a	\$35
1 Thursday	Mar 14
4:00–6:00 pm	SHS 1049

965b	\$35
1 Tuesday	May 14
7:00–9:00 pm	SHS 1049

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

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	Feb 28–Mar 28
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.

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	Apr 11–May 16 (no class Apr 18)
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 how 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, AppleID, and password; devices should be upgraded to iOS 10 or higher.

223	\$55
2 Wednesdays	May 1 & 8
6:30–8:30 pm	SHS 1033

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 is now a safari specialist for the luxury safari business African Portfolio.

Give the gift of learning.



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

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. Our expert will share tips and tricks to make using your devices more efficient and tailored suit 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, AppleID, and password; devices should be upgraded to iOS 10 or higher. [Taught by Valentina Vallinotto]

224 **\$55**
2 Wednesdays May 22 & 29
6:30–8:30 pm SHS 1033

Survival Guide for Today's Technology

Ever feel like technology is moving too fast? Maybe your kids bought you a new smartphone 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 May 2–23
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.

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.

Come and see the newly expanded WCSA, featuring 5,000 additional square feet and 27 new parking spaces.

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

Monday

Art Exploration:
Mixed Media with Paint [pg. 28]
Fun with Textiles [pg. 28]
Bricks 4 Kidz®:
Air, Land & Sea [pg. 32]
LEGO® Energy is Everywhere [pg. 33]
Westport All Stars Basketball:
Afterschool AllStars [pg. 31]

Tuesday

Citizen Invention:
Machines & Gadgets [pg. 33]
Video Game Design [pg. 33]
Happy Code Club
Minecraft Design & Build [pg. 35]
Minecraft Computer Science [pg. 35]
I ♥ Pom-Poms Valentine Party [pg. 29]
Overtime Athletics:
Sports Spectacular [pg. 26]

Wednesday

Happy Code Club:
Mindstorm Robotics [pg. 35]
Hobby Quest: Airplanes [pg. 33]
3DUXDesign:
Build the City of the Future [pg. 36]

Thursday

Chess Club [pg. 30]
Hobby Quest: Fashion Club [pg. 29]
Kempo Karate [pg. 32]

Friday

CompuChild:
Scratch Creative Coding [pg. 34]
Mad Science:
Future Space Explorers [pg. 34]
Secret Agent Lab [pg. 34]
World Champion Taekwondo [pg. 32]

greens farms

Monday

Citizen Invention:
Machines & Gadgets [pg. 33]
Video Game Design [pg. 33]
Happy Code Club:
Mindstorm Robotics [pg. 35]
Hobby Quest: Fashion Club [pg. 29]
Tennis / gr. 1-2 [pg. 27]
Tennis / gr. 3-5 [pg. 27]

Tuesday

Create-a-Comic [pg. 28]
Kindergarten Tennis [pg. 27]
Mad Science:
Future Space Explorers [pg. 34]
Secret Agent Lab [pg. 34]

Wednesday

Happy Code Club:
Minecraft Design & Build [pg. 35]
Minecraft Computer Science [pg. 35]
Kempo Karate [pg. 32]
Westport Arts Center:
Awesome 3D Art [pg. 29]
Meet the Abstract Masters [pg. 29]

Thursday

I ♥ Pom-Poms Valentine Party [pg. 29]
Mad Science:
Circuits & Engineering [pg. 34]
PM / PE [pg. 26]

Friday

Chess Club [pg. 30]
Pen★Stars Creativity Club [pg. 28]
Westport All Stars Basketball:
Afterschool AllStars [pg. 31]

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Monday

Create-a-Comic [pg. 28]
Magic Club [pg. 36]
PM / PE [pg. 26]
TheaterCamp 4 Kids! [pg. 36]

Tuesday

Chess Club [pg. 30]
Hobby Quest: Airplanes [pg. 33]
Kempo Karate [pg. 32]
Westport Arts Center:
Awesome 3D Art [pg. 29]
Meet the Abstract Masters [pg. 29]

Wednesday

Mad Science:
Future Space Explorers [pg. 34]
Secret Agent Lab [pg. 34]
Pen★Stars Creativity Club [pg. 28]
World Champion Taekwondo [pg. 32]

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Citizen Invention:
Machines & Gadgets [pg. 33]
Video Game Design [pg. 33]
Nouveau Nutrition:
Mother's Day Cupcakes [pg. 30]
Science of Food [pg. 30]
Sports & Homework Club [pg. 26]

Friday

Bricks 4 Kidz®:
Air, Land & Sea [pg. 32]
LEGO® Energy is Everywhere [pg. 33]
Happy Code Club:
Minecraft Design & Build [pg. 35]
Minecraft Computer Science [pg. 35]
Hobby Quest: Fashion Club [pg. 29]
I ♥ Pom-Poms Valentine Party [pg. 29]

See page 24 for **February 15 Staff Development Day** and **School Vacation Camps** • See page 27 for more **After-school Tennis** • See page 31 for **Badminton, Fencing, and Westport AllStars Basketball Clinics** • See page 37 for **American Red Cross Babysitters Course** • See page 38 for **CT Juniors Volleyball**

long lots

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Monday

Chess Club [pg. 30]
Kempo Karate [pg. 32]
Westport Arts Center:
Awesome 3D Art [pg. 29]
Meet the Abstract Masters [pg. 29]

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Happy Code Club:
Minecraft Design & Build [pg. 35]
Minecraft Computer Science [pg. 35]
Pen★Stars Creativity Club [pg. 28]

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Citizen Invention:
Machines & Gadgets [pg. 33]
Video Game Design [pg. 33]
I ♥ Pom-Poms Valentine Party [pg. 29]
Lights, Camera, Action! [pg. 37]

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Air, Land & Sea [pg. 32]
LEGO® Energy is Everywhere [pg. 33]
Kindergarten Tennis [pg. 27]
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Magic Club [pg. 36]

Friday

Hobby Quest: Fashion Club [pg. 29]
Mad Science:
Circuits & Engineering [pg. 34]
Future Space Explorers [pg. 34]
Secret Agent Lab [pg. 34]

middle school

See pages 37 for new and returning programs for grades 6–8.

high school

See pages 39 for new and returning programs for grades 9–12.

Monday

Create-a-Comic [pg. 28]
I ♥ Pom-Poms Valentine Party [pg. 29]
Mad Science:
Future Space Explorers [pg. 34]
Secret Agent Lab [pg. 34]
World Champion Taekwondo [pg. 32]

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Mad Science:
Circuits & Engineering [pg. 34]
Overtime Athletics: iFitness [pg. 26]
Sports & Homework Club [pg. 26]
3DUXDesign:
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Kempo Karate [pg. 32]
Nouveau Nutrition:
Mother's Day Cupcakes [pg. 30]
Science of Food [pg. 30]

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 cancellations will be announced on our website, westportcontinuinged.com.

Late Fees

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

Elementary School

Unless otherwise noted, elementary level classes will not meet during Teacher Conference days, March 20–22.

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.

Staff Development Day / Friday, February 15

Program takes place at Staples High School, room 1004. Bring a drink, a nut-free snack, and if you're staying all day, a nut-free lunch.

Bricks 4 Kidz® Minute To Win It

grades K-3

Based on the popular NBC game show Minute To Win It, this camp is packed with fast-paced, hands-on building and good old-fashioned, friendly competition. With 60 seconds on the clock, you and your team will have to think on your feet and work together in order to complete our fiendishly fun challenges, combining LEGO® model building and game show tests of skill and creativity. At the end, you'll challenge each other to your very own crazy camper-created challenges! Think you can do it? Be in it to win it, and join us to compete for the title of Bricks 4 Kidz® Minute to Win It Champion.

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

904a	8:30 am–3:00 pm
904b	8:30–11:30 am
904c	12:00–3:00 pm

February School Vacation Camps / February 18–February 22*

*See individual programs for days, times, and locations. Bring a drink, a nut-free snack, and if you're staying all day, a nut-free lunch.

Game Time Academy

grades K-5

Tired of TV? Cabin fever cramping your style? 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, Game Time Academy 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

GFS Gym with Jennifer Mittenness & Christie Lombardi

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

Bricks 4 Kidz® LEGO® Model Designer Camp

grades K-3

How do LEGO® designers come up with their ideas? Where do they begin and how do the ideas go from concept to completion? If you're curious about the design behind your favorite LEGO® kits, join us and explore the creative process of LEGO® model design. Learn the function of different LEGO® components and discover how those components can work together to create all kinds of solid structures and moving parts. On the last day of camp, each mini-model designer will have a chance to present his or her own LEGO® model design!

4 full-day sessions @ \$365 / 4 half-day sessions @ \$195

GFS Library

894a	8:15 am–3:15 pm	Tuesday–Friday	Feb 19–22
894b	8:15–11:30 am	Tuesday–Friday	Feb 19–22
894c	12:00–3:15 pm	Tuesday–Friday	Feb 19–22

Mad Science Snap to It: Circuits & Engineering

grades 4-5

Ever wonder how your doorbell works? Not only will you learn how, you'll learn how to build one! Mad Science makes it a snap to learn all about electricity, circuits, and robotics, with Snap® circuit boards. Build simple and complex electronic circuits (like that doorbell or a radio) and discover how many of the items you use daily are powered by electrical engineering. Experiment with electrons and witness the hair-raising power of Mad Science's giant Van de Graaff generator. Construct and create the code for programmable rovers and build your very own KIKO robot to take home!

4 full-day sessions @ \$310 / 4 half-day sessions @ \$165

GFS Art Room

943a	8:15 am–3:15 pm	Tuesday–Friday	Feb 19–22
943b	8:15–11:30 am	Tuesday–Friday	Feb 19–22
943c	12:00–3:15 pm	Tuesday–Friday	Feb 19–22

February School Vacation Camps / February 18–February 22*

*See individual programs for days, times, and locations. Bring a drink, a nut-free snack, and if you're staying all day, a nut-free lunch.

Kempo Academy

grades K–2, 3–5

Kempo Games, Games, Games! Camp / mornings / 8:15–11:30 am

Get off the couch and into the dojo. Join Kempo Academy instructors and your friends and play the games you love: dodgeball, ninja hockey, crab soccer, samurai baseball, and more! It's the perfect way to spend your vacation, especially if cabin fever is making you antsy. Give your mom some peace of mind and save yourself from having to explain how you accidentally broke the coffee table. Bring your friend or bring your brother, but whatever you do, make sure you bring your A-game. Register for mornings for the week or for one or multiple days of your choice.

Kempo Jedi Training Camp / afternoons / 12:00–3:15 pm

Welcome, padawan, to Jedi Training Camp. Our Jedi fitness exercises and games are designed to strengthen your awareness, agility, and athleticism, but above all, they are designed to help you defeat the Dark Side. You'll build your own lightsaber out of futuristic foam collected from the farthest corner of the universe, and your Jedi mentors will teach you the techniques you need to wield it safely and effectively. On Friday, you'll challenge yourself and your command of the Force in our Jedi Agility Trials. The task is difficult, padawan. Do you have what it takes to become a Jedi Knight? Register for afternoons for the week or for one or multiple days of your choice.

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

Monday–Friday / Feb 18–22 / see registration course codes on our website

Full-day / 8:15 am–3:15 pm @ \$275 for the week or \$60 per day

Mornings / 8:15–11:30 am @ \$140 for the week or \$30 per day

Afternoons / 12:00–3:15 pm @ \$140 for the week or \$30 per day

April School Vacation Camps / April 15–April 19

See our website for locations, times, and prices for the following camps:

Game Time Academy with Chris Scholz / *grades K–5* / see description on opposite page

Kempo Academy Games, Games, Games! Camp / *grades K–2, 3–5* / see description above

Kempo Academy Jedi Training Camp / *grades K–2, 3–5* / see description above

Bricks 4 Kidz® Jurassic Brick Land Camp

grades K–3

If you love dinosaurs—and who doesn't love dinosaurs?!—we have the program for you. Put on your hiking boots and camouflage and get ready for adventure: you're about to enter Jurassic Brick Land. Using specialized kits, you'll build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T. rex, and more. Learn about those dinosaurs, along with the other "terrible lizards" and extinct animals that roamed the earth and swam the seas during the Jurassic period. Join us for a dino-mite time in the past! See our website for more information.

5 full-day sessions @ \$459 / 5 half-day sessions @ \$240

GFS Library

877a 8:15 am–3:15 pm Monday–Friday Apr 15–19

877b 8:15–11:30 am Monday–Friday Apr 15–19

877c 12:00–3:15 pm Monday–Friday Apr 15–19

Mad Science Snap to It: Circuits & Engineering

grades 4–5

Ever wonder how your doorbell works? Not only will you learn how, you'll learn how to build one! Mad Science makes it a snap to learn all about electricity, circuits, and robotics, with Snap® circuit boards. Build simple and complex electronic circuits (like that doorbell or a radio) and discover how many of the items you use daily are powered by electrical engineering. Experiment with electrons and witness the hair-raising power of Mad Science's giant Van de Graaff generator. Construct and create the code for programmable rovers and build your very own KIKO robot to take home! See our website for more information.

5 full-day sessions @ \$400 / 5 half-day sessions @ \$210

GFS Art Room

943d 8:15 am–3:15 pm Monday–Friday Apr 15–19

943e 8:15–11:30 am Monday–Friday Apr 15–19

943f 12:00–3:15 pm Monday–Friday Apr 15–19

Afterschool Fitness + Fun Clubs

Sports & Homework Club

grades 2–5

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

@ **KHS** with Mike Quiricone / **KHS 21 & Gym**

9 sessions / \$199

836a Thursdays Jan 10–Mar 14
3:15–5:00 pm no class Feb 21

8 sessions / \$179

836b Thursdays Apr 4–May 30
3:15–5:00 pm no class Apr 18

@ **SES** with Jen Mittenness / **LMC & Gym**

8 sessions / \$179

836c Tuesdays Jan 8–Mar 5
2:45–4:30 pm no class Feb 19

PM / PE

grades 1–5

It's phys. ed. 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 cooperation, collaboration, communication, conflict resolution, problem solving, perseverance, self-expression, and self-control. In short, PM / PE is good, clean fun just when kids need it most: after a tough day reading, writing, and 'rithmetic-ing.

@ **GFS / Gym**

9 sessions / \$199

840a Thursdays Jan 10–Mar 14
3:15–5:00 pm no class Feb 21

8 sessions / \$179

840b Thursdays Apr 4–May 30
3:15–5:00 pm no class Apr 18

@ **KHS** with Mike Quiricone / **Gym**

9 sessions / \$199

840c Mondays Jan 7–Mar 18
3:15–5:00 pm no class Jan 21, Feb 18

8 sessions / \$179

840d Mondays Apr 1–Jun 3
3:15–5:00 pm no class Apr 15, May 27

Overtime Athletics presents Sports Spectacular

grades K–2, 3–5

Save the best for last by finishing up the school day with Sports Spectacular, featuring athletic games and contests, instruction and, above all, all sports, all the time. Develop and practice your skills as you participate in traditional sports and playground favorites. Sports Spectacular instructors come to class equipped with the best to-do list ever, and every day is different sport, game, or activity. We cover all the bases, all while emphasizing teamwork, sportsmanship, and fitness. It's the program you'd design for yourself and your friends, at your school, in your gym.

@ **CES / Gym**

9 sessions / \$169

274a Tuesdays Jan 8–Mar 12
3:20–4:20 pm no class Feb 19

8 sessions / \$150

274b Tuesdays Mar 26–May 21
3:20–4:20 pm no class Apr 16

@ **SES / Gym**

9 sessions / \$169

274c Thursdays Jan 10–Mar 14
2:50–3:50 pm no class Feb 21

8 sessions / \$150

274d Thursdays Apr 4–May 30
2:50–3:50 pm no class Apr 18

Overtime Athletics presents iFitness: Build a Fitter, Faster, Sportier You

grades K–2, 3–5

Take the first step to a faster step! Join us as we go up and down, left and right, back and forth, all the way to the finish line. With a signature curriculum for teaching the latest techniques in athletic skill development, this class is a one-stop shop for improving as a player, no matter which sport you play. iFitness features elements of the Presidential Fitness Challenge and the Road Runners Club programs, and iFitness athletes will play games and compete in track and field contests. It's Field Day, every day! The question isn't do you want to be bigger, faster, stronger; it's can you beat who you were on the first day?

@ **SES / Gym**

9 sessions / \$169

275 Tuesdays Mar 19–May 21
2:50–3:50 pm no class Apr 16

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 in the GFS Gym / 4:00–5:00 pm

828a	Jan 8–Feb 12	6 sessions / \$245
828c	Mar 5–Apr 23 (no class Apr 16)	7 sessions / \$280
828e	Apr 30–Jun 4	6 sessions / \$245

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

828b	Jan 10–Feb 14	6 sessions / \$245
828d	Mar 7–Apr 25 (no class Apr 18)	7 sessions / \$280
828f	May 2–Jun 6	6 sessions / \$245

Grades 1–2

Mondays in the GFS Gym / 4:00–5:00 pm

321A2	Jan 7–Feb 11 (no class Jan 21)	5 sessions / \$210
323A2	Mar 4–Apr 22 (no class Apr 15)	7 sessions / \$280
324A2	Apr 29–Jun 3 (no class May 27)	5 sessions / \$210

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

321B2	Jan 9–Feb 13	6 sessions / \$245
323B2	Mar 6–Apr 24 (no class Apr 17)	7 sessions / \$280
324B2	May 1–Jun 5	6 sessions / \$245

Fridays in the BMS Gym / 4:00–5:00 pm

321C2	Jan 11–Feb 8	5 sessions / \$210
323C2	Mar 8–Apr 26 (no class Apr 19)	7 sessions / \$280
324C2	May 3–Jun 7	6 sessions / \$245

Grades 3–5

Mondays in the GFS Gym / 5:00–6:00 pm

321A3	Jan 7–Feb 11 (no class Jan 21)	5 sessions / \$210
323A3	Mar 4–Apr 22 (no class Apr 15)	7 sessions / \$280
324A3	Apr 29–Jun 3 (no class May 27)	5 sessions / \$210

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

321B3	Jan 9–Feb 13	6 sessions / \$245
323B3	Mar 6–Apr 24 (no class Apr 17)	7 sessions / \$280
324B3	May 1–Jun 5	6 sessions / \$245

Fridays in the BMS Gym / 5:00–6:00 pm

321C3	Jan 11–Feb 8	5 sessions / \$210
323C3	Mar 8–Apr 26 (no class Apr 19)	7 sessions / \$280
324C3	May 3–Jun 7	6 sessions / \$245

Grades 6–8

Fridays in the BMS Gym / 3:00–4:00 pm

321C1	Jan 11–Feb 8	5 sessions / \$210
323C1	Mar 8–Apr 26 (no class Apr 19)	7 sessions / \$280
324C1	May 3–Jun 7	6 sessions / \$245

Arts + Music

Art Exploration presents Mixed Media: Adventures With Paint grades K-3

Get ready to explore the medium of paint in new and experimental ways, from traditional techniques and materials to more experimental activities, using substances like salt, shaving cream, sand, and glue. Brush, coat, cover, daub, dabble, splatter, and smear with everything from acrylics to watercolors to puffy paint. Discover all the amazing art you can create once you start thinking outside the box of traditional art. Materials fee of \$10 included.

8 sessions / \$165

CES Art Rm. 19 Mondays Jan 28–Mar 25
476 3:20–4:50 pm no class Feb 18

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.

Art Exploration presents Crazy Fun With Textiles grades K-5

Weave, dye, paint, and print your way through the wonderfully tactile world of textiles. Join Coleytown's very own resident artist as she teaches you how to use fabric, threads, yarns, and paints to create masterpieces that are both decorative and wearable, using techniques invented and perfected by artists and artisans. Projects will include experiments with dyeing processes like tie-dye, shibori, and batik, plus fabric collage, yarn painting, and traditional weaving. Materials fee of \$10 included. [Taught by Jen Pagan]

6 sessions / \$129

CES Art Rm. 19 Mondays Apr 8–May 20
477 3:20–4:50 pm no class Apr 15

Create-a-Comic grades 2-5

Holy speech bubbles, Batman! Is that a class for aspiring comic strip creators I see? It is, and if you've always wanted to turn yourself into a superhero or create an alternate reality and save mankind from invading aliens, this is the comic book class for you. And it doesn't matter if you can draw or not! We'll show you the skills you need and help you develop your own cartooning style. You'll create characters, craft a spellbinding story, pencil

in your panels, add captions and—BAM!—sound effects, then ink and color your very own one-page comic strip. Do it again and again; you supply the imagination, we'll supply the paper and pencils.

6 sessions / \$135

KHS Art Room 108 Mondays Jan 28–Mar 11
215a 3:20–4:35 no class Feb 18
SES 160 Mondays Apr 1–May 13
215b 2:50–4:05 pm no class Apr 15
GFS 101 Tuesdays Jan 29–Mar 12
215c 3:20–4:35 pm no class Feb 19

Margie Stokley-Bronz began her career in the arts as a child actor. After graduating from NYU, she worked Off-Broadway and regionally, co-founded Andhow! Theater Company, and wrote for the theater. For many years, she ran a decorative painting business, with clients in New York and across the country. Visit www.giveitagotc.com.

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

LLS Art Rm. 6 Tuesdays Jan 29–Mar 26
342a 3:20–4:20 pm no class Feb 19
KHS LMC Wednesdays Jan 30–Apr 3
342b 3:20–4:20 pm no class Feb 20, Mar 20
GFS Art Rm. 130 Fridays Jan 25–Apr 5
342c 3:20–4:20 pm no class Feb 15 & 22, Mar 22

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 Meet the Abstract Masters

grades K-5

Introduce your young artist to the titans of the art world! Way more than just art history, this is a hands-on, fire-up-your-imagination, get-a-little-messy class. Students will learn about the tools and techniques which made the art of various eras revolutionary, and then they'll try them out. From Jackson Pollack to Helen Frankenthaler, Rothko to Klee, each class will feature a creative giant from whom students can take inspiration to create their own masterpieces. They'll learn about color field painting, geometric abstraction, action painting, and more. Best of all, each week your artist will walk away with a finished piece and a little more insight into the abstract artists of the 20th and 21st centuries. [Taught by a Westport Arts Center educator]

8 sessions / \$280

LLS Art Rm. 6 700a	Mondays	Jan 28–Mar 25
	3:20–4:50 pm	no class Feb 18
KHS Art Rm. 108 700b	Tuesdays	Jan 29–Mar 26
	3:20–4:50 pm	no class Feb 19
GFS Art Rm. 130 700c	Wednesdays	Jan 30–Apr 3
	3:20–4:50 pm	no class Feb 20, Mar 20
SES Art Rm. 126 700d	Thursdays	Jan 31–Apr 4
	2:50–4:20 pm	no class Feb 21, Mar 21

The Westport Arts Center presents Awesome 3D Art

grades K-5

Think outside the literal box: 3D art is more than just clay sculpture. 3D can mean colorful polymer action figures, wearable art, pop-up art, soft fiber and fabric sculpture, even your very own personalized pom-poms. We'll introduce your student to all of the above, plus more super innovative, super creative methods of making 3D art. Along the way, they'll learn about contemporary artists whose works run the gamut from paper maché to appliquéd tapestries. Why make two-dimensional art when you can make art that literally pops off the table? [Taught by a Westport Arts Center educator]

6 sessions / \$210

LLS Art Rm. 6 703a	Mondays	Apr 8–May 20
	3:20–4:50 pm	no class Apr 15
KHS Art Rm. 108 703b	Tuesdays	Apr 23–May 28
	3:20–4:50 pm	
GFS Art Rm. 130 703c	Wednesdays	Apr 24–May 29
	3:20–4:50 pm	
SES Art Rm. 126 703d	Thursdays	Apr 25–May 30
	2:50–4:20 pm	

Hobby Quest presents Fashion Club

grades 3-5

Have an eye for fashion? This winter, stay warm and on-trend with chic fleece pieces designed and created by you! No sewing experience is necessary. We'll teach you the skills you need—including sewing and decorating—to take your idea from inspiration to sketch to seeing your vision come to life. Create one-of-a-kind pieces perfect for the cold weather, from a hat to a vest. It's a fashionable way to sharpen your fine motor skills, tap into your creativity, and stay in style. Design it. Make it. Wear it. Because life is too short to wear boring clothes.

8 sessions / \$210

GFS Art Room 706a	Mondays	Jan 28–Mar 25
	3:20–4:20 pm	no class Feb 18
CES 19 706b	Thursdays	Jan 31–Apr 4
	3:20–4:20 pm	no class Feb 21, Mar 21
LLS Library 706c	Fridays	Jan 25–Apr 5
	3:20–4:20 pm	no class Feb 15 & 22, Mar 22

Spring sessions will feature new, seasonal projects.

6 sessions / \$160

KHS Art Room 706d	Fridays	Apr 26–May 31
	3:20–4:20 pm	

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

I ♥ Pom-Poms Valentine Party

grades 3-5

This year, get more creative than a box of chocolates. Join our crackerjack crafter and learn to make pom-poms and all sorts of swell stuff made out of pom-poms. Use our super special pom-pom makers and surprise your friends and family with cards, keychains, zipper pulls, pencil toppers, and even pom-pom cupcakes—just don't eat 'em! Materials fee of \$18 included. Please note that students will use low-heat glue guns and scissors under the instructor's supervision.

1 session / \$39

SES Art Rm. 126 564a	Monday	Feb 4 (makeup Feb 11)
	2:50–4:05 pm	
CES Art Rm. 19 564b	Tuesday	Feb 5 (makeup Feb 12)
	3:20–4:35 pm	
LLS Cafeteria 564c	Wednesday	Feb 6 (makeup Feb 13)
	3:20–4:35 pm	

Turn the page for Pom-Pom Parties @ GFS + KHS

Kids Division

GFS Art Rm. 130 Thursday Feb 7 (makeup Feb 14)
564d 3:20–4:35 pm

KHS Cafeteria Friday Feb 1 (makeup Mar 1)
564e 3:20–4:35 pm

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

Cooking

Nouveau Nutrition presents The Science of Food grades 1–3

Cooking is part art, part science, and all fun. Join us and discover how to construct a lava lamp from stuff you can find around your house and how to make gloriously gooey gummy bear slime and magically mercurial multicolored milk. Have your cake and eat it... and the candles too! Join our resident culinary scientist for a deliciously delightful program filled with curious culinary consequences, remarkable reactions, and edible experiments. Plus, all that measuring will help you brush up on your math skills. Who knew science could be so scrumptious? (You won't be able to eat all of your results, but those you can will be delish!) Materials fee of \$30 included. Projects change each semester; returning students are welcome.

6 sessions / \$120

KHS Cafeteria Thursdays Jan 31–Mar 14
563a 3:20–4:20 pm no class Feb 21

KHS Cafeteria Thursdays Apr 11–May 30
563b 3:20–4:20 pm no class Apr 18, May 9

SES Cafeteria Fridays Jan 25–Mar 15
563c 2:50–3:50 pm no class Feb 15 & 22

SES Cafeteria Fridays Apr 12–May 31
563d 2:50–3:50 pm no class Apr 19, May 10

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'll eat well for a lifetime. Kira and her cooking classes have been featured on WTNH 8 and Channel 12 news. Visit www.nn4kids.com.

Nouveau Nutrition presents Mother's Day Cupcakes grades K–5

Roses are red / Moms have the power / This year, instead of chocolates / Give her cupcake flowers! Join us and decorate an adorable—and delicious—treat for your mom or someone else you love more than, well... cupcakes! Materials fee of \$6 included. [Taught by Kira Pantschenko]

1 session / \$40

KHS Cafeteria Thursday May 9
565a 3:20–4:20 pm

SES Cafeteria Friday May 10
565b 2:50–3:50 pm

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 with us: returning students are welcome for more advanced training.

10 sessions / \$205

LLS Music Rm. 125 Mondays Jan 28–Apr 8
318a 3:20–4:20 pm no class Feb 18

KHS 13 Tuesdays Jan 22–Apr 2
318b 3:20–4:20 pm no class Feb 19

SES Cafeteria Wednesdays Jan 23–Apr 10
318c 2:50–3:50 pm no class Feb 20, Mar 20

CES 35 Thursdays Jan 24–Apr 11
318d 3:20–4:20 pm no class Feb 21, Mar 21

GFS 104 Fridays Jan 18–Apr 12
318e 3:20–4:20 pm no class Feb 15 & 22, Mar 22

The Chess Club of Fairfield County is a leading resource for educational and recreational chess services in the region. With programs for players from beginners to grandmasters, they demonstrate an uncompromising dedication to elevating chess. Visit www.fairfieldcountychess.com.

Sports

See page 27 for Afterschool Tennis (gr. K–8)

See page 38 for CT Juniors Volleyball (gr. 4–12)

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.

10 sessions / \$129

SHS Gym Wednesdays Mar 27–Jun 5
984 5:30–7:30 pm no class Apr 17

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.

8 Tuesdays / 6:00–7:00 pm / \$320

Held at Olympian Fencing Studio, 388 Danbury Road, Wilton

998a Jan 22–Mar 19 (no class Feb 19)

998b Apr 2–May 28 (no class Apr 16)

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 she loves to travel almost as much as she loves teaching fencing. Visit www.olympianfencingstudio.com.

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

Coach Chris Fay was named the Nike 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.

Winter Sunday Shootout

grades 1–5, 6–9; boys & girls

This winter, improve all season long, keep your shot sharp, and build skill and confidence. Featuring shooting, ball handling, skills, drills, and games for all levels of players. Lower hoops for smaller ballers. Joining Coach Fay will be leading girls developmental coach Shannon Bates. Prorated registrations welcome if space is available; call the office for prices.

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 fundamentals, from the rules and regs to skills and drills, while you become a great shooter. Instructional gameplay for advanced players. Staff includes top area coaches. Prorated registrations welcome if space is available; call the office for prices.

10 sessions / \$135

CES Gym Mondays Dec 3–Mar 4
371a 3:20–4:50 pm no class Dec 24, 31, Jan 21, Feb 18

11 sessions / \$150

GFS Gym Fridays Dec 7–Mar 8
371b 3:20–4:50 pm no class Dec 28, Feb 15 & 22

Spring Clinics

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. You'll play on two full courts, six baskets, with lower hoops for our smaller ballers. Staff includes top area coaches.

16 sessions / Tue & Thu / Mar 26–May 23

(no class Apr 16 & 18)

SHS Gym / \$215

322c grades K–2, 3–4 5:30–6:30 pm

322d grades 5–12 6:30–7:30 pm

Turn the page for more Sports

Kids Division

Kempo Karate: Introduction to Martial Arts grades K-5

The modern world requires far less of the physical aspect 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	Mondays	Jan 28–Apr 8
303a	3:20–4:20 pm	no class Feb 18
KHS Gym	Tuesdays	Jan 29–Apr 9
303b	3:20–4:20 pm	no class Feb 19
GFS Gym	Wednesdays	Jan 30–Apr 24
303c	3:20–4:20 pm	no class Feb 20, Mar 20, Apr 17
CES Gym	Thursdays	Jan 31–Apr 25
303d	3:20–4:20 pm	no class Feb 21, Mar 21, Apr 18
SES Gym	Fridays	Jan 25–Apr 26
303e	2:50–3:50 pm	no class Feb 15 & 22, Mar 22, Apr 19

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

World Champion Taekwondo grades K-5

An official sport of the Summer Olympics, taekwondo offers numerous physical and mental benefits, including increased strength, cardio endurance, flexibility, 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; they'll also learn goal setting, respect, and discipline. There is no fighting or contact. Students will receive a free uniform on the first day of class. At the end of the program, students will have the opportunity to take a belt promotion test at WCT to

get their yellow belt and a trophy (test fee of \$60). Returning students who have earned a yellow belt are welcome to return and work toward higher-level belts.

10 sessions / \$209

SES Gym	Mondays	Jan 28–Apr 8
324a	2:50–3:50 pm	no class Feb 18
KHS Gym	Wednesdays	Jan 30–Apr 24
324b	3:20–4:20 pm	no class Feb 20, Mar 20, Apr 17
CES Gym	Fridays	Jan 25–Apr 26
324c	3:20–4:20 pm	no class Feb 15 & 22, Mar 22, Apr 19

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.

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 Air, Land & Sea

Take to the sky in our Bricks 4 Kidz® helicopter model, race across the beach on an ingenious sail-powered sand surfer, or zoom through the water on a jet ski. Learn what makes each machine go as you explore concepts like buoyancy, propulsion, lift, and g-force. What other ways will you invent to travel through the air, over the land, and across the sea? This class offers something for every traveler, whether you're a high-speed thrill-seeker or just curious about how to get from here to there.

8 sessions / \$215

CES 14	Mondays	Jan 28–Mar 25
892a	3:20–5:00 pm	no class Feb 18
LLS Art Rm. 6	Thursdays	Jan 31–Apr 4
892b	3:20–5:00 pm	no class Feb 21, Mar 21
KHS 104	Fridays	Jan 25–Apr 5
892c	3:20–5:00 pm	no class Feb 15 & 22, Mar 22

Bricks 4 Kidz® presents LEGO® Energy Is Everywhere

Energy is essential to almost everything we do, from turning on the lights in our homes and classrooms to fueling the cars we drive. Learn about the world of energy in all its amazing forms as you explore sources of energy, from wind and solar power to biofuel and fossil fuel. By the end of this class, you'll be able to define terms like renewable, landfill, greenhouse effect, and generator, and you'll have built moving LEGO® models of some of the awesome ways we power our world.

6 sessions / \$160

CES 14	Mondays	Apr 8–May 20
876a	3:20–5:00 pm	no class Apr 15
LLS Art Rm. 6	Thursdays	Apr 25–May 30
876b	3:20–5:00 pm	
KHS 104	Fridays	Apr 26–May 31
876c	3:20–5:00 pm	

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 Machines & Gadgets

Calling all future engineers and junior makers! If you're looking for a place to explore the inner workings of machines and other gadgets, this is the class for you. Join us and learn about the components that comprise simple machines, like pulleys and gears. Experiment with bubble machines, catapults, zipline carriers, sensor-activated cars, and more. Explore basic modular electronics and use common craft supplies and recycled materials to create your very own unique machines. No prior experience necessary. Materials fee of \$6 included.

8 sessions / \$206

GFS 103	Mondays	Jan 28–Mar 25
609a	3:20–4:20 pm	no class Feb 18
CES 24	Tuesdays	Jan 29–Mar 26
609b	3:20–4:20 pm	no class Feb 19
LLS Art Rm. 6	Wednesdays	Jan 23–Apr 3
609c	3:20–4:20 pm	no class Feb 13 & 20, Mar 20
KHS Art Rm. 108	Thursdays	Jan 24–Apr 4
609d	3:20–4:20 pm	no class Feb 14 & 21, Mar 21
SES 158	Fridays	Jan 25–Apr 5
609e	2:50–3:50 pm	no class Feb 15 & 22, Mar 22

Citizen Invention presents Video Game Design

We can't make your kid put down that video game, but we can make the experience more educational by teaching him or her how to move beyond consumer to creator-maker. Go behind the screens and learn to create a playable, tablet-friendly video game. You'll build them from scratch: from background scenery to characters to plot. Along the way, you'll pick up basic programming concepts and discover how ideas go from paper to screen. No prior experience necessary. Projects change every session; returning students are welcome.

7 sessions / \$175

GFS 103	Mondays	Apr 8–Jun 3
608a	3:20–4:20 pm	no class Apr 15, May 27
CES 24	Tuesdays	Apr 23–Jun 4
608b	3:20–4:20 pm	
LLS Art Rm. 608c	6 Wednesdays	Apr 24–Jun 5
	3:20–4:20 pm	
KHS Art Rm. 108	Thursdays	Apr 25–Jun 6
608d	3:20–4:20 pm	

6 sessions / \$150

SES 158	Fridays	Apr 26–May 31
608e	2:50–3:50 pm	

Hobby Quest presents Aviation, Aerodynamics & Airplanes

grades K-3

Wannabe pilots, you are cleared for take-off! We'll make the physics of flying simple and fun; you'll learn how to build and fly model airplanes like the Iron Bird, a plane designed after the famous DaVinci model that flaps its bird-like wings and takes off. Shoot straight for the stars with the Helicobra V2, a super high-flying rubber band-powered helicopter. Then prepare for a long distance flight with the electric Seagull. Build these planes and more with your own hands and take home each plane you craft. This class is aerodynamically designed to teach STEM concepts through hands-on learning and flying fun! You build it. You fly it. You keep it. Control tower over and out.

6 sessions / \$160

KHS Cafeteria	Tuesdays	Apr 30–Jun 4
705a	3:20–4:20 pm	
CES 24	Wednesdays	Apr 24–May 29
705b	3:20–4:20 pm	

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

Turn the page for more STEM classes

Kids Division

Mad Science

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

Mad Science presents Secret Agent Lab: Spy Academy grades K-3

Look out, 007... the Mad Science Spy Academy is on the case! From decoding messages to investigating how metal detectors and night vision goggles work, this class will open a door to the world of super secret spycraft. There's a whole host of ways to collect information for covert agents: observe your target and listen to their conversations, even send and unscramble cryptic communications using the Secret Code Breaker. Each newly-minted spy will take home an Undercover Observer toolkit.

8 sessions / \$195

SES 181	Mondays	Jan 28–Mar 25
917a	2:50–3:50 pm	no class Feb 18
GFS Art Rm. 130	Tuesdays	Jan 29–Mar 26
917b	3:20–4:20 pm	no class Feb 19
KHS Art Rm. 108	Wednesdays	Jan 30–Apr 3
917c	3:20–4:20 pm	no class Feb 20, Mar 20
LLS Art Rm. 6	Fridays	Jan 25–Apr 5
917d	3:20–4:20 pm	no class Feb 15 & 22, Mar 22
CES Art Rm. 19	Fridays	Jan 25–Apr 5
917e	3:20–4:20 pm	no class Feb 15 & 22, Mar 22

Mad Science presents Academy of Future Space Explorers / NASA grades K-3

Explore the farthest reaches of our solar system on a Mad Science planetary tour. Create a lunar eclipse. Journey through a soapy galaxy and investigate the life cycle of stars. Design a car engine, race a balloon rocket, and build your own Skyblazer II rocket or a UFO—a unique flying object, that is. Now that you mention it... how do those things fly? (Hint: it has something to do with the four forces of flight, and you'll learn all about them in our out-of-this-world class.)

6 sessions / \$169

SES 181	Mondays	Apr 22–Jun 3
916a	2:50–3:50 pm	no class May 27
GFS Art Rm. 130	Tuesdays	Apr 23–May 28
916b	3:20–4:20 pm	

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Academy of Future Space Explorers / NASA continued

KHS Art Rm. 108	Wednesdays	Apr 24–May 29
916c	3:20–4:20 pm	
LLS Art Rm. 6	Fridays	Apr 26–May 31
916d	3:20–4:20 pm	
CES Art Rm. 19	Fridays	Apr 26–May 31
916e	3:20–4:20 pm	

Mad Science presents Snap to It: Circuits & Engineering grades 3-5

Ever wonder how your doorbell works? Not only will you learn how, you'll learn how to build one! Mad Science makes it a snap to learn all about electricity, circuits, and robotics, with Snap® circuit boards. Build simple and complex electronic circuits (like that doorbell or a radio) and discover how many of the items you use daily are powered by electrical engineering. Experiment with electrons and witness the hair-raising power of Mad Science's giant Van de Graaff generator. Construct and create the code for programmable rovers and build your very own KIKO robot to take home. Materials fee of \$35 included.

8 sessions / \$230

GFS Art Rm. 130	Thursdays	Feb 28–May 2
942a	3:20–4:20 pm	no class Mar 21, Apr 18
LLS Sci. Rm. 202	Fridays	Jan 25–Apr 5
942b	3:20–4:20 pm	no class Feb 15 & 22, Mar 22

7 sessions / \$210

SES Art Room	Tuesdays	Apr 9–May 28
942c	2:50–3:50 pm	no class Apr 16

CompuChild presents Scratch: 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! Coding is infinite; returning students welcome.

8 sessions / \$185

SES Comp. Lab	Wednesdays	Jan 30–Apr 3
619a	2:50–3:50 pm	no class Feb 20, Mar 20

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CompuChild presents Scratch: Creative Coding con't

CES LMC Comp. Lab 619b Fridays Jan 25–Apr 5
3:20–4:20 pm no class Feb 15 & 22, Mar 22

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: Design & Build grades 3–5

This class is designed for wannabe designers, whether you're an artist, a future architect, or a budding engineer. Use the technology you love to learn about and explore the elements of art and principles of design. Then add your own personal creativity and design away! You'll create self portraits and work together to create collaborative galleries. You'll investigate various architectural styles and then build your own masterpiece. (When your mom says that you spend too much time playing video games, tell her that this project-based class teaches important skills, like collaboration, critical thinking, and creativity.)

8 sessions / \$205

CES LMC Comp. Lab 630a Tuesdays Jan 29–Mar 26
3:20–4:20 pm no class Feb 19

LLS LMC Comp. Lab 630b Tuesdays Jan 29–Mar 26
3:20–4:20 pm no class Feb 19

GFS Comp. Lab 630c Wednesdays Jan 30–Apr 3
3:20–4:20 pm no class Feb 20, Mar 20

KHS Comp. Lab 630d Fridays Jan 25–Apr 5
3:20–4:20 pm no class Feb 15 & 22, Mar 22

SES Comp. Lab 630e Fridays Jan 25–Apr 5
2:50–3:50 pm no class Feb 15 & 22, Mar 22

Minecraft: Computer Science grades 3–5

Computer scientists are in high demand these days, and they do some of the coolest stuff on earth! They design the games you play online, program the drones that will someday deliver your groceries, and build the software systems that help the police catch criminals. If you're interested in being a computer science

superhero someday, this is the class for you. You'll learn about event-driven programming and what the three basic Boolean logic operators are and how to use them. Just like computer scientists do, you'll build devices and test them in a virtual world you create. And while you might not be ready to program a drone, you will learn to use Microsoft Makecode to program Agent, your own personal robot!

6 sessions / \$155

CES LMC Comp. Lab 631a Tuesdays Apr 23–May 28
3:20–4:20 pm

LLS LMC Comp. Lab 631b Tuesdays Apr 23–May 28
3:20–4:20 pm

GFS Comp. Lab 631c Wednesdays Apr 24–May 29
3:20–4:20 pm

KHS Comp. Lab 631d Fridays Apr 26–May 31
3:20–4:20 pm

SES Comp. Lab 631e Fridays Apr 26–May 31
2:50–3:50 pm

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. Use bricks, motors, and sensors to 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. If you've already taken this class, come back for more robot R & D; repeat customers welcome.

8 sessions / \$285

GFS Comp. Lab 617a Mondays Jan 28–Mar 25
3:20–4:20 pm no class Feb 18

CES LMC Comp. Lab 617b Wednesdays Jan 30–Apr 3
3:20–4:20 pm no class Feb 20, Mar 20

SES LMC Comp. Lab 617c Thursdays Jan 31–Apr 4
2:50–3:50 pm no class Feb 21, Mar 21

Turn the page for more STEM classes

Kids Division

Happy Code Club & 3DuxDesign present

Build the City of the Future

grades K-2, 3-5

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

8 sessions / \$205

grades K-2

CES Art Rm. 19	Wednesdays	Jan 30-Apr 3
632a	3:20-4:20 pm	no class Feb 20, Mar 20

grades 3-5

SES 181	Tuesdays	Jan 29-Mar 26
632b	2:50-3:50 pm	no class Feb 19

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

Theater Arts

Magic Club

grades K-5

We can't teach you to make your little brother 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 prestidigitation. 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. Materials fee of \$5 per week included.

12 sessions / \$225

LLS Music Rm. 1	Thursdays	Jan 31-May 9
841a	3:20-4:20 pm	no class Feb 21, Mar 21, Apr 18

KHS 25	Mondays	Jan 28-Apr 29
841b	3:20-4:20 pm	no class Feb 18, Apr 15

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! offers active, wholesome fun for every kind of student. Founded on the belief that make-believe is more than just entertaining, we provide an innovative, play-based way to learn about theater arts, featuring games, improvisation, movement and dance, Broadway songs—including some from the middle school productions!—even stage combat. Scene work, direction and choreography, ensemble pieces, and monologues all 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

KHS 29	Mondays	Mar 25-May 20
701a	3:20-4:20 pm	no class Apr 15

SES Auditorium Lobby	Wednesdays	Mar 27-May 22
701b	3:20-4:20 pm	no class Apr 17

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.

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 LMC

Wed & Thu Jan 31–Mar 13

663

3:20–4:20 pm no class Feb 20 & 21

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

To our Coleytown Middle School students: We know that it's hard being relocated, but we hope that we can make it a little bit more fun for you. If you've missed out on our afterschool programs before, now is the perfect time to turn lemons into lemonade. Take a look at our classes and consider staying after school at your new school!

See page 27 for Afterschool Tennis (gr. 6–8) and page 31 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 Red Cross-certified instructor Stephanie Crowe]

3 sessions / \$155

SHS 1033

Tuesdays Jan 29–Feb 12

367a

3:45–5:45 pm

SHS 1033

Wednesdays Feb 27–Mar 13

367b

3:45–5:45 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 Gym

Mondays Jan 14–Mar 18

985a

3:00–4:00 pm no class Jan 21, Feb 18

6 sessions / \$115

BMS Gym

Mondays Apr 8–May 20

985b

3:00–4:00 pm no class Apr 15

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, and other activities that kept him moving. He is currently pursuing a degree in kinesiology at Manhattan College, with plans 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. Food fee of \$35 is included. Please note: the classrooms and kitchens where our cooking classes are held are not food allergy free.

4 sessions / \$219

SHS Room 182

Tuesdays Apr 2–30

273

3:00–5:00 pm no class Apr 16

Staples High School's Chef Cecily Gans has been turning kids into cooks for over 20 years. When she's not shuttling her daughter to dance competitions, she runs our popular summer Cooking Camps, and she thinks that life is crazy delicious.

Turn the page for more Middle School classes

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.

Extra Effort: 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.

7 sessions / please check our website for pricing

SHS Fieldhouse Sundays Apr 28–Jun 9
254 5:00–6:30 pm

Extra Effort: 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.

7 sessions / please check our website for pricing

SHS Fieldhouse Sundays Apr 28–Jun 9
255 5:00–7:00 pm

Spring Volleyball Program

grades 7–12

A series of five clinics, each covering a different aspect of the game, plus, a sixth day of game play. This program is not for beginners. Eighth graders are expected to have prior experience before signing up; 7th graders must have participated in the CT Juniors 2018 Winter Program in order to participate in the Spring Volleyball Program.

6 sessions / please check our website for pricing

SHS Fieldhouse Sundays Apr 28–Jun 2
256 5:00–7:30 pm

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 Tuesdays 3:00–4:30 pm
562a Jan 29–Mar 12 (no class Feb 19)
562b Mar 26–May 7 (no class Apr 16)

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.

Public Speaking

grades 6–8

Does the thought of a class presentation make you break out in a cold sweat? Would you rather do almost anything than give a speech? Even though it may fill you with fear, public speaking is an important skill, and it's one you can master. Do it where you feel comfortable, with teachers who know exactly how you feel. Practice the fundamentals of good public speaking, learn to speak extemporaneously (and what extemporaneously means), and, ultimately, speak in front of a group. This class will use public speaking games, TED Talks, and school projects to make learning to—*gulp*—speak in front of a crowd fun. Or at least a little bit less terrifying.

4 sessions / \$99

BMS 212 Wednesdays Apr 3–May 1
672 3:00–4:00 pm no class Apr 17

Alison Antunovich and Courtney Ruggiero are 8th grade teachers at Bedford Middle School. They've co-taught a TED Talks workshop through the Connecticut Writing Project at Fairfield University, and they're excited to bring their experience back to Westport. If you ask them nicely, they'll both stand up and recite a poem. Neither is afraid of public speaking... anymore.

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 Tuesdays Feb 26–Apr 23
449a 3:00–4:30 pm no class Mar 12, Apr 9 & 16

BMS 272 Fridays Mar 1–Apr 26
449b 3:00–4:30 pm no class Mar 15, Apr 12 & 19

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.

High School

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

See page 31 for Badminton (gr. 3–12) and Westport AllStars Basketball Clinics (up to gr. 12)

Intro to American Sign Language

grades 9–12

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. (If you doubt us, check out one of ASL interpreter Holly Maniatty's viral videos.)

8 sessions / \$169

SHS 1054 Tuesdays Jan 29–Apr 2
995 4:45–6:15 pm no class Feb 12 & 19

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.

Playwriting: What Do You Do With an Idea?

grades 9–12

At the end of the day, the only real way to learn how to write a play is to write one (or two or ten). And that's what you'll do over the six weeks of this class. Learn from a working playwright and from each other as you explore and expand upon the theme or scene or snippet of dialogue that inspires you most. Take that seed and grow it, under the watchful and caring eye of an instructor who knows how hard it is to figure out what to do with an idea—and who also knows how rewarding the struggle is. The class will end with an informal reading of students' work.

6 sessions / \$135

SHS 2030 Tuesdays Mar 26–May 7
347 2:30–4:00 pm no class Apr 16

Margie Stokley-Bronz began her career in the arts as a child actor. After graduating from NYU, she worked Off-Broadway and regionally, co-founded Andhow! Theater Company, and wrote for the theater. For many years, she ran a decorative painting business, with clients in New York and across the country. Visit www.giveitagoc.com.

Turn the page for AlphaPrep + Driver Ed classes

ACT + SAT Test Prep

AlphaPrep presents ACT & SAT Prep Classes

VOTED BEST SAT / ACT TUTORING
Fairfield Magazine Readers Choice Awards
2018 & 2019

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 / Room 2028

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.

SAT Prep Classes

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

Prep for the May 4 SAT

Mar 5–Apr 30 Tuesdays 6:30–8:30 pm
no class Apr 16

Prep for the June 1 SAT

Apr 24–May 29 Wednesdays 2:30–5:00 / 5:30 pm



ACT Prep Classes

Prep for the February 9 ACT

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

Prep for April 13 ACT

Feb 25–Apr 8 Mondays 2:30–4:45 pm

Prep for June 8 ACT

Apr 26–May 31 Fridays 2:30–5:00 / 5:30 pm

Learn Online, On Your Own Time.



We've partnered with **ed2go** to provide affordable, interactive online courses. For info and to register, go to westportcontinuinged.com and click on **ed2go**.

Give the gift of learning.



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

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 2038

Mon + Wed / 2:30–4:30 pm

February 4–April 1 (no class Feb 18 & 20)

Tue + Thu / 2:30–4:30 pm

April 9–June 4 (no class Apr 16 & 18)



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.**

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 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. **Mail, email, or fax this form to us: 70 North Avenue, Westport, CT 06880, Rm. 1040 / conted@westportps.org / 203.341.1218.**

Name			
Street Address	City	State	Zip
Home Phone	Work Phone	Cell Phone	
Email Address			

Course Description + Title (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			
Your desired pay rate (per hour or class or student; please choose one)		Student grade range and/or adult ed	

Equipment and/or materials needed:

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.

Registration Form

Westport Continuing Education : Winter / Spring 2019

Today's Date _____

Name _____

Street Address _____

City _____

State _____

Zip _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email Address _____

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

Grade _____

Date of Birth _____

School _____

Names of Parents / Guardians _____

Emergency Contact Name _____

Phone _____

Relationship to Child _____

Please list:

Health Problems _____

Allergies _____

Medications _____

Child's Doctor's Name _____

Phone Number _____

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

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

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

Credit Card # _____

Exp. Date _____

3 Digit Security Code _____

Name on Card _____

Billing Address (if different than mailing address) _____

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

Stay tuned for our Summer 2019 catalog...

Camps, classes, and courses for adults and kids

Discovery Camp

Westport Summer Teen Theater Camp @ BMS

Arts & Crafts Camps

Cooking Camps

Film Camps

Sports Camps

STEAM Camps

Writing + Language Classes

Credit Courses + Getting Ahead Classes

Evening + Daytime Classes for Adults

... and more!

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

Mark Mathias, *Chair*

Jeannie Smith, *Vice Chair*

Elaine Whitney, *Secretary*

Karen Kleine

Vik Muktavaram

Candice Savin

Neil Phillips

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

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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.

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



Winter / Spring 2019

westportcontinuinged.com • 203.341.1209