

# BETHEL CONTINUING EDUCATION



***COME GROW WITH US IN 2009***

P.O. Box 253  
Bethel, Connecticut 06801  
203-794-8600 ext 450  
[continuingeducation@bethel.k12.ct.us](mailto:continuingeducation@bethel.k12.ct.us)

Welcome to the Fall 2009 semester of Bethel Continuing Education. This semester, we continue to offer many of our popular courses as well as some new and exciting courses in American Sign Language, Financial Planning, Knitting and so much more. BCE is a non-profit, self-sustaining program operating under the Bethel Board of Education. Registration begins by mail the minute you receive this brochure. Sign up early before classes fill up!

## **BETHEL PUBLIC SCHOOLS**

**Superintendent of Schools**

**Dr. Gary Chesley**

**Associate Superintendent**

**Dr. Janice Jordan**

**Director, Continuing Education**

**Angela M. Guerriero**

## **Bethel Board of Education**

Stuart Carlsen	Lawrence Craybas
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Matthew Knickerbocker	Robin Renner

The Bethel Board of Education does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies:

**Dr. Janice Jordan**  
**Associate Superintendent**  
**Bethel Board of Education**  
**1 School Street**  
**Bethel, CT 06801**  
**(203) 794-8613**

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## REGISTRATION INFORMATION

### BETHEL CONTINUING EDUCATION OFFICE: 203-794-8600 ext. 450

When calling the Bethel Continuing Education office, please leave a detailed message. Messages are checked and returned periodically each day. The out-going message is frequently updated with the latest course and weather information.

**REGISTRATION:** Registrations are accepted by mail after the brochure has been distributed on August 20 and is on a first come, first serve basis. Any registrations postmarked before August 20 will be subject to a waiting list. If you wait until the In-Person Registration, courses may already be full. With the exception of the American Sign Language, First Aid, SAT Preparation and online courses, you must be 18 years of age or older to enroll in a course. You do not have to be a Bethel resident to enroll in a course. Checks are deposited one week before your class begins. Please note that it can take up to a month after your class has begun for your check to go through the deposit process and show up at your bank. If your check is returned to BCE from the bank for any reason, you will be required to give payment for that course and any future courses by bank check or money order.

**IN-PERSON REGISTRATION:** Thursday, August 27 in the Board of Education Conference Room, Municipal Center, 1 School Street, 2<sup>nd</sup> Floor from 10 AM-12 PM (enter from back parking lot and take elevator to 2<sup>nd</sup> floor) or on August 27 from 4-5:30 PM in the Bethel Middle School Media Center. If you cannot make one of the in-person registrations, the only other way to register is by mail. There is not an office to drop off your registration form and you cannot register the first night of a course. **If paying by cash at an In-Person Registration, please bring the exact amount. Credit cards are accepted for the Lentz & Lentz SAT Prep and all online courses.**

**CONFIRMATION OF CLASSES:** You are enrolled in a class as soon as your registration form and fee are received. If you include your email address on your registration form, you will receive an email confirmation within a week. Please make sure your email address is legible. Email addresses are only used to confirm enrollment and are not made public. A class with low enrollment will be cancelled with a phone call or email up to two days prior to the starting date.

**REFUND POLICY:** Your check will be voided and mailed back to you if you contact Bethel Continuing Education by email or mail at least one week before a class begins. The decision to run a course is made one week before the start date and is based on enrollments at that time. If, after a course has begun, and there is a medical reason for a refund, the request and accompanying doctor's note must be mailed to the Director. If accepted, a \$20 registration and processing fee will be deducted from the credit, and a pro-rated credit slip for future use in Bethel Continuing Education courses will be mailed. You will have two years to use your credit slip. We reserve the right to cancel any course for insufficient enrollment. Allow 6-8 weeks for the refund/credit process to be completed.

## **REGISTRATION INFORMATION cont.**

**INCLEMENT WEATHER:** If Bethel schools are closed due to inclement weather or an unplanned early dismissal, continuing education classes do not meet. **Please go to [ctweather.com](http://ctweather.com) before heading out, and check under schools to see if class is cancelled.** You can also call 794-8600 ext. 450 to see if there is a message cancelling class. You will **not** be notified personally. Your instructor will speak to you at the next class regarding make-ups.

**BETHEL SENIOR CITIZENS:** Only Bethel senior citizens, 62 years or older, may attend one course for half price. This discount does not apply to additional or online courses.

**ENDORSEMENT OF INSTRUCTORS:** The employment of instructors by Bethel Continuing Education does not constitute endorsement of services provided by instructors in their private businesses. Instructors are prohibited from selling products and services.

**DIRECTIONS TO BETHEL SCHOOLS:** Please visit our website at [www.bethel.k12.ct.us](http://www.bethel.k12.ct.us) and then click on the individual school for directions. All schools are located on Whittlesey Drive, easily accessed from either Judd Road or Plumtrees Road. First Aid and CPR courses are held at the Clifford J. Hurgin Municipal Center, 1 School Street, in the small gym across from the Park and Rec office. Please park on School Street and enter through the front of the building. Ballroom Classes are at Vitti's Dance Studio in Danbury.

## **ESL/GED/CPD/ABE**

**Please call 731-8290 with ESL/GED/CITIZENSHIP questions.**

**Please call 797-4731 with CPD/ABE questions.**

## **COMPUTERS**

### **EXPLORING THE MICROSOFT OFFICE SUITE-WORD AND EXCEL**

This hands-on course will introduce participants to the Microsoft Office Suite, consisting of Microsoft Word and Excel. Through Word, students will learn the basic skills needed to use this program. Copy, cut, paste, save, inserting tables, images and other topics will be covered. Learning Excel will teach you how to create spreadsheets, charts and more. **6 Sessions**

**Instructor: Jen Torpey**

**Fee: \$150**

**6-8PM, Johnson School, Room 30**

**Day/Dates: Tuesdays: Sept. 8, 22, 29; Oct. 6, 20, 27**

### **MICROSOFT POWERPOINT**

In this course, students will be taught how to create a professionally designed slide show presentation with backgrounds, images and other imported files. **3 Sessions**

**Instructor: Jen Torpey**

**Fee: \$125**

**6-8PM, Johnson School, Room 30**

**Day/Dates: Tuesdays: Nov. 3, 10, 17**

## PSAT/SAT PREPARATION

### MATH SAT PREP

This course is designed to help students prepare for the math part of the new SAT. Taking a prep course has been shown to raise test scores by 150 points if the hints and suggestions are conscientiously practiced and followed. **Please purchase and bring to each class Kaplan SAT Math Workbook (2006, 2007 or 2008 Edition). 8 Sessions**

Instructor: Silvia Nedelcov

Fee: \$100

6-8PM, Middle School, Room 172

Day/Dates: Wednesdays: Sept. 9, 16, 23, 30; Oct. 7, 14, 21, 28

### CRITICAL READING AND WRITING SAT PREP

A course designed to assist high school students prepare for the SAT Reasoning Test. Taking a prep course has been shown to raise test scores about 100 to 150 points, if the hints and strategies are conscientiously practiced and applied. **Please purchase and bring to each class the 2009 edition of BARRON'S SAT (red lettering). 8 Sessions**

Instructor: Dr. John Cleary

Fee: \$100

6-8PM, Middle School, Room 172

Day/Dates: Mondays: Sept. 14, 21; Oct. 5, 19, 26; Nov. 2, 9, 16

### LENTZ & LENTZ: PSAT/SAT PREPARATION

This **PSAT/SAT** prep program includes course material, extra help at no charge, audio discs for review or as a supplement for missed lessons, live make-ups, and a practice testing session and complimentary review sessions. The course features test-taking skills, essay writing, grammar skills, advanced math review, shortcut math, reading interpretation, speed-reading improvement techniques and tip sheets. We use our own copyrighted curriculum in conjunction with PSAT/SAT-type questions, designed to reflect the most recent changes in the format of the "NEW" SAT. **For more information and to register for this class, please call 1-800-866-7287 or visit [www.lentzsatprep.com](http://www.lentzsatprep.com). 8 Sessions**

Fee: \$365 (materials included)

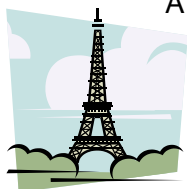
6-9PM, Middle School, Room 176

Dates: Sept. 16, 23, 30; Oct. 5, 7, 13, 28; Nov. 4

Cancellation make-up date: Oct. 21

## LANGUAGES

### INTERMEDIATE FRENCH PART 2



A continuation of the course offered the previous semester, this course is for both new and prior students. Students will review the present, simple past, future tenses in addition to learning the future conditional and the past continuous tense. Weekly classes will include listening skills and comprehension readings. Each week, all students will have the opportunity to practice their reading skill. Students will be expected to complete written homework every week, and will enjoy lively conversation and story telling in French. This

course will also include learning about cultural aspects of other Francophone countries. Class text book is \$10, and can be purchased from instructor on the first night of class. **9 Sessions**

Instructor: Madeleine Farkas

Fee: \$130

7-8:30PM, Middle School, Room 176

Day/Dates: Mondays: Sept. 14, 21; Oct. 5, 19, 26; Nov. 2, 9, 16, 23

## Instructor-Facilitated Online Learning

New sessions begin on the third Wednesday of each month. Please visit our Online Instruction Center at [www.ed2go.com/bethel](http://www.ed2go.com/bethel). Click the **Courses** link, choose the department and courses title you are interested in, and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course.

## COOKING

### BREAD-MAKING SIMPLIFIED

This course will help build confidence for those who have experimented with bread making or have always wanted to. We will begin with the basics and develop an understanding of the process, including sourdough. The class will be hands-on. However, baking will be assigned to complete each week at home. There is a \$5 supply fee payable to the instructor the first night of class. **2 Sessions**

**Instructor: Maureen Wilson**

**Fee: \$40**

**7-9PM, Middle School, Lounge**

**Day/Dates: Wednesdays: October 21 and 28**

## PHOTOGRAPHY

### INTRODUCTION TO DIGITAL PHOTOGRAPHY

Have you just received your first digital camera or would you like to learn to take better pictures with your digital point and shoot camera? Learn basic and specific concepts of photography such as exposure, lighting and composition. Specific aspects like memory cards, image editing software, various aspects of printing, and much more will be discussed. Please bring your digital camera, owner's manual and separate memory card. If you don't own a camera but plan on purchasing one soon, feel free to sign up.

**6 Sessions**

**Instructor: Thomas Nackid**

**Fee: \$70**

**7-8:30PM, Middle School, Room 174**

**Day/Dates: Mondays: Sept. 14, 21; Oct. 5, 19, 26; Nov. 2**

### ADVANCED DIGITAL PHOTOGRAPHY

This course is for anyone who has recently upgraded to a digital SLR camera or has made the switch from advanced film to an advanced digital camera. Discussion topics include using a camera's automatic and manual settings to obtain the best exposure, changing the image's depth of field without changing the exposure, and techniques for composition. Students will also learn about white balance, RAW files and when to use them, sensor technology, image editing and much more. Please bring your digital camera, owner's manual and separate memory card.

**6 Sessions**

**Instructor: Thomas Nackid**

**Fee: \$70**

**7-8:30PM, Middle School, Room 174**

**Day/Dates: Mondays: Nov. 9, 16, 23, 30; Dec. 7, 14**



## FIRST AID/CPR

### RED CROSS FIRST AID AND CPR



Do you know what to do when an emergency arrives? Enroll in one or both sessions taught by a certified American Red Cross Instructor, to prepare you in case of emergencies. The Standard First Aid course will teach you the basic first-aid skills and cardiopulmonary resuscitation for adults.

The Infant and Child Cardiopulmonary Resuscitation course will be taught as a separate course.

CPR certification will last one year. First Aid certification will last for three years. This is a perfect class for parents, grandparents, siblings and babysitters. **There will be an additional \$20 supply fee for each course, payable to the instructor on the first day.**

**Instructor: Eileen Earle**

**Location: Small Gym, Municipal Center, 1 School Street, 1<sup>st</sup> Floor**

**Time: 6:30-10:00PM**

**Standard First Aid & Adult CPR, 2 Sessions**

**Wednesdays: October 7 and 14    Fee: \$35**

**Infant & Child CPR, 1 Session**

**Wednesday: October 21    Fee: \$30**

## WRITING

### WRITER'S WORKSHOP

This course is conducted within a supportive and encouraging environment, and is geared towards experienced writers. Course topics include short stories and/or nonfiction articles, developing story ideas and honing writing skills, and overcoming writer's block. Marketing manuscripts, time management, and organizational skills will also be addressed. Bring 7 copies of one article or story to the first class. **Class limited to 6 students. 12 Sessions**

**Instructor:** Linda Chiara

**Fee:** \$180

**7-9PM, Middle School, Room 171**

**Day/Dates:** Tuesdays: Sept. 15, 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17, 24; Dec. 1



### PUTTING YOUR PAST ON PAPER

*"When an old man dies, a library burns down."* (African proverb) Have you ever thought about getting your memories down on paper for your children, grandchildren, or even their grandchildren? Join our class and learn how to write your family history. During the class, you will learn how to dig up those memories and get them on paper, how to eliminate the fluff, and how to set a writing schedule that will help you turn your memories into a memoir. **Class is limited to 8 students.**

**10 Sessions**

**Instructor:** Linda Chiara

**Fee:** \$150

**7-9PM, Middle School, Room 171**

**Day/Dates:** Mondays: Sept. 14, 21; Oct. 5, 19, 26; Nov. 2, 9, 16, 23, 30

## PERSONAL GROWTH

### AMERICAN SIGN LANGUAGE, BEGINNER – LEVEL 1

American Sign Language (ASL) is the sign language used by deaf people in the United States. This course is designed to help students learn the vocabulary and sentence structure needed to communicate in everyday life situations. Each student learns expressive and receptive skills, and within every level there is always a range of fluency and learning styles. **Required Text: A Basic Course in American Sign Language by Tom Humpries, Carol Padden and Terrence J. O'Rourke, 1994, second edition.**

**10 Sessions**

**Instructor:** Mary Lou Castellano

**Fee:** \$150

**6-8PM, Middle School, Room 172**

**Day/Dates:** Tuesdays: Sept. 15, 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17

### WOMEN AND FINANCE

Strong women, powerful financial strategies. This presentation will address the concerns of women and specific issues that affect them in financial planning. Myths and mindsets that some women may have about money will be reviewed. This class will cover asset allocation, investment diversification, as well as a look at a long term outlook for investing. **1 Session**

**Instructor:** Jean A. Leonard

**Fee:** \$29

**7-8:30PM Middle School, Room 159**

**Day/Date:** Monday: Sept. 21

### INSURING WHAT MATTERS

Protection planning for every aspect of your life. Protection planning is a prudent component of every sound financial plan. Adequately anticipate to avoid or minimize financial losses and risks you may face and protect your dreams. This class will educate you on all the types of insurances, as well as help you understand your group benefits. **1 Session**

**Instructor:** Jean A. Leonard

**Fee:** \$29

**7-8:30PM, Middle School, Room 159**

**Day/Date:** Wednesday: Sept. 23



## PERSONAL GROWTH (cont.)

### KNITTING FOR ALL

A course for everyone, including beginners! Intended to increase confidence and teach students how to experiment and design their own version of a pattern. Students will study the methods of Elizabeth Zimmerman and use her book "Knitting Without Tears". Also covered will be the basics such as gauge, proper needle size, and yarn types. Most importantly, students will enjoy knitting! Each student will provide his or her own needles and yarn by the second class. The instructor will discuss purchasing the book, needles and yarn the first class. **6 Sessions**

**Instructor: Maureen Wilson**

**Fee: \$85**

**7-9PM, Middle School, Lounge**

**Day/Dates: Tuesdays: Sept. 22, 29; Oct. 6, 13, 20, 27**

### HAVE FUN LEARNING TO REDUCE YOUR STRESS

Have fun learning effective stress reduction skills. In this course, we will use self discovery to find ways to reduce the effects of stress and improve our wellness. The classes will contain educational (background) and participatory components. Individuals will experience various relaxation techniques (meditation, guided imagery, art, music, etc.) and gauge their responses. Take care of yourself and explore the wisdom within to combat stress and enjoy life. Come find the skills that work best for you. **3 Sessions**

**Instructor: Susan Carbone**

**Fee: \$50**

**6:30-8:30PM, Middle School, Room 174**

**Day/Dates: Tuesdays: Sept. 29; Oct. 6, 13**

### FROM CHAOS TO ORDER

Do you want to finally get organized? If so, then this is the class for you! It's been estimated that the average person owns over 10,000 items, so organizing your home has become a life skill for the 21<sup>st</sup> century. This course will teach you to get control over your clutter and organize your life. **5 Sessions**

**Instructor: Linda Chiara**

**Fee: \$55**

**7-9PM, Middle School, Room 174**

**Day/Dates: Wednesdays: Sept. 16, 23, 30; Oct. 7, 14**

### AN INTRODUCTION TO VOICEOVERS (GETTING STARTED IN VOICE ACTING)

Have you ever wanted to be the voice everyone hears on commercials and documentaries? This fun and interactive class covers details of the industry, the importance of marketing, and of a demo tape. You will be coached and recorded for a personal evaluation. Be warned – many who have taken this class have gone on to become real bona-fide professional Voice Actors. This class is taught by a professional voice acting training company, Voices For All. Come ready to laugh, learn and be inspired. **1 Session**

**Instructor: Voices For All**

**Fee: \$45**

**7-9PM, Middle School, Room 159**

**Day/Date: Tuesday: Oct. 13**

## BALLROOM DANCING

### SOCIAL/BALLROOM DANCING – BEGINNER I

This Beginner course covers the foxtrot, waltz, rumba, cha cha, meringue and swing. **Specify either Tuesday (6:45-7:45PM) or Wednesday (7:00-8:00PM). Information on date, price and location below.**

### SOCIAL/BALLROOM DANCING–BEGINNER II

Review everything you learned in Beginner I and learn additional steps in foxtrot, waltz, rumba, cha cha, meringue and swing, as well as tango, samba, salsa and hustle. **PREREQUISITE: BEGINNER I OR BASIC KNOWLEDGE OF DANCES TAUGHT IN BEGINNER I. Specify either Tuesday (8:15-9:15PM) or Thursday (7:00-8:00PM).**

**Instructor: John Vitti**

**Fee: \$170 per couple or \$85 for singles**

**Classes run for 10 consecutive weeks beginning the week of 9/7. Call 748-2884 for directions.**

# FITNESS AND EXERCISE

## CARDIO KICKBOXING/STRENGTH TRAINING

Learn some basic kickboxing techniques in this high energy class. Students will experience cardio fun along with strength training and floor work. This is a great overall workout. All levels of experience are welcome. Be prepared to sweat! **10 Sessions**

**Please bring a mat, 3-5 lb hand weights, a towel and water to each class.**

**Instructor: Rachel Brown**

**Fee: \$130**

**Time: 7:15-8:15PM, Rockwell Gym**

**Day/Dates: Wednesdays: Sept. 16, 23, 30; Oct. 7, 14, 28; Nov. 4, 18; Dec. 2, 9**

## PILATES



Pilates is an exercise technique that strengthens the body's core muscles. Class will focus on breathing and control of movement to emphasize proper form, enhance abdominal strength, improve balance and flexibility, and give the body a longer, leaner appearance. **Please bring a**

**towel, mat, water & 1-3 lb hand weights to each class. Class is limited to 15 students. 10 Sessions**

**Instructor: Debbie Nichols**

**Fee: \$117**

**Time: 7-8PM, Rockwell Gym**

**Day/Dates: Mondays: Sept. 14, 28; Oct. 5, 19, 26; Nov. 2, 9, 16, 23, 30**

## TAI CHI AND PUSH HANDS

Tai Chi Chuan is a gentle, slow-moving exercise that improves balance and strength while enhancing focus and relaxation. The class consists of standing meditation, low impact Chinese exercises, and the teaching of the Yang-style form. The class is designed for students of all levels of expertise and physical condition. Please wear loose, comfortable clothes. Shoes are optional. Push Hands: Tai Chi Push hands is a cooperative two-person exercise that balances the energies of both people by applying the principles of Chi Kung and Tai Chi: leverage, reflex, sensitivity, timing, coordination and positioning. Push hands works to undo a person's natural instinct to resist force with force, teaching the body to yield to force and redirect it. Push hands is also an excellent introduction to the martial aspect of Tai Chi Chuan.

**Instructor: Laura Boucher**

**Location: Johnson Gym**

**TUESDAY CLASSES: Sept. 8, 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17, 24; Dec. 1 (12 Sessions)**

**Tai Chi only \$150 6:30-7:30PM**

**Tai Chi and Push Hands \$195 6:30-8:00PM**

**WEDNESDAY: Sept. 9, 23, 30; Oct. 7, 14, 21, 28; Nov. 4; Dec. 2, 9 (10 Sessions)**

**Tai Chi only \$125 6:30-7:30PM**

**Tai Chi and Push Hands \$170 6:30-8:00PM**

## YOGA AND MEDITATION

Through this disciplined study, we develop a keen sense of awareness, not only of our physical body, but also of our observing mind. In this class there is a strong emphasis on alignment incorporating concepts from Iyengar tradition. Through yoga, the student develops agility, endurance, and balance, helping to achieve harmony of the body, mind, and emotions. The student will gain strength, coordination, flexibility, and an increased sense of well-being. Meditation: Learn the basic concepts of meditation. As we sit quietly and observe the breathe, the mind settles; and a wonderful state of calmness and awareness prevails. Learn meditation techniques and develop a personal meditation practice. **9 Sessions**

**Participants will need a yoga mat and two blankets. Instructor: Marlene Tendler**

**MONDAY CLASSES: Sept. 14, 21; Oct 5, 19, 26; Nov. 2, 9, 16, 23**

**Johnson Gym**

**Yoga only \$115 5:30-7:00PM**

**Yoga/Meditation \$160 5:30-7:30PM**

**WEDNESDAY CLASSES: Sept. 9, 16, 23, 30; Oct. 7, 14, 28; Nov. 4, 18**

**Berry Gym**

**Yoga only \$115 6:30-8:00PM**

**Yoga/Meditation \$160 6:30-8:30PM**

## OUR INSTRUCTORS

**Laura Boucher:** Laura has been practicing and teaching Tai Chi since 1981, both in The Martial Arts Conservatory in New York City and to private students. She also earned a fourth degree black belt in Goju Karate, has taught Filipino weapons, and is currently teaching Tae Kwon Do.

**Rachel Brown:** Rachel is a Certified Personal Trainer with her own business in Bethel. She has trained in Thai Kickboxing and has been teaching Cardio Kickboxing classes and other fitness classes in the greater Danbury area.

**Susan Carbone:** Susan is a certified Level II Reiki practitioner and an instructor of Mind-Body-Spirit techniques. She has many years personal experience with the benefits of complementary medicine. Sue received a Masters of Arts degree in Experimental Health and Healing from The Graduate Institute of Connecticut. Sue helps others explore various holistic methods promoting personal wellness through self-awareness.

**Mary Lou Castellano:** Mary Lou is a fully certified American Sign Language Instructor in both NY & CT. She graduated from the New York School for the Deaf in 1975, and received an Associate's Degree from Red Rocks Community College (formerly Denver Community College) in Communication Studies in 1980. Mary Lou worked for AT&T for 20 years, where she often taught co-workers sign language before moving on to teach full time in 2000 at the New York School for the Deaf. She began teaching ASL in Continuing Education programs, as well as private lessons shortly thereafter.

**Linda Chiara:** Linda is a seasoned nonfiction and fiction writer with over 20 years of experience. Her work has appeared in Readers' Digest, Woman's Day, Family Circle and Ladies' Home Journal. Her work for children has been published in State Testing Preparation Books and in Boys' Life. In addition, she has helped her family and friends get organized. Linda has taught in area Continuing Education programs for over 11 years.

**Dr. John Cleary:** Dr. Cleary has been a Bethel resident since 1966. After 37 years of teaching English, he retired in 2002. He has taught SAT prep courses for about 25 years.

**Eileen Earle:** Eileen has been working for the Bethel Park and Recreation Department for over 20 years. She is certified as an American Red Cross instructor for First Aid, Adult CPR, Child CPR & Infant CPR.

**Madeleine Farkas:** Madeleine has been enjoying teaching French, Music and Computer for the past 14 years in Bethel. Madeleine lived in France and in Quebec after University. She holds a degree in French and has taught French in high schools in Ireland and Canada as well as in Connecticut. Madeleine also holds an MBA in Management Information Systems from Fairfield University. She is currently studying at Fairfield University completing her Masters in Education. Madeleine has travelled extensively in Europe and spent time living and studying in France.

**Lentz & Lentz:** All teachers for Lentz & Lentz have college degrees and classroom teaching experience at the high school and/or college level. In addition, all of our teachers have been specifically trained in both PSAT and SAT preparation.

**Jean A. Leonard,** MBA, and CRPC: Jean is a Platinum Senior Financial Advisor with over 13 years of experience. She offers personal financial strategies in areas of retirement income, estate planning, investments, education funding, protection planning/family security, tax management, wealth preservation, charitable giving and cash flow management. She takes a holistic approach to helping people achieve their dreams and goals.

## OUR INSTRUCTORS cont.

**Thomas Nackid:** Thomas has been a professional graphic designer and illustrator for more than 15 years. He has worked in the areas of publishing, legal graphics and corporate training. His illustrations and photographs have appeared in publications by McGraw Hill, Terrific Science Press, and Scholastic, among others. He is currently the principal of Thomas Nackid Art & Design Studio located in Bethel.

**Silvia Nedelcov:** Mrs. Nedelcov is a certified science teacher with thirty years of class experience. She has a Master Degree from Fairfield University, and a Post-Master Degree (Six Year Degree) from Southern Connecticut University. In the last five years, she has tutored math students from Fairfield County.

**Debbie Nichols:** Debbie has been a Certified Fitness Professional since 1991. She has certifications in Personal Training, Group Fitness Instruction and Pilates. This is her fifth year teaching Pilates.

**Marlene Tendler:** Marlene is registered with Yoga Alliance as an Experienced Registered Yoga Teacher (ERYT). She received her yoga certification from the Omega Institute and the Nosara Institute, a certification in Therapeutic Yoga from the Integral Institute in NYC, and is a Relax and Renew Trainer in Restorative Yoga taught by Judith Hanson Lasater. She has studied Mindfulness-Based Stress Reduction with Jon Kabat-Zinn and Saki Santorelli, and studies yoga weekly at the Iyengar Institute in NYC.

**Jen Torpey:** Jen has been teaching elementary age children for 14 years. She is currently the Technology Teacher at Johnson School in Bethel.

**John Vitti:** The owner of Vitti's Dance Studio, John has over 30 years of teaching experience. He was selected three times to represent the United States at the World Championships in Europe. He is also a former North American champion.

**Voices For All:** The Voices For All Voice Coaches/Producers/Instructors are known for their fun and informative presenting methods, and are masters at teaching all of the information pertinent to making it in Voice Acting. With hundreds of regional and national commercials and Public Service Announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the classroom as well.

**Maureen Wilson:** Maureen comes from a family of cooks, where food is a passion. Although self-taught, Maureen has studied bread making at the Yale Sustainable Food Project with Josh Viertel, President of Slow Food USA. She has been knitting seriously for over 10 years, but learned to make socks at the age of 8. She has taken workshops including lace and shawl knitting. Maureen enjoys making her own yarn with her spinning wheels and drop spindles.

**Our partnership with Cengage Learning allows us to offer over 250 online courses. Our instructor-facilitated courses are affordable, informative, fun convenient, and highly interactive. Most courses cost only \$89. Visit our Online Instructor Center at [www.ed2go.com/bethel](http://www.ed2go.com/bethel) for more information on these six week courses.**

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Fee \_\_\_\_\_ Course Title \_\_\_\_\_  
Course Day of the Week \_\_\_\_\_ Start Date \_\_\_\_\_ Time \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
Town \_\_\_\_\_ Zip \_\_\_\_\_  
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You are enrolled in a class as soon as your registration form and fee are received. You will NOT be called. If you include your email address, you will receive a confirmation by email. Please refer to the Registration Information pages beginning on Page 2 for information about registration, payment and refunds before mailing your registration form and payment. Please mail completed form and payment to: Bethel Board of Education, Continuing Education Department, P.O. Box 253, Bethel, CT 06801.

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