

Winter/Spring
2014



HAMDEN
adult education

Find your class at:

www.hamdenadulted.org

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hamdenadulted.org has the latest information on classes.

Hamden Adult Education

Hamden High School

2040 Dixwell Avenue

Hamden, CT 06514

203.407.2028 f 203.407.2056

email: info@hamdenadulted.org

admin@hamdenadulted.org

Monday - Thursday 8:00 am - 3:30 pm, Friday 7:00 am - 2:30 pm

Monday - Thursday evenings 6:00 pm - 9:00 pm

LuAnn Gallicchio, Director

Debra Cumpstone

Doreen Van Horn

SEARCHING FOR TALENT

***We're always looking for great course
ideas and instructors***

Of particular interest are instructors for:

**German, Urdu and Farsi Languages; Creative Arts; Social Networking;
Multi-Cultural Cooking; Crafts & Hobbies; Specialty Cooking; Legal
and Medical proofreading, terminology, and transcription.**

Hamden is fortunate to have a wealth of talented citizens. Persons with specialized skills and interests are invited to share their talents with the community. If you are interested in joining our staff, please contact:

Rissa Webb

Hamden Adult Education

203.773-9211 ext. 139

203.772-0215 (FAX)

rwebb@hamden.org

Questions?

Email your question to us at info@hamdenadulted.org

Winter/Spring Calendar

January 7 and 8

ABE, ESL & GED class registration

January 13

ABE, ESL & GED classes begin

January 13 and 14

Adult High School Registration

January 21 and 22

Adult High School classes begin

January 20

Martin Luther King - No Classes

February 3

Enrichment Classes begin

February 11

HHS Parent/Teacher Conferences

No Classes at HHS

February 17-18

Winter Recess - No Classes

April 14-18

Spring Recess - No Classes

April 22

HHS Parent/Teacher Conferences

No classes at HHS

May 26

Memorial Day - No classes

Registration Information

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Registration Info and Form 29-30

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NEW CLASS

Call to Register 203.407.2028

COMPUTER TECHNOLOGY

Computer Keyboarding #0310

Are you tired of typing with one or two fingers? It's time to learn how to type correctly. The hunt and peck method is not good enough for today's dependence on computers. Emphasis will be placed on learning and using proper keyboarding techniques/ergonomics, learning to type without looking at the keyboard, and using the proper finger for each key which is called the "touch method".

L. Hatton HHS rm C203
Wed., 6:15-8:15 pm Mar 26 8 wks
Resident \$80 Non-resident \$85

Intro to Personal Computers #0326

Learn the basics of a personal computer using the Microsoft Windows 7 operating system. This course is designed for beginners and those you want to learn more about the basics of a computer. You will learn about Windows, various components of Microsoft Office, including Word and Excel, the internet, how to keep your files secure and much more!

M. Corcoran HHS rm D302
Mon., 6-8 pm Feb 3 5 wks
Resident \$70 Non-resident \$75

iPad Basics #0328

This course will review the basics of the Apple iPad, including the various parts of the iPad, applications and settings, as well as synching information. Learn all about what iTunes has to offer! You will also learn tips and tricks to help you become more efficient at using your iPad. Please bring your iPad to class.

M. Corcoran MLK Community Ctr.
Mon., 6:30-8 pm Mar 24 3 wks
Resident \$52 Non-resident \$57



NEW CLASS

Learn to Buy and Sell on eBay #0327

Learn the ins and outs of eBay: how to open an account with eBay and PayPal, review the costs involved, price and list your items, handle payments and shipping methods, and complete the sale. We will also cover buying online, how to search for and bid on items, feedback forum and more!

M. Corcoran HHS rm D302
Mon., 6-8 pm Apr 21 4 wks
Resident \$65 Non-resident \$70

Microsoft Excel 2010 #0312

Microsoft Excel is a spreadsheet software program that comes in handy for personal or business use. Learn how to navigate through a spreadsheet, save and print worksheets, cell basics, modifying columns/rows/cells, sort/filter, use basic functions, create formulas, create graphs, etc. Prerequisite: type at a reasonable speed and have basic computer skills. Bring a USB drive if you want to save your work.

M. Hatton HHS rm C203
Mon., 6-8 pm Feb 3 6 wks
Resident \$95 Non-resident \$100



Microsoft PowerPoint 2010 #0325

Microsoft PowerPoint is a fun and easy way to use presentation software. You will learn slide/text basics, applying a theme, inserting images, applying transitions, how to create simple and elaborate presentations, text entrances/exits/emphasis, add sound, add timings and animated graphics, and lots more! An overview of Prezi, the web-based presentation software will also be given. Prerequisite: able to type at a reasonable speed and have basic computer skills. Bring a USB drive if you want to save your work.

M. Hatton HHS rm C203
Mon., 6-8 pm Apr 7 6 wks
Resident \$95 Non-resident \$100

Microsoft Word 2010 Adv #0307

You will cover the more advanced features of Microsoft Word 2010, including tables, columns and mail merge. Knowledge of all Word Beginner features required.

W. Coley HHS rm D302
Wed., 7-9 pm Mar 26 6 wks
Resident \$95 Non-resident \$100

Microsoft Word 2010 Beg #0304

Learn the basics of word processing using Microsoft Word. Topics include document creation, editing, text formatting, copying, moving and creating letters and documents. You should be a proficient typist. Prerequisite - Intro to Personal Computers or familiar with basic computer functions, such as using a mouse.

W. Coley HHS rm D302
Wed., 7-9 pm Feb 5 6 wks
Resident \$95 Non-resident \$100

Website Creation #0329

Using free web tools, learn how to design, create, and publish your own website.

S. Whalen HHS Media Ctr
Tue., 6-8 pm Mar 4 4 wks
Resident \$65 Non-resident \$70



Hamden Public School buildings and grounds are SMOKE FREE
Board Policy PO-1331 adopted 11/12/97

Basic Photo for Beginners #1809

This class is designed for beginners in photography. We will explore the basic principles of the art of photography. We will study shutter speeds, f/stops, (aperture), lighting, flash, filters, depth of field, and more. These photo sessions will help you enhance your pictures, improve your composition, and make picture taking more rewarding. All you need is a camera that can be put in manual setting and desire.

J. Kasarauskas HHS rm B105
Tues., 7-9 pm Feb 4 6 wks
Resident \$70 Non-resident \$75

Bead Jewelry:

Intro to Stringing and Design #1950

Students will learn the tools and materials of basic beadwork. Stringing and design will be demonstrated, and students will finish a bracelet, necklace and earrings. Family and friends will be amazed at your finished work, and will want to know how you did it! Beads have been used throughout history and in all world cultures, and the history and diversity of beads and bead jewelry will be discussed. Materials will be discussed at the first class.

E. Whalen HHS rm D104
Tue., 6:30-8:30 pm Mar 4 6 wks
Resident \$60 Non-resident \$65

Chinese Brush Paintings #1923

Beginners will learn the use of Chinese brushes, ink and various types of papers to create interesting compositions. Bob McHugh has worked with Richard Yeung, Hamden, CT and Jason He, New York. The first night will be a demonstration, a short history of Chinese Art, and a list of supplies will be given.

B. McHugh HHS rm B103
Wed., 6:30-8:30 pm Mar 19 8 wks
Resident \$75 Non-resident \$80

Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.

Color Your World with Watercolor #1817

Submerge your creative self in exploring the many possibilities that can happen, handling brush, paper and paint. Learn how to control watercolor and create exciting paintings. The first night will be a demo class and a list of supplies will be provided. Matty Dagradi, Pratt graduate, studied under Frank Webb, Milford Zornes and Roberta Carter Clark.

M. Dagradi HHS rm B106
Wed., 6:30-8:30 pm Feb 5 8 wks
Resident \$80 Non-resident \$85

Crochet: All Levels #1920

As a beginner you will learn the skills needed to crochet an afghan. Learn about hooks, gauge, yarns and the basic stitches. The more advanced students will improve their skills in reading patterns, gauge, re-sizing and more difficult, but beautiful stitches. Once you have mastered the basic techniques, you will be able to create a variety of stitches, making various beautiful patterns. Bring a size H crochet hook to class.

S. Tendler HHS rm B105
Mon., 6:30-8:30 pm Feb 3 10 wks
Resident \$90 Non-resident \$95

For Beginners: Secrets to Drawing & Painting Realistic #1949

This course introduces students to the basic elements of painting and drawings: line, form, shape color, texture and composition. After instruction in the basic elements, you will explore them through working with different media such as watercolor, acrylic, charcoal, oil, pastels, and cray-pas. A list of supplies, not exceeding \$50, will be distributed at the first class.

L. Allen HHS rm B104
Wed., 6-9 pm Feb 5 8 wks
Resident \$85 Non-resident \$90

Flower Arranging #1913

Join Karen for classes at her shop located at 2648 Whitney Avenue. Each week you will design a different shaped arrangement of fresh flowers to take home for your enjoyment. Students need clippers and a fee of \$12-\$16 weekly to cover the cost of materials.

K. Wawock Whitney Flowers
Tues., 7-8:30 pm Feb 18 10 wks
Resident \$85 Non-resident \$90

Intermediate Sewing #1919

Sewing is for anyone that would like to have fun and relax. We will use smart techniques to make that skirt, blouse or pants you so deserve. Please bring your own portable sewing machine and extension cord to each class. A list of supplies will be distributed at the first class.

B. McLain HHS rm B106
Thur., 6:15-8:15 pm Feb 6 10 wks
Resident \$90 Non-resident \$95

Knitting Circle #1918

Beginning and intermediate knitters welcome. Complete a project for your home, your family, or yourself. Great for stress reduction and meeting new friends. Intermediate knitters may bring a project, necessary yarn and needles. New knitters bring a light, solid color skein of worsted weight yarn and a pair of short straight needles either size 7, 8 or 9.

E. Salinger HHS rm B103
Thur., 6:30-8:30 pm Feb 6 10 wks
Resident \$90 Non-resident \$95

Stained Glass #1942

Learn the art of stained glass using the copper foil technique made popular by Louis Comfort Tiffany. Students will complete one stained glass panel throughout the course and leave with the tools and the ability to complete future works on their own. There will be some out of class assignments. No prior experience necessary. Kit fee of \$85 due to instructor upon first class. Additional glass purchased separately.

J. Kriksciun 8 wks HHS rm D104
Thur., 6-8:30 pm #1942A; Feb 6
Thur., 6-8:30 pm #1942B; Apr 2
Resident \$95 Non-resident \$100

NEW CLASS

THREE ROUTES TO HIGH SCHOOL DIPLOMA

Explore the three routes to earn a high school diploma

ADULT HIGH SCHOOL

STUDENTS MUST EARN A TOTAL OF 22 CREDITS

Adults who did not complete their high school education have the opportunity to earn a high school diploma. Classes are offered in English, Math, Social Studies, and Science on Monday - Thursday evenings. Additional credits may be earned for work experience and through online courses. For more information, see page 26 for complete details.

NATIONAL EXTERNAL DIPLOMA PROGRAM

This is an alternate route to earning a high school diploma. Students are expected to demonstrate a number of life skills through several tasks. Each candidate must also demonstrate an individual skill in an occupational, academic or specialized area. For more information, see page 26 for complete details.

GED® EXAM High School Equivalency Diploma

The GED® exam is no longer offered at Hamden High School. For more information on registering for the exam, call Hamden Adult Education Office at 203-407-2028 or see page 25 for more details.

Free to students who live or work in Hamden, North Haven, Bethany, Orange and Woodbridge, All other individuals are welcome and should call for fee schedule.

DANCE

Beginning Tap

#1710

Rekindle your love for dance or give tap dancing a try for the first time! Learn to make music with your feet as dancers learn precision footwork and entertaining dance sequences. This class is perfect for adults who want to move and learn basics in an encouraging environment.

C. Furtak 7 wks HHS Cafeteria
Mon., 7:30-8:30 pm #1710A Feb 3
Mon., 7:30-8:30 pm #1710B Mar 31
Resident \$70 Non-resident \$75

Beginning - Intermediate Tap

#1711

Learn to make music with your feet as dancers learn precision footwork and entertaining dance sequences. This class is perfect for adults who have some level of tap experience and want to move and learn more in an encouraging environment. Tap shoes suggested.

C. Furtak 7 wks HHS Cafeteria
Mon., 8:35-9:35 pm #1711A Feb 3
Mon., 8:35-9:35 pm #1711B Mar 31
Resident \$70 Non-resident \$75

Introduction to Ballroom Dance

#1701

Learn the basic steps of the five most popular ballroom dances: Rumba, Cha-Cha, Foxtrot, Waltz, and Swing. Fun social dancing - partners not required, but comfortable shoes are a must. Each student will receive a complimentary CD of all five dances at the second class.

F. Costa HHS rm C109
Mon., 7:30-8:45 pm Mar 3 5 wks
Resident \$75 Non-resident \$80

Middle Eastern Dance

#1704

Learn the basics of Middle Eastern dance, how to improvise to your favorite song, have fun, firm your body, and make new friends. Explore many different Middle Eastern dance styles using veils and cane; a sensual style of floor work will be introduced. Please bring a scarf to wrap around the hips.

Jenny/Malikhah HHS rm C111
Mon., 7-8 pm Feb 3 8 wks
Resident \$73 Non-resident \$78

Swing Dance Beginners

#1702

No partner necessary as you learn to dance the night away. Be part of the Big Band comeback. Learn the basic steps: triple count, Jitterbug, underarm turn, cuddle and more. Low heeled, leather soled shoes or sneakers preferred.

Every class registration opens a free spot for a veteran to participate in this class. Participants and/or the dance instructor will recommend veterans for the free spaces. Please call the Adult Education Office at 203-407-2028 for further information.

K. Reilly HHS Cafeteria
Tues., 7:30-8:30 pm Feb 4 4 wks
Resident \$50 Non-resident \$55



NEW CLASS

Call to Register 203.407.2028

20 Day Early Morning Yoga Challenge #2446

Sometimes it takes a challenge to get you going. Start your day out right with a good stretch and a calm mind, supported by an amazing community. Hatha Yoga focuses on being present while using one's breath to guide movement in a manner that will purify, balance, and prepare the body, mind, and soul for expanded awareness. Bring a yoga mat, towel and water. **Senior fee not applicable.**

Staff 20 days Your Comm Yoga Ctr.
Mon.-Fri., 6:30-7:30 am Feb 3 - Feb 28
Resident \$133 Non-resident \$138

Adult Swim Lessons #2438

This program is designed for individuals 18+ years of age who wish to learn to swim or strengthen their basic swimming skills. Participants in this class range from beginning to intermediate swimmers. Your swim lesson is customized to your swim ability level. Participants must bring their bathing suits, towels, and a water bottle.

Staff	8 wks	YMCA
Wed., 6:45-7:30 pm	#2438A;	Jan 29
Thur., 7-7:45 pm	#2438B;	Jan 30
Thur., 7:45-8:30 pm*	#2438C;	Jan 30
Sat., 9:15-10 am	#2438D;	Feb 1
Wed., 6:45-7:30 pm	#2438E;	Mar 26
Thur., 7-7:45 pm	#2438F;	Mar 27
Thur., 7:45-8:30 pm*	#2438G;	Mar 27
Sat., 9:15-10 am	#2438H;	Mar 29

* Advanced Swimmers Only

Resident \$75 Non-resident \$80

Authentic TaijiQuan (Tai-Chi) #2411

TaijiQuan taught traditionally by an experienced teacher practicing for over 20 years. Class will consist of warm-ups, QiGong, form and application. Bring water and wear comfortable clothing and footwear.

B. Banick HHS rm C109
Tues., 7:15-8:15 pm Feb 4 12 wks
Resident \$110 Non-resident \$115

Aqua Fitness #2466

This program is designed for those interested in water aerobics. The moves have been carefully designed to be easy to follow by any age. You will have a safe and effective total body workout: 30 minutes of aerobics followed by 15 minutes of toning using a variety of equipment.

Staff	8 wks	YMCA
Mon., 6:15-7 am	#2466A;	Jan 27
Mon., 10:30-11:15 am	#2466B;	Jan 27
Wed., 10:30-11:15 am	#2466C;	Jan 29
Fri., 11:30 am-12:15 pm	#2466D;	Jan 31
Mon., 6:15-7 am	#2466E;	Mar 24
Mon., 10:30-11:15 am	#2466F;	Mar 24
Wed., 10:30-11:15 am	#2466G;	Mar 26
Fri., 11:30 am-12:15 pm	#2466H;	Mar 28
Resident \$80	Non-resident \$85	

Aqua Zumba #2441

The Zumba craze hits the water with a workout that can be classified as a true "pool party" for all ages. Safe, effective, and challenging water-based workouts that integrate Zumba formulas into Aqua Fitness. Bring a bathing suit, towel and a water bottle.

Staff	8 wks	YMCA
Tues., 7-7:45 pm	#2441A;	Jan 28
Thur., 10:15-11 am	#2441B;	Jan 30
Tues., 7-7:45 pm	#2441C;	Mar 25
Thur., 10:15-11 am	#2441D;	Mar 27
Resident \$50	Non-resident \$55	

Beginning Fencing #2423

Release your inner swashbuckler and try fencing! Stabbing people with a sword is one of the truly great guilty pleasures – no wonder they outlawed dueling. Students will be taught beginning foil, and will also be introduced to épée and saber. The course will last six weeks and be taught by Dr. Stan Hurd at Hit It Fitness – one of New Haven County's premier fencing schools. All equipment will be provided. Must be at least 16 years of age.

S. Hurd	Hit It Fitness
Wed., 6-7 pm	Feb 5 6 wks
Resident \$75	Non-resident \$80

Beginner 1 Yoga #2428

These courses are designed for new beginners but contain a great deal of information that will interest all practitioners. The first few weeks are about letting go. Releasing tension in the back and hips, lengthening the hamstrings, opening up dormant areas of the body and building internal awareness and connection. The physical practice will focus on alignment and form in standing poses with a few seated and supine poses. Breathing techniques will be used to expand the lung capacity, balance the breath and connect breath to movement. Bring yoga mat, towel and water.

Staff	8 wks	Your Comm. Yoga Ctr.
Mon., 4:30-5:30 pm	#2428A;	Feb 3
Tues., 7:15-8:35 pm	#2428B;	Feb 4
Thur., 4:30-5:30 pm	#2428C;	Feb 6
Fri., 9:15-10:30 am	#2428D;	Feb 7
Sat., 9:45-11:00 am	#2428E;	Feb 1
Resident \$96	Non-resident \$101	

Body Sculpting #2442

Interval training designed to increase cardiovascular fitness, muscle strength, and endurance. You will increase your heart rate and muscular strength using bands, weights, and steps. It's for all ability levels, beginners or advanced participants. The program will challenge the participants individually. Please bring a water bottle, towel, and sneakers.

Staff	8 wks	YMCA
Wed., 9:15-10 am	#2442A;	Jan 29
Wed., 9:15-10 am	#2442B;	Mar 26
Resident \$50	Non-resident \$55	

Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.

NEW CLASS

Boot Camp #2453

This class will work your strength and endurance each week. You will increase your heart rate and muscular strength using bands, weights, and steps. It's for all ability levels, beginners or advanced participants. The program will challenge the participants individually. They should bring a water bottle, towel, and sneakers.

Staff 8 wks YMCA
Mon., 10:20-11:20 am #2453A; Jan 27
Mon., 10:20-11:20 am #2453B; Mar 24
Resident \$50 Non-resident \$55

Cardio Sculpt #2458

A creative and fun workout alternating between cardio drills and strength training intervals. This overall body training session is designed to burn the maximum amount of calories. All levels welcome.

S. Viglione HHS Cafeteria
Thur., 8-9 pm Feb 6 10 sessions
Resident \$80 Non-resident \$85

Couch to 5K #2435

Time to get off the couch and try something new! This 8 week program will help you become healthier, stronger, and prepared to run a 5K! This beginner running program has helped thousands of new runners get off the couch and on the roads, running 3 miles in just 2 months! This class meets twice each week on Tuesday and Thursday. Wear active clothing that is season appropriate and bring a water bottle.

Staff YMCA
T & Th, 5:15-6:00 pm Apr 22 8 wks
Resident \$50 Non-resident \$55

Flick and Float Movie Night #2464

Join us for a fun filled evening floating in the swimming pool while watching a popular movie. Bring your own float, or use one of ours.

Staff 1 session YMCA
Fri., 7:30-9:15 pm #2464A; Jan 31
Fri., 7:30-9:15 pm #2464B; Feb 28
Fri., 7:30-9:15 pm #2464C; Mar 28
Fri., 7:30-9:15 pm #2464D; Apr 25
Resident \$35/family Non-resident \$40

Full Figure Beginner ViniYoga #2417

Out of shape? Plus size? This fun, challenging and inspiring class is designed especially for you. Open to both women and men of plus-size, this class is best suited to those able to move up/down from a sitting or kneeling position on the floor. We will enhance flexibility, strength, balance and increase body and breath awareness. Wear loose, comfortable clothing and please have your doctor's permission to exercise. There is no weight requirement-just be aware that these classes are meant for those who are plus size or close to it. Bring a yoga mat, towel and water.

K. Koopman Your Comm. Yoga Ctr.
Thur., 7:30-8:50 pm Feb 6 8 wks
Resident \$96 Non-resident \$101

Hot Vinyasa Flow Yoga #2421

A heated (to 80+ degrees) breath-synchronized yoga class that will use sun salutations and other combined asanas to create a smooth flowing practice. You will be inspired and challenged to reach your next level of fitness. Through building internal heat, the detoxifying effects purify your body and mind - you will notice a calmer, less reactive consciousness emerging. Bring water, yoga mat and towel.

Staff 8 wks Your Comm Yoga Ctr.
Mon., 6-7:15 pm #2421A; Feb 3
Thur., 7:15-8:35 pm #2421B; Feb 6
Resident \$96 Non-resident \$101

Hula Hoop Dance and Fitness #2424

Hula Hoop Dance and Fitness is fun and easy to do. Burn 300-500 calories an hour and have fun doing it. We will focus on core, endurance, and toning. Hula hoops are available to purchase or to borrow if you don't have your own. Comfortable clothes suggested.

LB Stein HHS Cafeteria
Wed., 7:15-8:15 pm Feb 12 8 wks
Resident \$90 Non-resident \$95

Insanity #2454

Insanity is a revolutionary cardio-based total body conditioning program based on principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response", which normally happens when your body gets used to exercising at one level of exertion. By using the MAX Interval Training, Insanity pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

Staff 8 wks YMCA
Wed., 5:45-6:30 pm #2436A; Jan 29
Wed., 5:45-6:30 pm #2436B; Mar 26
Resident \$50 Non-resident \$55

Intro to Yoga for Veterans & Their Families #2461

Veterans and their family members are invited to a six-week "Intro to Yoga for Resiliency" class. During our time together we will learn and practice breathing, meditation, movement, and resting practices that have been developed specifically to aid recovery and promote resiliency based on the feedback of hundreds of veterans and active-duty service members. Taught by Daniel Libby, co-founder of the Veterans Yoga Project and Danielle Egervari-Casioppo, trained in Mindful Resilience Yoga Therapy for Trauma Recovery. Yoga mats and props will be provided or you may bring your own.

Staff Your Comm Yoga Ctr.
Thurs., 6-7:15 pm Feb 6 6 wks
Resident \$45 Non-resident \$50

NEW CLASS

Jazzercise

#2463

Each 60 minute Jazzercise group fitness class offers a fun and effective total body workout that includes a combination of dance, resistance training, Pilates, Yoga, Kickboxing and Latin-style movements set to today's popular hit music. Jazzercise participants can burn up to 600 calories per class. All levels welcome. Wear comfortable clothing and sneakers. Bring a water bottle, yoga mat, weights if you have them.

K. Hurd 6 wks Hit It Fitness
Wed., 4:45-5:45 pm #2463A; Feb 5
Wed., 4:45-5:45 pm #2463B; Mar 26
Resident \$45 Non-resident \$50

Krav Maga - Self-Defense

#2460

Learn the realistic self-defense techniques of the Israeli Army! Fun, realistic self defense that's great for men and women. You'll have a blast and get in great shape.

Staff 6 wks Soulcraft Studio
Wed, 6-7 pm & Sat., 11am-12pm Feb 5
Resident \$110 Non-resident \$115

Kundalini Yoga & Gong Meditation

#2425

Evening starts with stimulating Kundalini Yoga followed by an extended deep relaxation seated in a chair or lying on the floor. You will experience therapeutic meditative gong vibrations as they wash over you. Gong vibrations elevate awareness and help to rebalance your physical, emotional and spiritual body. **Senior fee not applicable.**

Staff Your Comm Yoga Ctr.
Fri., 7-9 pm Feb 14 1 session
Resident \$22 Non-resident \$27

All adult education fees must be paid by check, credit card or money order.

Lifeguard Certification Course

#3439

This course is designed to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Prerequisites: Swim 300 yards continuously & 15 years old by start of course. In addition, participants must be able to complete an objective drill.

Staff 5 days YMCA
Mon-Fri, 9-3 pm #3439A; Mar 17-21
Mon-Fri, 9-3 pm #3439B; Jun 2-6
Resident \$275 Non-resident \$280

Lunchtime Yoga

#2462

You KNOW you want to take a yoga class, but when to fit it in? How about over lunch? Now available Monday, Wednesday, or Friday from noon to 1pm. Class will ease in at the beginning with calm time set aside for centering and gentle stretching, and end with deep relaxation.

Staff 8 wks Your Comm Yoga Ctr.
Mon., 12-1 pm #2462A; Feb 3
Wed., 12-1 pm #2462B; Feb 5
Fri., 12-1 pm #2462C; Feb 7
Resident \$80 Non-resident \$85

Meditation as Medication

#2432

6-week series including lecture and meditations for beginners and those familiar to meditation. The benefits of meditation are well documented and wide ranging. Learn simple meditation techniques to better help you with your stress and anxiety triggers, to control your mind and feel empowered in your life.

Staff Your Comm Yoga Ctr.
Sat., 8:30-9:30 am Feb 1 6 wks
Resident \$72 Non-resident \$77

Muay Thai

#2445

This class will teach people the drills and techniques of this great kickboxing style from Thailand. Muay Thai is an incredible workout and a great way to not only learn self defense, but to get in great shape. Our class will focus on the cardio benefits and drills/techniques and not on sparring or hard contact. We teach Muay Thai in a way that anyone of any fitness level can get involved in and have a great time!

Staff Soulcraft Studio
M & W, 7-8 pm Feb 3 6 wks
Resident \$110 Non-resident \$115

Pilates Mat

#2455

Tone your body and improve your balance using six principles of Pilates - concentration, control, centering, flow of movement, precision, and breathing. Pilates will help build flexibility, muscle, strength and endurance in the legs, hips, abs and back. Wear comfortable clothing and bring a mat and towel.

S. Viglione HHS Cafeteria
Thur., 7-8 pm Feb 6 10 sessions
Resident \$80 Non-resident \$85

Restorative Yoga

#2447

Has "Summer Vacation" already receded too far into the past that you can barely remember? Imagine yourself lying in a restful position, supported by bolsters and blankets and listening to a calm, soothing voice that gently guides you into a beautiful state of total relaxation. Of all yoga practices, Restorative Yoga is the only one to build Ojas, your vital reserves. Bring yoga mat, towel and water.

J. Bourne Your Comm Yoga Ctr.
Fri., 6:00-7:00 pm Feb 7 8 wks
Resident \$96 Non-resident \$101

NEW CLASS

Rise 'N Shine

#2465

This program is designed for those new to exercise. Get your day started on the right foot as you workout to the oldies in this early morning class. This program will challenge participants individually. Bring a water bottle, towel and sneakers.

Staff	8 wks	YMCA
Wed., 6:45-7:45 am	#2465A;	Jan 29
Fri., 6:45-7:45 am	#2465B;	Jan 31
Wed., 6:45-7:45 am	#2465C;	Mar 26
Fri., 6:45-7:45 am	#2465D;	Mar 28
Resident \$50	Non-resident \$55	

Rusty Hinges (Gentle Yoga)

#2407

Are you new to yoga? Or hesitant to try it? Do you have arthritic joints? Or have you had an injury? Here is a gentle way that eases you in and helps with healing. Bring a yoga mat, towel and water.

Staff	8 wks	Your Comm. Yoga Ctr.
Mon., 2-3:15 pm	#2407A;	Feb 3
Tues., 10-11:20 am	#2407B;	Feb 4
Thur., 10-11:20 am	#2407C;	Feb 6
Resident \$96	Non-resident \$101	

Step & Sculpt

#2443

Challenge your body with tubing, weights, and exercise balls, as well as your own body weight, for arms, legs, and core training. Hit all the major hot spots for muscle conditioning and focus on creating balance for optimal posture and toning results. It's for all ability levels, beginners or advanced participants. The program will challenge the participants individually. Please bring a water bottle, bathing suit, and towel.

Staff	5 wks	YMCA
Mon., 5:45-6:30 pm	#2443A;	Jan 27
Mon., 5:45-6:30 pm	#2443B;	Mar 24
Resident \$50	Non-resident \$55	

NEW CLASS

Take Aim with Archery Parent/Child

#2433

Whether you're a novice or you shoot better than Robin Hood, you have the great opportunity to learn from a certified archery instructor as they introduce a wide range of skills and games that are great for all ages! Participants should wear comfortable clothing. It is an outdoor class so participants should dress accordingly.

Staff	YMCA
Wed., 4:15-5:00 pm	Apr 23
Resident \$45	Non-resident \$50



Zumba Fitness

#2451

The ZUMBA Fitness program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will blow you away. ZUMBA fanatics achieve long-term benefits while experiencing an absolute blast! It's for all ability levels, beginners or advanced participants. The program will challenge the participants individually. You should bring a water bottle, towel, and sneakers.

Staff	8 wks	YMCA
Mon., 9:15-10:15 am	#2451A;	Jan 27
Tues., 6:00-7:00 pm	#2451B;	Jan 28
Wed., 10:15-11:15 am	#2451C;	Jan 29
Thur., 9:15-10:15 am	#2451D;	Jan 30
Thur., 6:00-7:00 pm	#2451E;	Jan 30
Fri., 9:15-10:15 am	#2451F;	Jan 31
Sat., 9-10 am	#2451G;	Feb 1
Mon., 9:15-10:15 am	#2451H;	Mar 24
Tues., 6:00-7:00 pm	#2451I;	Mar 25
Wed., 10:15-11:15 am	#2451J;	Mar 26
Thur., 9:15-10:15 am	#2451K;	Mar 27
Thur., 6:00-7:00 pm	#2451L;	Mar 27
Fri., 9:15-10:15 am	#2451M;	Mar 28
Sat., 9-10 am	#2451N;	Mar 29
Resident \$50	Non-resident \$55	

TRX Fusion

#2440

Make your body into a machine! TRX is a suspension training system that combats your body, challenging your strength, power, endurance, and flexibility. TRX Fusion combines the use of TRX and strength equipment to transform your body! This class is for all ability levels, beginners or advanced. This program will challenge the participants individually. Wear comfortable clothing and sneakers, bring a towel and a water bottle.

Staff	8 wks	YMCA
Fri., 8:30-9:15 am	#2440A;	Jan 31
Fri., 8:30-9:15 am	#2440B;	Mar 28
Resident \$50	Non-resident \$55	

Zumba Gold

#2450

This program is designed for those who are new to exercise, inactive older adults, and those with physical limitations. The moves have been carefully designed to be easy to follow by individuals of any fitness level or age. You will have a safe and effective total body workout. Dance moves and rhythms from Cumbia, Salsa, Meringue, Tango, Rumba, Cha-Cha, and more!

Staff	8 wks	YMCA
Fri., 6:15-7:15 pm	#2450A;	Jan 31
Fri., 6:15-7:15 pm	#2450B;	Mar 28
Resident \$50	Non-resident \$55	

Zumbatomic Parent/Child

#2434

Whether you're a beginner or a pro, Zumbatomic is the way to go! Zumbatomic is a fusion class of Zumba for children/adults and Spanish language instruction. The course is designed with a focus on language in conversation, movement through dance, and discovery through diverse cultures. Participants should wear comfortable/active clothing. Bring a water bottle.

Staff	8 wks	YMCA
Tues., 5-5:45 pm	#2434A;	Jan 28
Tues., 5-5:45 pm	#2434B;	Mar 25
Resident \$50	Non-resident \$55	

Homebuyer's Workshop #0709

Understand the three main phases of buying a home. A licensed real estate agent will discuss all aspects involved in purchasing a home, making an offer, documents involved, and various inspections. A licensed mortgage broker will discuss the various mortgage financing programs available, the different down payment options, the pre-approval process, and the credit evaluation. To conclude, a real estate attorney will discuss his role in representing the purchaser of a home - from the review of the "Contract For Sale" through the closing documents.

B. DePodesta, T. Brandi, P. Frazier HHS rm D210
Tues., 6:30-8:30 pm Mar 4 1 session
Resident \$25 Non-resident \$30

Replacement Window Workshop - Find Out How It's Done And Save #1911

Want to save on your heat and A/C bills and take advantage of any incentive programs available, but don't know where to start? What is right for your home? Low-E, Argon, Triple Pane, Wood, Vinyl, Fiberglass.....confused??? Don't be. This workshop will address these questions and show you how windows are replaced. Instructor is a Master Carpenter with over 30 years experience.

P. O'Doherty HHS rm A112
Thur., 7-9 pm Mar 27 1 session
Resident \$35 Non-resident \$40



Biscotti 101 #0623

Biscotti, or "twice baked" is a traditional Italian cookie, which can be dry, hard and an invitation to dental disaster. In this class, you will learn the technique to making perfectly shaped and baked anisette as well as double chocolate biscotti cookies which are crisp and delicious, not dried out and overly crunchy. Prior to class students will receive an ingredient list to bring to class. **Price includes an \$8 non-refundable consumable fee.**

P. Biondino HHS rm D107
Thur., 6:15-8:45 pm Apr 3 1 session
Resident \$48 Non-resident \$53

Cake Decorating Beginners #0617

Create your own fancy professional looking cakes. Learn to make flowers, borders and many other beautiful items with frosting. Supply list available at first class.

C. Turner HHS rm D107
Mon., 7-9 pm Feb 24 6 wks
Resident \$70 Non-resident \$75

Classic Southern Soul Food and Desserts #0628

Traditional southern soul food is a combination of African culinary techniques with Native American, Spanish, French and Caribbean cookery to create its unique taste. Get set to be delighted with traditional southern starts, main dishes, side dishes, desserts and cakes. Last class will be celebrated with a full southern meal. **Non-refundable consumable fee of \$50 payable at first class.** Bring a covered container to bring food home.

M. Bradley HHS rm D107
Tues., 6:30-9 pm Feb 4 6 wks
Resident \$75 Non-resident \$80



IN THE KITCHEN

Easter Bunny Bread #0624

Schedule some fun quality time with your child (6 years old and older) and bake a delicious loaf of bunny bread just in time for Easter. Your child (and you) will work together to make this sweet loaf from scratch. **Price includes a \$15 non-refundable consumable fee.**

L. Fredricksen HHS rm D107
Tues., 6:30-9 pm Apr 1 1 session
Resident \$55 Non-resident \$60



IN THE KITCHEN

Have Fun with Fondant

#0629

Each student will learn the basics of fondant and tips for covering and decorating a cake. Second class, each student will go home with an 8 inch cake they decorate themselves. **Non-refundable consumable free of \$25 is payable to the instructor on the first night.**

C. Turner HHS rm D107
Mon., 7-9 pm Apr 21 2 wks
Resident \$45 Non-resident \$50

"La Dolce Vita" - Italian Cookies

#6028

Learn the art of making authentic Italian cookies. You will learn how to make "Anginettes", Valentine Chocolate dipped cookies and more. You will get to take home a batch of cookies after each class. This is a hands-on class. **Non-refundable consumable fee of \$25 payable at the first class.**

C. Merola HHS rm D107
Thur., 7-9 pm Feb 6 3 wks
Resident \$50 Non-resident \$55



Hamden Public School buildings and grounds are SMOKE FREE
Board Policy PO-1331 adopted
11/12/97

NEW CLASS

Tapas Trends

#0625

In this two evening class, we will work in groups each preparing different tapas, which are small, bite sized morsels of finger food. Tapas bars are found all over Spain offering delicious items. Come and join in the adventure as we explore multi-national menu options from the cuisines of: Italian, Spanish, Thai, Mexican, Chinese, just to name a few. Come and join the adventure! **Price includes a \$15 non-refundable consumable fee.**

P. Biondino HHS rm D107
Thur., 6:15-8:45 pm Apr 24 2 wks
Resident \$65 Non-resident \$70

Tender Gnocchi & Sauces

#0626

In this one evening class, we will make potato gnocchi with two different accompanying sauces: Prosciutto, Green Pea, and Ricotta Sauce and a Gorgonzola Cream Sauce. You'll be amazed at how easy and delicious this will be! Just bring your taste buds, a few kitchen basics and an appetite for a delicious adventure into culinary perfection. **Price includes a \$10 non-refundable consumable fee.**

P. Biondino HHS rm D107
Thur., 6:15-8:45 pm Feb 27 1 session
Resident \$50 Non-resident \$55

The Passion of Italian Cooking I

#0606

Let's face it, everyone loves Italian food! This class will enhance the passion that goes into this style of cooking, while using fresh ingredients to create wonderful flavors. We will prepare sauces, antipasti, pastas, meat, poultry and seafood, side dishes and desserts. The instructor is celebrated Italian Chef Anthony Romano who brings to the table his own passion for old world family style Italian cuisine. **Non-refundable consumable fee of \$50 payable to instructor at first class.** Bring a covered container to bring food home.

A. Romano HHS rm D107
Wed., 6:30-9 pm Feb 5 8 wks
Resident \$90 Non-resident \$95

The Passion of Italian Cooking II

#0608

This advanced class will enhance the passion of true Italian cooking using fresh top quality ingredients. Includes classes on risottos, advanced pastas, assorted chicken and seafood entrees. The instructor brings his passion for family style Italian cuisine. **Non-refundable consumable fee of \$50 payable at first class.** Bring a covered container.

A. Romano HHS rm D107
Wed., 6:30-9 pm Apr 9 6 wks
Resident \$75 Non-resident \$80



Yeast Breads

#0627

In this class, you will learn to create your own sweet yeast breads. We will make a light wheat and white cinnamon swirl bread laced with the fragrance of cardamom, as well as a light oatmeal and white sweet bread, choose your own fruit or cheese filling and formation design. You will surely impress your friends and family! Prior to class each student will receive a packet of info. **Price includes a \$8 non-refundable consumable fee.**

P. Biondino HHS rm D107
Thur., 6:15-8:45 pm Mar 20 2 wks
Resident \$58 Non-resident \$63

Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.

MUSIC

Guitar for Beginners

#1932

If you have always wanted to play guitar but never found the time, here is an easy way to get started. Learn the basics of how to play the guitar, find musical notes, basic chords, read music, and left and right hand technique. Bring your own guitar or one will be available for rental. Book fee \$10.95 payable first class. **Senior fee not applicable.**

G. Raccio	All Things Musical
Wed., 8-9 pm	Jan 22 6 wks
Resident \$75	Non-resident \$80

Ukulele for Beginners

#1924

Want to play a really fun, non-intimidating musical instrument? Try Ukulele! It is easy to learn and is the perfect accompaniment to singing. This class is for the absolute beginner and will cover basic chords and strings. Bring your own ukulele or one will be available to purchase (starting at \$42). Book fee of \$10.95 payable at first class. **Senior fee not applicable.**

G. Raccio	All Things Musical
Wed., 8-9 pm	Mar 5 6 wks
Resident \$75	Non-resident \$80

Fiddle for Beginners

#1938

What's the difference between a violin and a fiddle? Nothing. Same instrument, different names for different style of music. This is a class for the absolute beginner. Whether your goal is to play country, folk, or bluegrass "fiddle", you will learn the basics of fingering, bowing techniques, and basic note reading. Bring your own instrument or one is available for rent. **Senior fee not applicable.**

G. Raccio	All Things Musical
Thur., 7-8 pm	Jan 23 6 wks
Resident \$75	Non-resident \$80



Mandolin for Beginners

#1937

The mandolin has a long history in both classical and folk music. Today it's often heard in some of the best country and bluegrass groups. A versatile instrument to play solo or in a group setting. Small and easy to carry to your next musical adventure. Bring your own mandolin or a limited number will be available for rental. **Senior fee not applicable.**

G. Raccio	All Things Musical
Thur., 7-8 pm	Mar 6 6 wks
Resident \$75	Non-resident \$80

Violin and Cello - Beginners

#1933

Learn how to play the violin or cello by professional musicians. Small class, individual attention will be given. Once class has been filled you will be contacted by instructor as to where you can rent your instrument or you can bring your own instrument. Bring a notebook to class.

J Jen Hsu	HHS rm B103
Tues., 7-8 pm	Feb 4 10 wks
Resident \$90	Non-resident \$95

PERSONAL ENRICHMENT

Aromatherapy

#1227

You will learn about the therapeutic uses of Aromatherapy, the most used essential oils, carrier oils, aloe, glycerine, witchhazel uses for inhalation, skincare - etc.

B. D'Addio	HHS rm B214
Tues., 6-9 pm	Mar 25 1 session
Resident \$35	Non-resident \$40

Bridge - Two over One Bidding System Part 2

#195?

We will continue to explore the benefits of this popular system. There will be a focus on competitive bidding. Class taught on an intermediate/advanced level.

R. Brieger	Miller Senior Center
Wed., 10-12 noon	Feb 5 10 wks
Resident \$110	Non-resident \$115

NEW CLASS

Beginning Chess

#1218

Whether you are new to chess or would like to improve your game, this course is for you! Topics covered include the basic rules of chess, piece values, check, checkmate and stalemate, the Opening, Middlegame and Endgame, piece development, beginning tactics and strategies. No prior knowledge of the game is required. Book fee of \$12 is payable to instructor at the first class.

R. Groff	HHS rm D109
Wed., 7-8:30 pm	Feb 5 6 wks
Resident \$75	Non-resident \$80



Bridge - Play of the Hand

#1935

This class for advanced beginning bridge players will emphasize developing strategy and playing the hand to win the contract. Topics include making a plan, developing tricks and putting it all together. This class is most appropriate for students who have an understanding of standard bidding and play, although a review of bidding methods will be part of each lesson. The ABCL book Play of the Hand will be used in this class.

W. Frieden	Whitney Center
Thur., 10-12 noon	Feb 6 8 wks
Resident \$80	Non-resident \$85

All adult education fees must be paid by check, credit card or money order.

PERSONAL ENRICHMENT

Building your Math Strength #1231

Whether you have just graduated or have been out of school for awhile, this course will allow you to build on your personal Math knowledge. We will cover concepts based on your needs! Topics include, but are not limited to, basic math operations, fractions, and solving equations.

K. Johns HHS rm A112
Wed., 6-7:30 pm Feb 5 9 wks
Resident \$72 Non-resident \$77

Chakra and Hands on Energy Healing #1226

Learn the Chakra System for Healing and Balancing the body. 2nd class - Hands on healing - learn to channel energy and do a healing - to also work on your own body for healing and balancing.

B. D'Addio HHS rm D214
Tues., 6-9 pm Feb 25 2 wks
Resident \$45 Non-resident \$50

Extreme Couponing #1224

Do you want to learn how to save up to 50-100% on groceries, including meat, dairy, seafood, organic food, produce and more? In this class you will also be taught how to save on back to school items, household goods, clothing, medication, office supplies, customized items and **MORE**. This is done every day in our local stores and you can learn how to do it too! Don't just survive in this difficult economy but **THRIVE**.

This is a **FUN** 2.5 hour class. Come and learn the tricks of the trade and start saving your hard earned money today!!!

Please bring one or more non-perishable food items to be donated to the local food pantry.

E. Lahens HHS rm D304
Mon., 6:30-9 pm May 5 1 session
Resident \$35 Non-resident \$40

Healing with Crystals & Gemstones #1228

Receive and learn the benefits of crystal and gemstone healing. In this class you will learn the history of this ancient method. It has been used for centuries in the Eastern Culture with great success. You will learn what a pendulum is and actually experience using one. You will also learn proper meditation techniques, the healing properties of several different types of gemstones and the proper application of each. You will gain "hands on" experience in this fun and thought provoking class.

This healing method can be used on humans and animals.

A \$15 materials fee is payable to the instructor for a pendulum and box of Healing Stones

D. Velardi HHS rm B214
Tues., 6:30-8:30 pm Feb 4 1 session
Resident \$32 Non-resident \$37

Introduction to Numerology #1225

In this class we will discuss the basics of numerology. We will learn the Five Core Numbers of your numerology profile: Life Path, Destiny, Soul, Personality and Maturity number. We will learn how they are calculated, what they mean and how we are influenced by them. We will also discuss the Karmic lessons & Karmic debt that are associated with numerology and the 9 year cycle of change along with the 3 phases of life.

No need to worry if you are not good with numbers, the only requirement of this class is a willingness to spend an evening of self discovery and enlightenment!

D. Velardi HHS rm B214
Wed., 6:30-8:30 pm Apr 30 1 session
Resident \$32 Non-resident \$37

Introduction to Permaculture #1234

Permaculture is for everyone! Do you want to work less and spend more time enjoying your property? Would you like to increase your home's efficiency, grow nutritious food, conserve water, and lead a more sustainable life? Learn skills and tools you can utilize in meeting your needs while sourcing locally, creatively up-cycling, and adopting nature as your guide. Both facilitators are Master Gardeners and Permaculture designers.

E. Fisher HHS rm B304
Wed., 7-9 pm Apr 2 1 session
Resident \$32 Non-resident \$37

Living Smoke-Free #1230

Smokers tend to enjoy smoking, but most dream of an addiction-free, smoke-free life. This workshop will give smokers the necessary skills to cope with the symptoms of nicotine withdrawal. No drugs, no hypnosis, no gimmicks! Participants will receive suggestions to help them set their "quit date" and become non-smokers. This class is taught by a former smoker who is committed to staying smoke free.

L. Fredricksen HHS rm B214
Tues., 7-9 pm Mar 11 1 session
Resident \$32 Non-resident \$37

Profit by Creating Websites and Mobile Apps #1232

Creating Websites, Facebook Pages, and Mobil Apps. Discover best methods for Search Engine Optimization, Choosing Meta-tags, visual design fundamentals, effective content design, using script modules, and e-commerce to make compelling websites. Create the most interactive website and mobile apps using video, audio, blogs, and social media. Save money by using so many free tools available. Be effective in growing your business. Demonstrate success to your clients and their users. Minimize your potential.

D. Ewen HHS rm D302
Wed., 6:15-9:15 pm Feb 19 1 session
Resident \$32 Non-resident \$37

NEW CLASS

PERSONAL ENRICHMENT

Publish Your Book Guaranteed #1233

Are you a writer? Do you have a manuscript that you would love to publish? Did you know that many great writers got started by self-publishing? Don't miss this opportunity to self-publish and market your book. Today's book publishing technology has evolved to more than printed material sold in a bookstore. Books are found everywhere - in bookstores, tablet computers, and cell phones. Learn how to put written content in print, online and in audio. Discover how book publishing has evolved and learn the free online tools that make publishing easy. Become a marketing expert and use the media to your advantage. Make your book project a success, allowing for submission for a film deal.

D. Ewen HHS rm D302
Thur., 6:15-9:15 pm May 22 1 session
Resident \$32 Non-resident \$37

The Art of Everyday Writing #1229

Whether it's journaling, short stories, creative non-fiction, resumes, business letters, or thank-you notes, this one night workshop will provide you with ideas on how to nurture your own creativity for successful endeavors with everything you need to write. This class will also touch on spelling and grammar.

L. Fredricksen HHS rm B214
Thur., 7-9 pm Feb 13 1 session
Resident \$32 Non-resident \$37

Register Early

Nothing cancels a good class or trip quicker than everyone waiting until the last minute to register.

If there are not enough registrations by the week before the class, it may be cancelled.

If there are not enough registrations by three weeks before a trip, it may be cancelled.

Please register early!

SAFETY

About Boating Safety #1003

Learn boating safety at a USCG basic boating course. This class fulfills the requirements for the CT Boating Certificate. Upon completion of a test you will be qualified for a CT Personal Watercraft Certificate. Topics covered are: know your boat, before you get underway, a general introduction to navigating the waterways, general description of operating your boat, legal requirements of boating, emergencies-what to do and enjoying your boat.

USCG Auxiliary Staff HHS rm D109
Mon, 6:30-9:30 pm Apr 21 3 wks
Resident \$63 Non-resident \$68

Adult CPR/AED w/Pediatric CPR #2006

Learn how to reduce the risk of death or injury by properly recognizing breathing and cardiac emergencies and by learning the proper way to administer appropriate CPR measures to victims of all ages. Certificate and materials included.

M. Woliver HHS rm C107
Wed., 6-10 pm May 7 1 session
Resident \$75 Non-resident \$80

Babysitter's Training #2007

The purpose of the American Red Cross Babysitter's Training course is to provide individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help you develop skills in leadership and professionalism, safety and safe play, basic care and first aid. Certificate and materials included.

M. Woliver HHS rm D109
Wed., 6:30-8:30 pm May 21 3 wks
Resident \$60 Non-resident \$65

Piloting and Charting #1002

Piloting and Charting is the first of three courses on navigation. This course covers the basics of coastal and inland navigation. The course focuses on traditional techniques so the student will be able to find their way even if their GPS fails. The course includes many in-class exercises. This develops the students' skill through hands on practice. A sample of the topics covered are charts and their interpretation, plotting courses, determining direction and distance and more.

USCG Auxiliary Staff HHS rm D109
Mon., 6-9 pm May 12 3 wks
Resident \$60 Non-resident \$65

NEW CLASS



NYC Food & Market Tour

We will eat "on the go" trying many culinary delights. The best way to learn about this city is to walk, taste, smell and, best of all, sample the iconic food in the native New Yorker's natural habitat - the streets of New York. We will visit these areas:

Arthur Avenue - This neighborhood dates back to a time when thousands of immigrants came through Ellis Island. The passion for good food continues.

Greenwich Village - Authentic Italian bakeries, pizza, turn of the century coffee and tea shops, cupcakes, cookies, and more.

Chinatown & Little Italy - Italian and Chinese bakeries, pasta makers, and so much more.

Jewish Lower East Side - Try the pastrami or corned beef on rye, knishes, bialys, lox, pickles, and rugelach.

Chelsea Market - home of the Food Network! Sample bread, cookies, ice cream, and chowder.

#1257A	Saturday, Mar 8	\$63
#1257B	Saturday, May 10	\$63
#1257C	Saturday, Dec 6	\$63

Gratuity is not included, bus pick-up is
Rt 40 commuter parking lot.

Bus leaves about 8 am and will return approximately 8 pm.



Maple Madness and Butterflies Mason, NH



Upon arrival enjoy the "Parker's Original Sugar Party Brunch": Scrambled Eggs, Sausage, Bacon, Maple Ham, a Plain Pancake, a Blueberry Pancake and real Maple Syrup! Coffee, Tea, Beverage....Bring your appetite!

Following Brunch, we will have an escorted tour of the Sugar House, where we will learn about the sugaring process and see how maple sugar is made.

Spend some time in the Corner Crib Gift Shop - where you will see local country crafts, dozens of flavors of jams, jellies, scented candles, herbal teas, greeting cards candy and toys.

Then off to South Deerfield, MA to visit the amazing Butterfly Conservatory, an experience you will never forgetover 4,000 gorgeous butterflies are flying free in the Conservatory. Your guide explains the habits, life styles, favorite foods, & origins of these kaleidoscopic beauties. Nice gift shop here with Butterfly theme....

#1259	Saturday, April 5	\$87
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Bus leaves Hamden High School at 7 am and
will return approximately 7 pm.

Please note: No refunds issued after March 2.



West Point Dress Parade

West Point Academy invites you to view this famous dress parade conducted with great pomp and circumstance on the parade grounds. The Cadets march in full uniform, in cadence with the military music, presenting arms in unison.

Lunch at the Hotel Thayer for their bountiful buffet with a wonderful assortment of salads, hot and cold entrees and an extensive sweet table.

Guided tour of West Point highlights: Cadet Chapel, Trophy Point, and Hudson River lookout.

Each passenger entering West Point is REQUIRED to bring a government issued photo ID (driver's license or passport). Minors need to be accompanied by a parent/guardian

#1260	Saturday, May 3	\$95
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Bus leaves Hamden High School 7:45 am and
will return at 6pm

Please note: No refunds issued after April 1.



Lighthouse Cruise Narragansett, RI

We'll sail aboard a state of the art multi-million dollar catamaran: plush climate controlled interior, outside sun deck, enjoy 3 viewing levels for great views! We will enjoy a 90 minute narrated cruise of Narragansett Bay. The ship sails from North Kingstown and offers breathtaking sightseeing: 10 Famous lighthouses along the coastline, 10 incredible islands, sail under the Jamestown and Newport bridges, view Newport Naval Base and see the Aircraft Carriers, experience Newport Harbor and fascinating waterfront. This is a cruise you will really enjoy. Prior to our cruise, enjoy a wonderful Sunday Buffet Brunch or Buffet Luncheon at Quidnessett Country Club in North Kingstown. Following our cruise, visit Wickford, a delightful harborside village that remains much as it was a century ago.

#1261	Sunday, June 1	\$99
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Bus leaves Hamden High School at 7:45 am and
will return approximately 6:30 pm.

Please note: No refunds issued after May 1.

BUS TRIPS

SKIING



Ski Okemo

Rising above the village of Ludlow, VT, Okemo is a winter playground for outdoor lovers. The resort continues to earn top awards for snow quality, grooming, terrain and peaks. Winter sports enthusiasts find Southern Vermont's highest vertical drop and vast trail network an exceptional skiing experience for all.

#1256 Sat., February 8
Adults \$135 Kids (13-18) \$123

Gratuity is not included, pick-up is Rt 40 commuter parking lot

Bus leaves about 7 am and will return approximately 8 pm.

Please note: No refunds for this trip after January 1.



Statue of Liberty & Ellis Island



From 1892 to 1954, millions of immigrants began their American dream here at the Great Hall, where they were processed and detained. When today's visitors disembark at Ellis Island, they stand under the recreated historic canopy - the same point where Immigrants began the process toward American citizenship. Included in your admission is the Audio Guide, inviting visitors to relive the Immigrant experience as if they were the new arrival. Our ferry ticket allows you to get off at Ellis Island and the Statue of Liberty.

#1262 Saturday, July 12
\$85 Adults \$77 Child (6-12)

Bus leaves at 7:30 am and will return approximately 6:30 pm. **Please note: No refunds for this trip after 6/5**



Sunday Brunch Jazz HornBlower Cruise NYC

The spectacular new 210 foot yacht "The Infinity" has an open bow, covered sky deck and over-sized windows providing endless opportunities to see the countless sites of the New York Harbor. During our 2 hour cruise, we'll enjoy a fabulous Sunday Buffet Brunch with Jazz entertainment followed by a DJ for dancing. Welcome glass of Prosecco upon boarding. Following the cruise spend time in exciting Times Square.

#1264 Sunday, August 24 \$99

Bus leaves promptly at 9:15 am and will return approximately 7 pm.

Please note: No refunds for this trip after July 17.



Slice of Brooklyn Tour The original pizza tour

As featured on the Today Show, the Food Network, the Travel Club, the

Rachael Ray Show and Martha Stewart Living! The Tour includes 4.5 hour guided tour featuring the following highlights: Brooklyn Bridge Park for the most spectacular view of the Brooklyn Bridge, Coney Island's landmark amusement park and boardwalk, the history of pizza from Italy to Brooklyn, the Brooklyn Army Terminal where Elvis shipped off to Germany in 1958, million dollar homes along scenic Shore Road in Bay Ridge, including the famous "Gingerbread House". Learn about Brooklyn-born celebrities, locations from movies filmed in Brooklyn such as Saturday Night Fever, Goodfellas, The French Connection, Scent of a Woman, Annie Hall, and many more. We will watch the respective movie clips on our TV monitors as we drive up to the movie locations! Two slices of pizza and soda per each of the two pizzerias visited.

#1263 Sunday, July 20 \$125
Gratuity is not included, pick-up is Rt 40 commuter parking lot approximately at 8:00 am and will return approximately 6:30 pm. **Please note: No refunds issued for this trip after June 10.**



Waterfire Providence, RI Federal Hill * Little Italy

We'll begin our day with a delicious full course lunch at Cassarino's restaurant located in Providence's Federal Hill. The meal will include: Bruschetta, Choice of Chicken Parmesan with Pasta, Penne Primavera, or Baked Scrod with Ritz cracker topping, dessert and coffee.

We will then have a guided riding tour of the history and architecture, with anecdotal stories of Providence. We will see the Rhode Island School of Design, Brown University, historic Benefit Street, the harbor front, the state capitol, and more.

Then off to WATERFIRE, an award winning fire sculpture which features 100 bonfires blazing on the surface of 3 rivers. Join the people strolling along, enjoying the eclectic selection of classical and popular music and visit the many vendors.

#1265 Saturday, September 27 \$84

Bus leaves Hamden High School promptly at noon and will return approximately 11:30 pm.

Please note: No refunds issued for this trip after August 13.

NEW HAVEN READS

Sharing the Power and Joy of Reading

New Haven Reads is a one-on-one tutoring program that serves over 400 students from the Greater New Haven area. The program continues to grow and thus our need for volunteer tutors is growing as well. With a waiting list of over 200 students, we are always searching for dependable, enthusiastic adult tutors, willing to make this commitment. Supervision, materials and assistance are all provided. New Haven Reads also serves as a Book Bank for the Greater New Haven area. If you have some time to share with a child or just love books and would like to share that gift, please feel free to contact New Haven Reads 203.752.1923. We are located at 45 Bristol Street in New Haven. Or contact us at newhavenreads@yahoo.com. You may also check out our website at www.newhavenreads.org.



HAMDEN'S PARTNERSHIP FOR YOUNG CHILDREN

This winter and spring the Partnership is offering a program for parents of children entering kindergarten in September 2014. **Kinder Prep** will present information on the skills that will help children be successful and what to expect in today's kindergarten. This 3-part free evening program will include child care. Parents can choose from the following locations: Shepherd Glen School: Jan/Feb Ridge Hill School: Mar/Apr Keefe Community Center: Mar/Apr

To register: hamdenkids@gmail.com or 203-407-7733

For more info about the Partnership, visit www.hamdenkids.com

THE FAMILY RESOURCE CENTERS OF HAMDEN

**AT CHURCH STREET SCHOOL
203.287.4259**

**AT RIDGE HILL SCHOOL
203.407.2035 EXT. 28**

PROGRAMS FOR PARENTS AND YOUNG CHILDREN

- * Structure Play & Learn opportunities
- * Individualized personal visits around child development and parent – child interaction
- * A network of community resources that can be utilized as needs arise
- * Group Connections, for parents to share experiences, discuss concerns, learn from one another and to observe their children as they play
- * Parenting workshops
- * Screening tools to help parents identify areas of strengths or concerns in your child's development
- * Child care referrals: Home, Center based and School Readiness programs
- * English as a Second Language and high school completion diploma in collaboration with Hamden Adult Education

PROGRAMS FOR CHILD CARE PROVIDERS

- * Play & Learn groups at any of our locations
- * Training and support for home and center based providers
- * Home visits by certified Parent Educators utilizing the Parents as Teachers Working with Care Providers curriculum

**For more information email:
HamdenFRC@hamden.org**

HAMDEN SCHOOL READINESS PROGRAMS

**at Church Street School,
Helen Street School, and
Alice Peck Learning Center**

The Hamden School Readiness Program provides a developmentally appropriate, pre-school experience for children ages 3-5 years old. The NAEYC accredited program operates twelve months a year and is open 7:30 am – 5:30 pm, Monday – Friday. The program helps prepare children for kindergarten and a lifetime of learning in a nurturing and joyful environment.

The sliding fee scale, based on family income, ranges from \$450.00 to \$800.00 per month. Some State Department of Education funded School Readiness spaces are available at a reduced rate for families that qualify.

For more information or to request an application call 203-407-3111 or download the application from the Hamden Public School website at www.hamden.org

LITERACY VOLUNTEERS OF GREATER NEW HAVEN

Ever imagine what it would be like if you couldn't read this paragraph-or any paragraph? There are thousands of adults in our area who can't. Literacy Volunteers reaches out to them, providing one-on-one and small group tutoring. If you are interested in becoming a tutor, fill out an application on our website, www.lvagrh.org or call us at 203.776.5899. We offer monthly orientation sessions for new tutors and eight training sessions/year. Tutors are asked to spend 2 hours/week with their students. Most tutors tell us it's the best two hours of their week.



The Hamden Board of Education (through Hamden Adult Education), and Gateway Community College have developed a joint program to bring college level courses to the residents of Hamden. **Classes will begin the week of January 27, 2014.** Placement examinations in reading, mathematics and written English are required prior to registration. Mathematics and English credits from an accredited institution of higher education will be reviewed to determine if a waiver from the tests should be granted. The following courses are offered at Hamden High School from 6:30 - 9:35 pm.

CRN	COURSE	TITLE	DAY	ROOM
2535	SPA 102	Elementary Spanish II	M	D 212
3090	MAT 095	Elementary Algebra Foundations	M	D 214
2186	SPA 101	Elementary Spanish I	T	D 214
2121	COM 171	Fndmntls of Human Communication	TH	D 213

Tuition: \$453 per 3-credit class (includes service and student fees)

Call 203.285.2020 to register, or visit the college website at www.gwcc.commnet.edu

New students must apply to the college before registering for classes. If you're planning to take classes for college credit you will need the following:

1. A completed application form or apply online
2. A copy of your high school transcript, diploma or GED certificate*
3. Proof of immunization for measles, rubella and varicella (chicken pox)
4. \$20 application fee**

**If you are not pursuing a degree you will only need to submit an application and the application fee.*

***Fee waived if you attended another CT Community College or if you attended Gateway Community College in the past.*

Academic Placement: Once admitted, and before you can register, new students must take the academic placement test in English and Math. This assures placement in the appropriate classes.

Continuing students may register online at my.commnet.edu

Follow the link to online registration. You will need your student identification number to register online. Simply use your birth date as your PIN number and follow the prompts on the screen.

For information regarding applications, tuition and fees, call the Gateway Community College's Admissions office at 203.285.2080. The College reserves the right to cancel those courses for which there is insufficient enrollment.

SAT PREP COURSE

This course is designed to help students get their best possible score on the College Board SAT exam, used in the college admissions process. Classes will focus on test-taking strategies, a thorough math and grammar review, tips for writing a high-scoring essay, and computer analysis of SAT practice tests.

VERBAL

Students learn how to:

- Analyze sentence completion questions
- Improve performance on reading comprehension
- Recognize vocabulary words typically seen on the SAT
- Prepare for the student-written essay
- Apply rules of grammar to the writing questions

MATH

Students will learn:

- Math formulas, concepts, and symbols frequently tested on the SAT
- Shortcuts in order to get to the last few questions
- How to do the grid-in questions
- How to analyze strengths and weaknesses in order to develop strategies for improvement

Classes are held Monday 6:00 - 8:15 pm for 8 sessions, beginning February 10 at HHS Rm B216

Fee - \$475

QUESTIONS? CALL 860-632-2070 TEST PREP MENTOR 18 CANDELWOOD LANE MIDDLETOWN, CT 06457

NAME: _____ **PHONE:** _____ **EMAIL:** _____

ADDRESS: _____ **SCHOOL:** _____ **GRAD. YEAR:** _____

Please mail form and payment to: Test Prep Mentor or register online at www.TestPrepMentor.com.

Do not send registrations to Hamden Adult Ed.

SENIOR OFFERINGS

AARP Driver Safety #1001

This one-day, 4 hour course is primarily for seniors 50 years of age and older, but is open to anyone with a driver's license. It offers valuable information concerning: right of way, tailgaters, aggressive drivers, road rage, car crime and more. A certificate of completion for seniors can result in a minimum of a 5% discount on their auto liability insurance. **Registration by mail or walk-in prior to class. Please include a \$12 check for AARP members or a \$14 check for non-members payable to AARP for each enrollee.** Bring a **driver's license** to class.

Staff	1 session	HHS rm A112
Tues., 6-10 pm	#1001A;	Feb 11
Tues., 6-10 pm	#1001B;	Mar 11
Tues., 6-10 pm	#1001C;	April 8

Oil Painting Workshop #1813 for Seniors

Bring your own project to this workshop. Mr. Teixeira will be available to support and guide you. **Participants must use odorless turpentine and bring a container for disposal.**

E. Teixeira	Miller Senior Center
Thur., 10-12 noon	Feb 6 8 wks
Hamden Snrs Free	Non-resident \$80

All adult education fees must be paid by check, credit card or money order.

COMPUTER CLASSES FOR SENIOR CITIZENS "WINDOWS TO THE WORLD"

Computer Basics for Beginners

If you want to learn what computers are, how they work and how to use one, then sign up for class. You will learn the basics in order to start using a computer. You will also be introduced to the Internet.

Intermediate

For seniors who have finished the Beginners and have had an assessment determining they are ready to explore more benefits and features of the computer and the web.

Exploring the Internet/Email

Now that you completed your basic course, you can learn how to use the Internet including sending and receiving emails, "surfing" the net, and special sites for seniors.

Drop In Lab

You can practice, ask questions, and work on your own projects.

The computer lab is located at the Miller Senior Center.

If you are interested in signing up for a class call 203.287.2547 for information and class costs.

Our Refund Policy:

- Refunds are available prior to the second class. A \$25 processing fee will be subtracted from all refunds given.
- Bus trip refunds must be requested 4 weeks prior to departure, **or as stated in the trip description.**
- A full refund will be given for courses that have been cancelled due to low enrollment.
- Participants are encouraged to be aware of their schedules before registering.
- Last minute cancellations may affect class size and may cause course cancellation.

Searching for Talent

Hamden Adult Education is continually striving to offer courses of interest to the community. We are also looking for people to teach these courses.

Hamden is fortunate to have a wealth of talented citizens. Persons with specialized skills and interests are invited to share their talents with the community. If you are interested in joining our staff, please contact:

Rissa Webb
Hamden Adult Education
203.773.9211 ext. 139
203.772.0215 (fax)
rwebb@hamden.org

Register Early

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



Hamden Public School
buildings and grounds are
SMOKE FREE
Board Policy P-1331 adopted
11/12/97

You can take all of the classes from the comfort of your home or office at the times that are most convenient to you. A new section of each course starts monthly. All courses run for six weeks and are composed of 12 lessons, representing 24 hours of instruction. After six weeks are up you can register for another class if you want to - the price for each class is from \$94. You can ask questions and give or receive advice at any time during the course. Upon successful completion, you will be able to download a certificate of completion. Just go to www.ed2go.com/hamden and choose a demo to begin your educational journey.

www.hamdenadulted.org

HAMDEN ADULT EDUCATION LEARNING LAB
M. L. KEEFE COMMUNITY CENTER
11 PINE STREET - 203.773.9211 EXT. 139
FREE CLASSES



Adult Basic Education (ABE)

This free course is for adults, without a high school diploma, who want to improve basic reading, writing and math skills. Our classes can help you gain greater self confidence, improve life skills and prepare you to enter a high school completion program. After a brief evaluation we develop a learning plan that will assist you in reaching your goals.

Classes meet Monday and Wednesday

Starting Monday, January 13

9:00 am - 12:00 pm

6:30 pm - 9:00 pm

Citizenship

This free class is designed for students wishing to work toward becoming an American citizen. Concepts of local, state and federal laws, and the government will be emphasized. Lessons will stress the procedural steps necessary to become a U.S. citizen.

Classes meet Wednesday

Starting Wednesday, January 15

6:30 pm - 8:30 pm

Registration for classes at the Keefe Community Center
Tuesday, January 7 and Wednesday, January 8
9:30 - 10:30 am or 6:30 - 7:30 pm
Picture I.D. required at time of registration. Plan to spend two hours.
Classes begin Monday, January 13.

English As A Second Language

LEARN TO SPEAK, READ & WRITE ENGLISH

Keefe Community Center

Beginning January 13

Morning Classes

Monday and Wednesday

or

Tuesday and Thursday

9:00 am - 12:00 pm

Evening Classes

Tuesday and Thursday

6:30 - 9:00 pm

Keefe Registration Dates:

Tuesday, Jan. 7 & Wednesday, Jan. 8

9:30 - 10:30 am or 6:30 - 7:30 pm

Church Street School

95 Church Street

Beginning January 14

Classes

Tuesday and Thursday

9:00 - 11:30 am

Registration date:

Thursday, January 9

9:00 - 10:30 am

Child care is available at Church Street only
Priority is given to Church Street and Helen
Street Schools' families

HAMDEN ADULT EDUCATION LEARNING LAB
M. L. KEEFE COMMUNITY CENTER
11 PINE STREET - 203.773.9211 EXT. 139
FREE CLASSES



GET THAT JOB!

Are you unemployed or underemployed? Lacking a high school diploma? Looking to change careers but don't know where to start? Has your lack of computer skills made it difficult for you to find work?

Hamden Adult Education has a **FREE** program that will provide you with the skills necessary to be productive in the 21st century workplace.

Key Components:

- Explore careers to match your interest and skills and develop a career plan
- Learn the latest computer technology, earn Microsoft Office skills certification
- Job shadowing opportunities and hands-on work experience
- Develop soft skills such as understanding of ethics, teamwork, and critical thinking
- Improve your reading, writing and math to levels of proficiency necessary for workforce and post secondary skills

This program is open only to those adults who do not have a high school diploma
Class meets on Tuesday and Thursday 9:00 am to 12:30 pm beginning January 14.

Registration at the Keefe Community Center

Tuesday, January 7 and Wednesday, January 8

9:30 - 10:30 am or 6:30 - 7:30 pm

Picture ID required at time of registration. Plan to spend two hours.

How to Register for the GED® Exam

To register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen year-olds must submit a withdrawal form with a parent's or guardian's signature. Individuals who are 18 years of age must submit a withdrawal form signed by the student or a letter from their last high school stating that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated. Students can begin the GED® registration process online at gedtesting.com and complete the process in person at the Adult Education Office in Hamden High School.

Individuals with a documented disability who require accommodations to take the GED® exam should contact **the State Department of Education GED Office at 860-807-2111 or email ged@ct.gov.**



HAMDEN ADULT HIGH SCHOOL

COMPLETION PROGRAMS

ADULTS WISHING TO EARN AN ACCREDITED HIGH SCHOOL DIPLOMA HAVE SEVERAL OPTIONS

ADULT HIGH SCHOOL

STUDENTS MUST EARN A
TOTAL OF 22 CREDITS

Adults who did not complete their high school education have the opportunity to earn a high school diploma. Classes are offered in English, Math, Social Studies, and Science on Monday through Thursday evenings. Additional credits may be earned for work experience, independent study and through online courses. The Adult High School also collaborates with Gateway Community College for additional credit options.

**WALK IN REGISTRATION FOR
THE ADULT HIGH SCHOOL
DIPLOMA PROGRAM
AT HAMDEN HIGH SCHOOL
ROOM D102**

**TERM 1 REGISTRATION
MONDAY, JANUARY 13TH
TUESDAY, JANUARY 14TH
6:30 PM**

**TERM 1
TUESDAY, JANUARY 21ST
CLASSES BEGIN
6:30 PM**

**TERM 2 REGISTRATION
WEDNESDAY, MARCH 12TH
6:30 PM**

**TERM 2
CLASSES BEGIN
WEDNESDAY, MARCH 19TH
6:30 PM**

**PLAN TO SPEND ONE HOUR
AT TIME OF REGISTRATION.**

CARL MUNGIGUERRA, COORDINATOR
ROBERT AGNESE, COUNSELOR

National External Diploma Program NEDP

The National External Diploma Program (NEDP) provides a unique way for adults to earn a high school diploma. The program allows adults to demonstrate their high school level skills by applying their life experiences in real-life situations.

NEDP awards a traditional high school diploma to adults who have acquired many of their high school level abilities through work, family and community experiences.

This program is free to students who live or work in Hamden or the cooperating towns*. All other individuals are welcome and should call the Adult Education office for fee schedule. The NEDP is recommended for those at least 21 years of age. For information contact the Hamden Adult Education office at 203.407.2028.

* North Haven, Bethany, Orange,
Woodbridge

GED® Prep

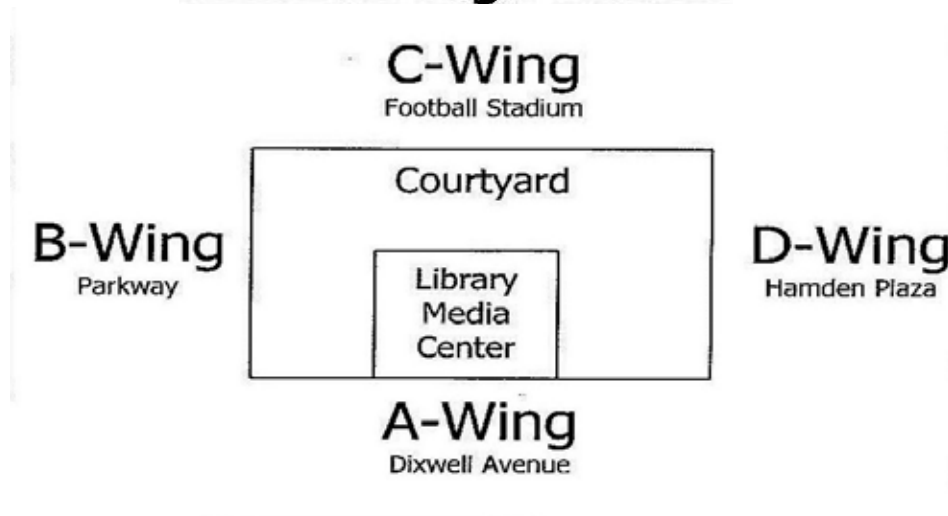
This program prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students receive necessary instruction in each of four subject areas – science, social studies, math and language arts – plus basic computer skills to take the exam. Instructors will also review the official website, ged.com, where students can access related exam information and exam registration procedures. Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes listed here.

**Classes meet Monday and
Wednesday, starting Monday,
January 13,
9 am -12 pm or 6:30 - 9:00 pm**

**Register at the Keefe Community
Center Tues, Jan. 7 & Wed, Jan. 8
9:30 - 10:30 am or 6:30 - 7:30 pm**

Picture I.D. required at time of
registration. Plan to spend two hours.

Hamden High School



ALL-STAR DRIVER

30 Hours of Classroom and 8 Hours Behind the Wheel

Qualifies You for an Insurance Discount

Dual Controlled Cars - License Testing options available

Let us prepare you for licensing with one of our programs offered through

Hamden Adult Ed at Hamden High School

Tuesday and Thursday, February 20, 2014 OR

Tuesday and Thursday, April 22, 2014

2:15 pm to 4:15 pm Room A 112

Optional Textbook is \$25

Entry Level Package:

\$499 This fee is for the complete course of 30 HOURS of in class training and 8 HOURS of behind the wheel training.

Basic Package:

\$625 This fee is for the complete course of 30 HOURS of in class training and 10 HOURS of behind the wheel training.

Intermediate Package :

\$1,275 This fee is for a complete course of 30 HOURS of in class training and 20 HOURS of behind the wheel training. State law requires all drivers with their learner's permit to complete 40 hours behind the wheel with an adult before they can test for their license. This option offers 20 hours of instruction with a professional instructor. The student and parent/guardian will only have 20 hours of driving in order to comply with State law.

Extra Lessons:

\$75 Optional fee per hour for any additional behind the wheel training required by students.

Testing Options:

\$99 Students that sign up for this option will use our car, at our facility for driving test. Once they pass, students will go to DMV for their physical license. We help take care of all of the paperwork. Students must be under the age of 18.

\$199 Want nothing to do with the DMV? This is the option for you. After you make the test appointment with DMV, we handle the paperwork, we pick you up at your home and drive you to DMV, you use our car for the driving test and bring you home after testing. The \$199 covers the first 2 hours. Any overage will be charged at a prorated price.

Call ALL-STAR DRIVER AT **1.800.732.8090** for more information or register on-line at www.all-stardriver.com



**Relay for Life
Hamden High School
June 28, 2014**

**for more information visit:
www.relayforlife.org**

HAMDEN TOWN SERVICES

Elderly Services Coordinator, Suzanne Burbage

Arts & Recreation Director, Mimsie Coleman

Workforce Coordinator, Susan Hutchinson

Hamden Library Director, Marian Amodeo

Community Services Director, Darlene Butler

Youth Services Coordinator, Susan Rubino

Books.....and so much more

@ your library

Hamden Public Library

www.hamdenlibrary.org

- DVDs, Videos, CDs, Books on tape and CD, Magazines
- Children's Programs
See monthly calendar on hamdenlibrary.org
- Computers for research, job resumes, business plans, homework
- Info Anytime, answers to questions 24/7; follow links at hamdenlibrary.org
- Free or Discounted Passes to Aquariums, Museums, Zoo.
(Need a Hamden Public Library card.)

hamdenlibrary.org

Monthly calendar of events; reserve and renew books.

iconn.org

Research and homework help for all ages.

learnatest.com/library

Practice tests and tutorials for GED, SAT, civil service, citizenship, plus e-test books.

Questions? Call 203.287.2680 or

info@hamdenlibrary.org

Three locations:

Miller Memorial

2901 Dixwell Avenue

203.287.2680

Brundage Community Branch

91 Circular Avenue

203.287.2675

Whitneyville Branch

125 Carleton Street

203.287.2677

COMMUNITY SERVICES

203.562.5129

Provides a coordinated system of educational and recreational programs and comprehensive social services to assist Hamden residents.

- Hamden Food Bank
- KC's Closet
- Fuel Assistance
- Family Movie Night
- PACK Theater Productions
- Computer Lab
- Jobs, Training & Placement
- KIDSFEST
- Housing Assistance
- Emergency Services
- Holiday Toys
- Camp Scholarships
- Medical Referral & Clinics/WIC
- Case Management & Referral

YOUTH SERVICE BUREAU

203.777.2610

Provides a comprehensive, coordinated system of programs and services for the children and families of Hamden.

- Summer Youth Employment
- Information & Referral
- Substance Abuse Prevention
- Teen Programs
- Youth Center
- Boxing Program
- Community Based Prevention Programs
- Child Care Center:
Ages 3-12 part time/full time
- After School and School Vacation Programs for Middle School Students
- Coalition to Stop Underage Drinking
- Hamden Family Fun Day
- National Night Out
- Youth Forums
- School Supplies
- Babysitting Classes
- Various special events for children and families

PARKS & RECREATION

General Information	203.287.2579
Brooksville Park	203.287.2669
Ice Skating Rink	203.287.2610
Swimming Pool	203.287.2588

MILLER SENIOR CENTER PROGRAMS

Providing social and support services to elderly Hamden residents, and programs such as:

- aerobics
- bingo
- pinochle
- bridge
- pool
- tai chi
- stroke group
- pokeno
- blood pressure
- movie day
- Nitenteno Wii Bowling
- Mah Jongg
- health counseling
- computer classes
- yoga

Elderly Outreach	203.287.2691
Transportation	203.288.2885
Miller Center	203.287.2547
Nutrition Site/Cafe	203.287.0057

ADULT DAY CARE

Partnerships Center
for Adult Day Care
203.248.8854

Clelian Adult Day Care Center
203.288.4151

JOB RESOURCE CENTER

Meet with the employment counselor by appointment only.

M.L. Keefe Community Center
11 Pine Street
203.562.5129

For Hamden residents only

REGISTRATION INFORMATION

Eligibility:

Hamden Adult Education programs are open to all residents who are over 17 years of age. Non-residents are welcome to participate in the enrichment program.

Tuition and Fees:

Persons enrolled in Basic Skills, ESOL, GED, American Citizenship and High School Diploma Programs are exempt from tuition. Residents enrolled in enrichment courses must pay the designated fee by check, money order or credit card.

Books and Materials:

Books and materials for all classes requiring same will be acquired by students at their own expense. If supplies are to be purchased prior to class, we recommend you confirm your class before purchasing supplies.

Storm Day Policy:

Adult Education classes are automatically cancelled if Hamden Public Schools are closed during the day. If the weather deteriorates during a scheduled school day necessitating cancelling evening classes, an announcement will be made on Channels 3, 30 and 8 prior to 6:30 pm. If school is delayed, classes at our learning lab at the Keefe Community Center begin at their scheduled time. Check website www.hamdenadulted.org.

No Smoking:

Hamden Public School buildings and grounds are SMOKE FREE.
Board Policy P-1331 adopted 11/12/97.

Our Refund Policy:

- Refunds are available prior to the second class. A \$25 processing fee will be subtracted from all refunds given.
- Bus trip refunds must be requested 4 weeks prior to departure, **or as stated in the trip description.**
- A full refund will be given for courses that have been cancelled due to low enrollment.
- Participants are encouraged to be aware of their schedules before registering.
- Last minute cancellations may affect class size and may cause course cancellation.

Persons with Disabilities:

Anyone who needs assistance to gain access to classrooms, special GED test accommodations or any other accommodations for effective communication should contact LuAnn Gallicchio, Hamden Adult Education (203.407.2028) prior to the event so the necessary accommodations may be provided. The adult education program is committed to making all course offerings accessible, and upon request, this brochure is also available in alternative formats. Questions, concerns or complaints concerning the Americans with Disabilities Act of 1991 should be directed to Vanessa Ditta at 203.407.2059.

Gift Certificates:

Certificates may be purchased at the Hamden Adult Education Office.

Nondiscrimination/Equal Employment/Equal Education Opportunity:

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and with federal legislation, the Hamden Board of Education, adheres to the following Federal statement from the Office of Civil Rights: No person in the United States shall, on the basis of sex, be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving state or federal assistance. For further information contact **Hamden Public Schools** at 203.407.2059.

Senior Citizens: Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.

Sexual Harassment:

The Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been the subject of discrimination/sexual harassment should contact the district's Equity/Title IX Coordinator, at 203.407.2059.

Class Cancellations:

Any class or trip may be cancelled for insufficient enrollment or for any other reason beyond the control of the Adult Education Director.

Returned Check Policy:

Participants will be charged \$25 for each check returned by the bank.

The Adult Education Program is sponsored by the Hamden Board of Education in compliance with regulations of the State Department of Education and statutes of the State of Connecticut. Adult Education instructors are selected for their expertise in specific areas. However, the Adult Education Program, the Board of Education and the Town of Hamden do not promote the private services of the instructors nor the companies with whom they are associated. The Board of Education and the Town of Hamden disclaim any and all responsibility for any activities participants may pursue based upon information offered or discussions conducted in an adult education class relating to money management, investment options, business options, personal development, parenting, health care, exercise, personal safety or any other subjects. Courses are provided to expand the knowledge and skills of the participants, and as such, the participants are solely responsible as to how this information and knowledge is applied by them.

HAMDEN ADULT EDUCATION REGISTRATION FORM

By Phone

Call 203.407.2028
using Visa, Mastercard
or Discover or by
FAX 203.407.2056



By Mail

Fill out registration form and mail to:
Hamden Adult Education
2040 Dixwell Avenue
Hamden, CT 06514



Walk-In

Adult Education Office
Room D 102
2040 Dixwell Avenue
Hamden, CT 06514



Office Hours

Monday - Thursday - 8:00 am - 3:30 pm
Friday - 7:00 am - 2:30 pm
Monday - Thursday - 6:00 pm - 9:00 pm

Website

www.hamdenadulted.org
Available 7 days a week
24 hours a day

Refund Policy

A \$25.00 processing fee will be subtracted for any refunds made. Refer to page 29 for our Refund Policy.

Full payment of fees must accompany registration form.

Make checks or money order payable to: HAMDEN ADULT EDUCATION

WE DO NOT CONFIRM REGISTRATIONS, SO MARK YOUR CALENDERS!

Last Name:		First Name:	
Street:		Town:	State: Zip:
Home Phone:		email:	
Cell/Work Phone:		Persons with disabilities:	Senior Citizen:
Visa/MC/Discover:		Exp. Date:	Money Order/Check #
Signature		(Office Use) Approval:	
Course #	Course Title		Amount
	*Adult Scholarship Fund Contribution		
	Total		

*** Your contribution will be used to assist adult students in need of financial assistance for post secondary education.**

How did you hear about us? Catalog _____ Web Site _____ Library _____ Other _____

What You Should Do Now....



Please spend a few minutes with this brochure.



Choose the course most appropriate to your likes, hobbies or needs.



A registration form is on page 30 and registration information on page 29. You can register by fax, phone, or online

www.hamdenadulted.org.

We also take walk in registrations.



Questions, we're always glad to talk to you. Call 203.407.2028

CLASS CANCELLATION (due to weather)

Whenever the Hamden Public Schools are closed due to bad weather, Adult Education classes do not meet. If the weather deteriorates during a scheduled school day necessitating cancelling evening classes, an announcement will be made on WFSB (Channel 3), NBC (Channel 30), and WTNH (Channel 8) or visit us online at: www.hamdenadulted.org. Cancelled classes will be made up by adding an additional session. If school is delayed, classes at our learning lab at the Keefe Community Center will begin at their scheduled time.

SCHOOL ADMINISTRATION

Superintendent
Frances Rabinowitz
Chief Operating Officer
Michael Belden
Assistant Superintendent
Christopher Melillo

BOARD OF EDUCATION

John Keegan, Chair
Adam Sendroff, Secretary
Miguel Arturo-Perez Cabello
Lynn Campo
Christopher Daur
John DeRosa
Christopher Honnen
Bryan Johnson
Valarie Stone

STAFF

Director
LuAnn Gallicchio
Administrative Secretaries
Debra Cumpstone
Doreen Van Horn

OFFICE HOURS

Monday-Thursday
8:00 am - 3:30 pm

Friday
7:00 am - 2:30 pm

Monday-Thursday evenings
6:00 pm - 9:00 pm

Hamden Public School buildings
and grounds are **SMOKE FREE**
Board Policy P-1331
Adopted 11/12/97

LOCATION OF CLASSES

ALL THINGS MUSICAL
3210 WHITNEY AVENUE

DIANE'S CERAMIC STUDIO
21 CRESTWAY

HIT IT FITNESS
4133 WHITNEY AVENUE

HHS
HAMDEN HIGH SCHOOL
2040 DIXWELL AVENUE

MSC
MILLER SENIOR CENTER
2901 DIXWELL AVENUE

MILLER LIBRARY
2901 DIXWELL AVENUE

MLK
M.L. KEEFE COMMUNITY
CENTER
11 PINE STREET

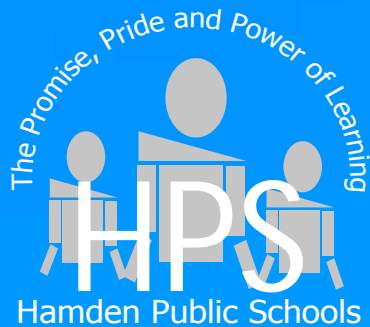
WHITNEY CENTER
200 LEEDER HILL

SOULCRAFT STUDIO
1125 DIXWELL AVENUE

WHITNEY FLOWERS
2648 WHITNEY AVENUE

YMCA
1605 SHERMAN AVENUE

**YOUR COMMUNITY YOGA
CENTER**
39 PUTNAM AVENUE



Non-Profit Org.
U.S. Postage
PAID
Permit #157
New Haven, CT

Hamden Adult Education
2040 Dixwell Avenue
Hamden, Connecticut 06514

ECRWSS
Postal Customer

www.hamdenadulthood.org
Register by Mail - Phone 203.407.2028 - Fax 203.407.2056