

# Weymouth At Night

*Your Gateway to Enrichment and Recreation*



Fall Registration begins IMMEDIATELY  
*Most Classes begin the week of Monday, October 17, 2016*  
*See individual courses for specifics*

Register by mail or in person:  
Career and Technical Education Office  
Attn: Sheila Donovan  
Weymouth High School  
1 Wildcat Way  
Weymouth, MA  
02190

781-337-7500 ext. 25199  
781-340-2569 (fax)

[www.weymouthschools.org](http://www.weymouthschools.org)

## Registration

Register by mail, phone (781-337-7500 ext.25199), fax (781-340-2569) or in person during regular office hours. The Community Education Office is open from 7 a.m. until 1:30 p.m. and is located at Weymouth High School. Weymouth High School does not discriminate on the basis of race, religion, color, sexual orientation, national origin, age, sex, or disability in admission to, access to, treatment in or employment in its programs and activities.

## Course Tuitions

Payment of course tuition will be accepted in **check form only**. Checks should be made payable to Weymouth Public Schools. There will be an additional charge of \$20 for all returned checks. Student registration serves as course confirmation. Students will be contacted in the event of class cancelation.

## Refund Policy

Full refunds will be issued when a student withdraws from a course prior to the start date. A 75% refund will be issued to students withdrawing prior to the second class and 50% prior to the third class. *No refunds will be issued after the third class, unless there are extenuating circumstances.*

## Certificates

Students enrolled in classes requiring proof of classroom instruction for certification will receive a certificate.

## Cancellation of Courses

Weymouth Public Schools reserves the right to cancel any course due to low enrollment or substitute for a listed teacher.

## Books and Supplies

Any books or supplies required for any of the classes will be included in the course tuition unless otherwise noted.

## Minimum Age

Unless accompanied by an adult, all students must be at least 16 years of age to enroll in the Weymouth At Night Program.

## School Calendar

Weymouth Public Schools Weymouth At Night courses operate on the same school calendar as the regular day school. It will be noted within the course descriptions if any classes will be missed due to holidays or school vacations.

## Inclement Weather

There are no evening classes on days when school has been closed due to inclement weather. On days when school is in session and evening classes need to be canceled, announcements will be broadcast on radio stations WBZ, WRKO, WBUR, TV channels 4, 5 & 7, the Weymouth High School website, and the Community Education Office voicemail.

## Parking

Students must park in the parking lot and enter through the cafeteria located at the far left end of the building. Parking is prohibited on driveways, fire lanes, traffic lanes around the building and the visitor parking lot in the front of the building.

## Reasonable Accommodations

Reasonable "accommodations" are specified as out of the ordinary needs relating to a person's medical, physical, mental, or developmental condition or disability. An evening school student requiring reasonable accommodations can either request services on the registration form or by calling the Community Education Office at 781-337-7500 ext. 25199. Weymouth Public Schools will make every effort to accommodate a student's needs.

## No Smoking Law

In accordance with Massachusetts State Law and Weymouth's school policy, **there is no smoking permitted anywhere on Weymouth High School property.**

## INSTRUCTORS WANTED:

If you have expertise in a field you feel would be of interest to our evening adult population, please give us a call at (781) 337-7500 ext. 25199.

If there are any courses not listed in our brochure that you would like to see offered in our evening program, please let us know.

## INFORMATIONAL

**Home Buyer Seminar:** This Home Buyer Seminar is a FREE class with the purpose of empowering individuals with information that will assist them in making the best decisions possible as they prepare for home ownership. Topics covered will include an overview of the home buying process from your search criteria to financing, home inspections and what to expect with the legal process.

Wed., Oct. 19th 6:00- 9:00  
1 session Gary Lawrence  
No fee\*

\*This course has no cost but prior registration is required.

**Social Media Your Kids Use:** Not only will you learn how to use popular social media platforms that teenagers are using, but you will also become aware of privacy concerns and ways advertisers are leveraging data users provide. Snapchat, Twitter, Instagram and Pokemon Go will be covered.

Thurs., Nov. 10<sup>th</sup> 6:00 – 8:00  
1 session Kristen Johnson  
\$50.00

## BUSINESS AND FINANCE

**Foundations of Investing:** Financial Education is an important step in helping you achieve a better future. This workshop offers clear and practical investing education in a convenient and comfortable format. You will gain a better understanding of key principles and strategies to help you reach your long term goals.

Tues., Oct. 18<sup>th</sup> 6:30-8:30  
1 sessions Jackie Wilson  
No fee\*

\* This course has no cost but prior registration is required.

### **Financial Budgeting in a Tough**

**Economy:** This class teaches the fundamentals of creating a budget and sticking to it. Basics of cutting costs and increasing savings will also be discussed.

Wed., Oct. 19<sup>th</sup> 6:00 – 7:00  
5 sessions Robert Jalewsky  
\$75.00

### **Techniques to Lower College Costs That are Hidden in Plain Sight:**

Discover the ways to pay a whole lot less for college. For example, you will learn the one little detail in your own finances that make it possible to afford a college education. Or, discover how to save \$10,000 on college costs per child. Or, learn how to avoid your child from being part of the 70% who will take 5 and 6 years to graduate.

Mon., Oct 24th  
Thurs., Nov. 11<sup>th</sup> 7:00 – 8:00  
1 session on each date

No fee\* Paul Hemphill  
\*This course has no cost but prior registration is required

### **Marketing Strategy for Small**

**Businesses:** You will learn the elements of developing a marketing plan for your business. This course covers how to assess your customer's needs, how to differentiate, an overview of marketing tactics to generate awareness and leads for your business and how to establish and track measurement goals

Wed., Oct. 19<sup>th</sup> 6:00 – 8:00  
3 sessions Kristen Johnson  
\$150.00

### **Intro to Social Media for Small**

**Business:** Learn how to utilize common social media resources to their potential to market your small business. This course will cover Facebook, Pinterest, Instagram, and Google Plus. You will learn how to create your own website easily and learn what smartphone apps are available to create eye catching content for your marketing campaigns. PC Computers will be available; however you will need access to photographs you have taken of your business during the class. You are encouraged to bring your own laptop and mobile devices.

Tues., Oct. 18<sup>th</sup> 7:00 – 9:00  
8 sessions Carla Nee  
\$150.00

## LANGUAGES

### **ESL:**

Adult English as a Second Language (ESL) course introduces students to basic structures and vocabulary of the English language through the skills of listening, speaking, reading and writing. The students will practice communication skills for everyday situations.

Thurs., Oct. 20th 5:00-7:00  
8 sessions Lana Tereshko  
\$50.00

**American Sign Language:** In this class students will learn a beautiful language by communicating with their hands. Students will learn basic American Sign Language including manual alphabet, numbers, vocabulary, simple sentences and will be exposed to Deaf culture. Come and find out why ASL is now the 3<sup>rd</sup> most studied language in the US. (Hint: It's a lot of fun to learn!)

Tues., Oct. 18<sup>th</sup> 6:30-8:00  
6 sessions Kristen Kames  
\$60.00

### **Jumpstart your Writing:**

Consider this class the kick in the pants needed to unlock the stories that are in your mind, and get them ready for publication. Everyone has a story teller inside them. Let yours out! In this supportive setting, you will identify your best stories, give them structure, and reference examples. Everyone in the group will share their stories for analysis and feedback. Join us for this creative and fun course.

Mon., Nov 7<sup>th</sup> and 14<sup>th</sup> 6:30 – 9:00  
2 sessions Paul Doncaster  
\$69.00

## HYPNOSIS

### Healing Grief and Loss with Self-

**Hypnosis:** The Grief Resolution Process uses NLP (NeuroLinguistic Programming) and self-hypnosis to help your brain change the way you represent and think about the person you lost (or the pet, the job, the lifestyle, etc). Grief is part of life but it doesn't have to lead to suffering. Enjoy a group hypnosis session designed to help you heal from experience of loss.

Tues., Nov. 22 7:00- 8:30  
1 session Kathryn McGlynn  
\$35.00

## FITNESS AND EXERCISE

### Ballroom Dance for Beginners:

Never experienced the fun of partner dancing? Now is the time to learn the basics of a few of the most popular ballroom dances, as well as the art of leading or following your partner. Fox trot, Waltz and elements of Swing are covered in this class for beginners. Partners are recommended but not required.

Wed., Oct 19<sup>th</sup> 7:00 – 8:00  
6 sessions Miki Joseph  
\$60.00

### Gentle Yoga:

This is a slow, gentle class working with breath, alignment, balance postures, modified sun salutations and restorative postures to create a calming effect on the nervous system. No need to be flexible or have any experience; this is an hour to catch your breath and regroup to gain the energy for what your life is asking.

Wed., Oct. 19<sup>th</sup> 7:00- 8:00  
8 sessions Cynthia Pearson  
\$85.00

### Tai Chi for Health:

Tai Chi is a gentle, flowing progression of intentional, connected movements practiced as a form. Tai Chi is suitable for people of all ages and in all stages of fitness. Recent medical research indicates that Tai Chi can improve many aspects of health including: balance, musculoskeletal strength and flexibility and functions such as cardio- respiratory, cognitive, immune and emotional well-being. In this course you will learn the movements of the Wu

Style short form of Tai Chi.

Emphasis will be on the fundamental principles of Tai Chi, including relaxed and mindful movement, proper structural alignment, and breath awareness.

Ron Marcotte is a certified instructor in Wu Style Tai Chi

Thurs., Oct. 20<sup>th</sup> 7:00-8:00  
8 sessions Ron Marcotte  
\$80.00

### QiGong for Health:

QiGong is a gentle exercise which increases flexibility, builds strength, focus and deepens the breath to promote energy flow throughout the body. This practice produces powerful healing results and is beneficial for all that participate. QiGong is a beautiful, slow moving flow of movements which is easy to learn and can be done by anyone. Classes will end with a guided meditation.

The instructor is a certified QiGong instructor, a Reiki Master and a Restorative Yoga instructor.

Tues., Oct. 18<sup>th</sup> 6:30-7:45  
8 sessions K. Marie Freeman  
\$96.00

### Chair Yoga for Health and

#### Longevity:

Have you always wanted to do Yoga but didn't know where to begin? Do you have difficulties getting up and down from the floor? Are you afraid of losing your balance while holding yoga positions? Well Chair Yoga is what you've been looking for. No matter what your age or physical condition you can experience the health benefits of Yoga. Chair Yoga is known as the "Lazy Man's" Yoga, yet it's an effective and easy way to get all the benefits of yoga. Chair Yoga can help relieve tension, stress, back pain, arthritis and helps you recover from injury or disabilities while strengthening your body, improving balance, flexibility and bringing your body back to it's best possible condition; all from the comfort of your chair. Whether you're in great health or you're recuperating from an injury, Chair Yoga is the Yoga for you.

Thurs., Oct. 20<sup>th</sup> 6:30- 7:30  
8 sessions K. Marie  
Freeman  
\$96.00

### Zumba:

Look great! Feel great! Get inspired to dance to the beat of Latin and International music. Zumba is a fun way to take a break from your everyday workout routine, which allows you to participate in a high calorie burning class. Come join me and meet new friends. Be prepared to dance the night away!

Tues., Oct. 18<sup>th</sup> 6:30 – 7:30  
6 sessions Kathy Garvey  
\$50.00

## HEALTH AND BEAUTY

### Teen Skin Care and Current Makeup Application Techniques:

This is a great , hands-on opportunity for girls (age 12+) to learn how to take care of their skin and apply makeup properly, We will discuss skin concerns such as acne, oily/ dry skin, and healthy skin hygiene. We will also go over foundation options, the pros and cons of each type, and let the girls try different color options. We will go over common pitfalls such as poorly applied eyeliner, mismatched foundation and bronzer problems, and teach the proper techniques. Parents love this class and can participate as well, trying different colors and techniques. \*ALL GIRLS MUST HAVE A PARENT/ GUARDIAN ATTEND

Mon., Nov. 7<sup>th</sup> 6:00- 8:30  
1 session Deirdre Eschauzier  
\$40.00 parents and daughter.  
(additional daughters \$15.00 each)

## COMPUTER COURSES



# Office®

### Microsoft Excel 2010:

This course is designed for students who have little to no Excel experience. We will use Excel 2010 to review menus, toolbars, number and text formatting, and spreadsheet layout. In addition, we will explore the *Print Preview* option to create well-formatted output. We will also cover formulas, multiple worksheets; file management and creating a mail merge using Excel and MS Word. Students will have access to computers for hands-on learning.

Wed., Oct. 19th                      7:00-8:30  
6 sessions                      Steve Sweeney  
\$150.00

## SKILLS AND CRAFTS

### How to Make Fundraising Baskets

**Affordably:** Learn how to make baskets for fundraising events, holiday gifts and other special occasions. Learn ideas to make baskets appealing and within a reasonable budget. Get ideas of where to shop for “filler” items. The first class will be discussing ideas and the homework will be to bring your items to create your basket for the second class. You will have 3 basic baskets to choose from and the items you bring will cost under \$10.00. Instructor will provide wrap, ribbons, and stickers, pretend gift cards, etc. If you choose you can provide the instructor with the \$10.00 to pick up your items for you.

Thurs., Oct 20th                      6:30 – 8:00  
2 sessions                      Carol Graham  
\$40.00

**Beginning Sewing:** Everyone is welcome, whether you forgot everything you learned in junior high sewing classes or you’ve never threaded a needle. Each person will work at their own pace. You won’t need to bring anything for the first class. We’ll talk about basic skills and supplies that we will need. The first project we will begin with is pajama bottoms; once finished we can move on to a new project. Machines will be supplied. If you have a portable machine you would like to bring, please do so.

Mon., Oct. 17<sup>th</sup>                      6:00- 7:30  
4 sessions                      Teri Hayes  
\$130.00

**Beginner piano:** This class will help you understand basic music theory and offer you a chance to compose your own song!!! You will explore these and other musical ideas such as scales, chords and improvisation. This will be very basic and beginner course to help you start out or to refresh some skills you may already have.

Mon., Oct 17<sup>th</sup>                      6:30-7:30  
6 sessions                      Patrick Schiller  
\$60.00

*Please bring your own key board*

**Beginning Acrylic Painting:** Learn the basics of acrylic painting in a fun and relaxed atmosphere. Each class will guide you step by step through the process of completing a painting. Basic composition and painting techniques will be introduced. A \$25.00 material fee will be collected at the first class.

Tues., Oct. 18<sup>th</sup>                      7:30 – 9:00  
5 sessions                      Mary McGurran  
\$100.00

a beautiful wreath for either the Fall or the holidays. Even if you are not “crafty” you will be able to make this wreath. Everything you need will be supplied for you! Photos can be supplied to you upon request if you wish to view the product first!

Wed., Nov. 2<sup>nd</sup>                      6:00 – 8:00  
1 session                      Michele Errico  
\$32.00

### Intro to Digital Photography:

This exciting course is tuned to photographers that want to bring their skills up to a higher level. Principles that you will learn are: Aperture, Shutter Speed, ISO/ASA, Manual Mode, Lighting and Shadow, choosing the proper lens and “Tell a Story: through your vision. One class is a field trip to a full Portrait studio. You may bring a model. A DSLR with interchangeable lens is HIGHLY recommended for this course but not required..

Wed., Oct. 19th                      7:00 -8:30  
6 sessions                      Brina Healy  
\$230.00

**Making MailArt:** Go postal with paint, collage, pattern and layering to discover the magic of mixed media. In this fun workshop, we will be learning how to apply craft paints as background media and pattern and use collage art to create mail art postcards. We will be creating mini pieces of art that you can mail, swap in class, or frame. We will also discuss some fun places to look for vintage books, paper, and ephemera to add to our mail art. The Landing Antiques in Weymouth is one of the favorite places. The same techniques can be used in art journals

Tues., Oct 18<sup>th</sup>                      6:30 – 8:00  
4 sessions                      Marissa O’Brien  
\$45.00

### Fall and Holiday Wreath Making:

This class will show you how to make

# Adult Education Registration Application

**Mail checks to  
Adult Education  
Weymouth High School  
One Wildcat Way  
Weymouth, MA 02190  
Attn: Sheila Donovan**

*Please make checks payable to Weymouth Adult Education*

**\*\*A SEPARATE CHECK MUST BE SUBMITTED FOR EACH COURSE YOU ARE REGISTERING FOR!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone (day): \_\_\_\_\_ Phone (evening) \_\_\_\_\_

***Email address:*** \_\_\_\_\_

How did you hear about Weymouth Adult Education? \_\_\_\_\_

	<u>Course Title</u>	<u>Night</u>	<u>Cost</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

***\*\*Please remit payment in form of personal or bank check***