

Weymouth Adult Education

Spring 2019

Your Gateway to Enrichment and Recreation



SPRING REGISTRATION

Classes begin March 18, 2019

Register by mail or in person:
Career and Technical Education Office
Attn: Brenda Walsh
Weymouth High School

1 Wildcat Way
Weymouth, MA 02190
781-337-7500 ext. 25120/Fax 781-340-2567

Registration

Register by mail, phone or online (781-337-7500 ext.25120), fax (781-340-2567) or in person during regular office hours, (8:00 am - 2:00 pm). 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 cancellation.

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 any Weymouth Adult Education class.

School Calendar

Weymouth Public Schools and Weymouth Adult Education 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.

***PLEASE NOTE CLASSES WILL NOT BE HELD APRIL 15-19, 2019**

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.

Parking

Students must park in the parking lot and enter through Door #36 next to the Gold 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 781-337-7500 ext. 25120. 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. 25120.

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

INFORMATIONAL/BUSINESS

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 homeownership. 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.

Wednesday, March 20 6:00-8:00pm
1 session

Instructor: Gary Lawrence
Century 21 Tullish and Clancy

No Fee - Prior Registration is required

Planning Your Remodeling Project:

This six week, adult education course provides homeowners a roadmap to research and plan their remodeling projects from concept thru completion. It includes interviews with a local building inspector and other subject experts, a survey of materials and products and their impact on labor, a case study and an analysis of comprehensive, detailed labor and material specifications as a means of obtaining competitive bids, controlling costs and establishing performance based payments. Richard Connolly, is a noted educator, a consumer advocate and construction consultant, and the author of *How to Avoid Building or Remodeling Hell: The Consumer's Guide* and numerous articles in *The Boston Sunday Globe*, *Boston Magazine* and the *Patriot Ledger*.

Tuesdays 6:30-8:30 pm

March 26- May 7 6 Weeks

Instructor: Richard Connolly

Fee: \$40.00

Foundations of Investing*

Financial Education is an important step in helping you achieve a better future. My 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.

Monday, March 18 6:30-8:30pm
1 session

Instructor: Jackie Wilson

*** No Fee - Prior Registration is required***

The State of U.S. Stock Market and Economy - Is a Recession Looming??*

- The Financial Crisis took place over 10 years ago.
- U.S. Equity markets posted their worst losses since the Financial Crisis in 2018 and have been largely negative since late January of last year.
- Hear insight and analysis from a Better-Business-Bureau A+ -Registered Investment Advisor (RIA) with respect to U.S. markets and our broader economy.
- Time will also be allotted towards answering questions audience has involving general investing, Retirement, Budgeting, 401(K)'s and relatable subject areas.

Wednesday, April 3 6:30-8:30 pm
1 Session

Instructor: Joe Camargo AAMS, AWMA

No Fee - Prior registration is required

How to be a Voice Over Talent

Do people say you have a great voice for radio or Animation? Do you love the voices of your favorite cartoon characters,, commercials and television shows? Would you ever think of doing those voices professionally? Curious?? Come join our face paced fun, interactive, workshop full of tips and techniques designed to offer you an introduction to the exploding world of voice over! Learn how to warm up your voice and speak, breath properly, articulate, learn different accents, and interpret a script (copy), and make a voice over demo! Come dressed in comfortable clothing, bring a notebook and water. This session will be accompanied with a complimentary consultation and assessment as Lau Lapides Studio. No prior experience necessary!!!

Monday, April 8 6:30-8:30 pm
1 Session

Instructor: Lau Lapides

Fee: \$65.00

Public Speaking with Confidence

Are you making a good impression? Need to polish your speaking skills for work? Want to eliminate the fear and anxiety of public speaking? In this fast paced, dynamic and exciting workshop you will utilize tools and techniques to help engage your audience, polish your presentation and “command presence”! Build self confidence while learning how to organize and deliver interesting and relevant content to your audience. Polish your articulation, neutralize local accents/dialects and learn breathing techniques. Develop storytelling techniques that work and engage your audience! Come dressed in comfortable clothing, bring a notebook and water. This session will be accompanied with a complimentary consultation and assessment at Lau Lapidus Company Studio. No prior speaking experience necessary!

Wednesday, April 17 6:30-8:30 pm
1 Session

Instructor: Lau Lapidus
Fee: \$65.00

Acting Skills for Business

Learn the trade secrets the stage actors and industry pros use in the media and broadcasting industry! This workshop is perfect for the business professional, sales professionals, corporate presenters, customer service personnel to get a leg up on the competition and get that promotion! Discover tools and techniques to build confidence while strengthening physical and vocal presence whether you are presenting live, online or by phone. Engage and ignite your audience with storytelling techniques that work and build rapport while commanding presence. Learn how to think fast on your feet through improvisation and role playing, manage your physical and vocal message by incorporating breathing and speech techniques. Have fun discovering new approaches to communicating at work. Come dressed in comfortable clothing, bring a notebook and water. This session will be accompanied with a complimentary consultation and assessment at Lau Lapidus Company Studio. No prior experience necessary!!

Monday, April 22 6:30-8:30 pm
1 Session

Instructor: Lau Lapidus
Cost: \$65.00

LANGUAGE

Beginner ESL

Adult English as a Second Language (ESL) course introduces students to basic grammatical 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.

Mondays & Thursdays (8 Sessions)

May 6, 9, 13, 16, 20, 30 5:00-7:00 pm

June 3, 6 5:00-7:00 pm

Instructor: Lana Tereshko

Fee: \$50.00

HEALTH AND FITNESS

Teen Skin Care and Current Makeup Application Techniques

This is a great, hands-on opportunity for girls, age 12+, and women of any age 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, as well as teach proper techniques. Parents love this class and will participate using age appropriate products at well!

Thursday, March 21 6:00-8:30 pm

1 Session

Instructor: Deirdre Eschauzier

Cost: \$40/Parent & Daughter)

(additional daughters \$15/ea)

ALL GIRLS MUST BE ACCOMPANIED BY PARENT/GUARDIAN

Introduction to Yoga and Meditation

This is the perfect class for those who have always been curious about yoga and for those who want to learn more about the benefit of a specific posture. We will explore meditation at the beginning and end of each class and will have lots of fun along the way. At the end of this series you will be familiar with basic yoga poses and you will feel confident walking into a Yoga studio!

Wednesdays 6:30-7:30 pm
March 20 - May 1 6 Sessions
Instructor: Elizabeth O'Herron
Fee: \$50.00

Gentle Yoga

This is a slow, gentle class working with breath, alignment, balance postures, modified sun salutations and restorative postures to create a relaxing experience. This is an hour to catch your breath and regroup to gain the energy for what your life is asking.

Mondays 6:30-7:30 pm
March 18 - May 13 8 Sessions
Instructor: Cynthia Pearson
Fee: \$85.00

Zumba Gold

The Gold class is low impact and easy to follow Zumba class. This program is a great class for beginners and for older active students. Dress comfortable, wear sneakers, bring a water bottle and be ready for fun!

Kathy Garvey is a licensed Zumba Gold Instructor.

Tuesdays 7:00-8:00 pm
March 26 - May 7 6 Sessions
Instructor: Kathy Garvey
Fee: \$65.00 or a \$10/drop in fee

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, cardio-respiratory function, cognitive function, immune function and emotional well-being.

Ron Marcotte is a certified instructor in Wu Style Tai Chi and has more than 30 years experience teaching Tai Chi and Chi Gong (QiGong).

Thursdays 7:00-8:00pm

March 21 - May 16 8 Sessions

Instructor: Ron Marcotte

Fee: \$96.00

QiGong for Health and Longevity

QiGong is the best kept secret for staying young, healthy, happy and full of energy. QiGong is an ancient Chinese exercise which increases flexibility, builds strength and deepens the breath to promote healthy energy flow throughout the body. This gentle practice is beneficial to all that participate by bringing balance to mind, body and spirit. QiGong's beautiful, slow flowing movements focus on health and relaxation. They are easy to learn and are suitable for all ages and level of fitness. Classes include written material and will end with a guided meditation.

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

Wednesdays 6:30-7:30 pm

March 27 - May 15 8 Sessions

Instructor: Marie Freeman

Fee: \$96.00

New/Novice Golfer Program

Harmon Golf Course

168 Concord St., Rockland, MA

Come join Brian Spitz, a PGA certified golf professional at The Harmon Golf and Fitness Club. The Harmon Club is well known for being the place where all the best players in the area come to practice and receive instruction. What most people do not know is that Harmon Club is the perfect place for new golfers and have designed a New Golfer Program. This is the perfect introduction to the game of golf and for those who always wanted to try the sport, but not sure where to begin. Space is limited to 8 participants.

Session: Five (5), 1 hour sessions;

Session 1- Orientation and first lesson

Session 2 - Grip, stance, posture and swing

Session 3 - Short game, chipping and putting

Session 4 - Full swing

Session 5 - Play on the short course

Mondays, April 15 - May 13 6:00-7:00 pm

Fee: \$110.00

Seascape Window

Create a stunning Seascape Window using your beach treasures or ours! Seascape Creations instructor Maria Robertson will help you design your one-of-a-kind 8x10 Seascape Window using an array of materials, including sea glass, starfish, sand dollars and other beach finds. Participants will leave with their creations along with Seascape Creation's Finishing Kit and instructions. Fee includes all materials. Feel free to bring your own beach treasures! www.facebook.com/seascapewindows.

Please register at www.seascapecreations.com/events

Thursday, April 4 6:30-8:30 pm

Thursday, May 9 6:30-8:30 pm

Instructor: Maria Robertson

Fee: \$50

**Adult Education
Registration Application**

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

Please make checks payable to Weymouth Adult Education

Name: _____

Address: _____

City/State/Zip: _____

Phone (day): _____ Phone (evening) _____

Email address: _____

How did you hear about Weymouth Adult Ed? _____

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

Please remit payment in form of personal or bank check!!

REMINDER: NO CLASSES THE WEEK OF APRIL 15-19, 2019

