

WETHERSFIELD ADULT EDUCATION WINTER 2023 CATALOG

Continuing Education Courses Are Open to Adults In **ALL** Towns

ONLINE
REGISTRATION

NEW

Virtual
Fitness
Classes
Winter Session



411 Wolcott Hill Road, Wethersfield, CT 06109 860-571-8250

A member of VRABE Regional Adult Based Education

Welcome to Wethersfield Adult Education



Wethersfield Adult Education
411 Wolcott Hill Road
Wethersfield, CT 06109
860-571-8250

Michael T. Emmett, Superintendent of Schools

Matthew Kozaka, Business Manager
Supervisor of Continuing Education

Susan Marhefki, Continuing Ed Coordinator

Phone: 860-571-8250

Hours: 10:30 - 3:00 p.m. Mon thru Fri

Note: While classes are running our office will be closed Fridays but open 5:30-9:00 pm Tuesdays

Melissa Iles, Director of
VRABE Regional Adult Based Education
which includes Wethersfield Adult Education

Deborah Stewart-Karsmarski, Site Facilitator
Wethersfield GED & ESL classes
Phone: 860-571-8288
Office hours: 5:30 - 9:00 p.m. Mon & Wed



Winter is approaching and days are getting colder. As we find ourselves staying indoors more it's still important to stay active.

In conjunction with Personal Euphoria, LLC we invite you to "keep moving" with our first ever winter session of Continuing Ed featuring virtual fitness classes through ZOOM.

Join us for these classes!! Then watch for our full Spring 2023 catalog featuring virtual and in-person classes of all kinds to be released mid-January.

We now offer secure **ONLINE registration** so you can enroll 24/7 when it's convenient for you!



Visit our website and look for the link!
<https://wps.wethersfield.me/adult-education>

CONTINUING ED/ENRICHMENT CLASSES
ARE OPEN TO ADULT RESIDENTS OF ALL TOWNS.

WETH RESIDENCY IS **NOT** REQUIRED.
WE'D LOVE TO HAVE YOU JOIN US!!!

SEE PG 6 FOR FULL
REGISTRATION INFORMATION

Register promptly so you won't be disappointed!
NEW: ONLINE 24/7 Registration on our website!



WETHERSFIELD ADULT EDUCATION
SPRING 2023 CATALOG

Continuing Education Courses Are Open to Adults In ALL Towns

Wethersfield Public Schools, Wethersfield Adult Education and VRABE are committed to a policy of equal opportunity/affirmative action for all qualified persons and do not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including but not limited to intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Wethersfield Public Schools, Wethersfield Adult Education and VRABE do not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the District's nondiscrimination policies should be directed to Title IX and 504/ADA Coordinator, Mr. John Karzar, Dir of Special Services at 860-571-8141.



@wethersfieldadulded



<https://wps.wethersfield.me> ⇨ Adult Education

HIGH SCHOOL COMPLETION, ESL & CITIZENSHIP PREP

MISSION STATEMENT

The mission of the VRABE Regional Adult Based Education program, is to offer dynamic, multicultural services in an atmosphere of respect, appreciation, and acceptance of all. It is the goal of the Region to empower students with the knowledge and tools necessary to succeed both personally and professionally in a technologically advanced society.

PARTICIPATING TOWNS

The following fourteen towns participate in the FREE adult-based educational programs described in the next three pages. VRABE Regional Adult Based Education provides these programs which are funded by participating communities, state and federal grants, and other grant sources.

ASHFORD
BOLTON
COLCHESTER
COVENTRY
EAST WINDSOR
ELLINGTON
GLASTONBURY

GRISWOLD
MANSFIELD
SOUTH WINDSOR
TOLLAND
VERNON
WETHERSFIELD
WILLINGTON



PROGRAMS

VRABE's programs are designed with busy adults in mind allowing them to:

- enhance skills to improve employability
- earn a high school diploma
- work on literacy skills
- improve English speaking, reading, & writing
- prepare for college
- study to earn U.S. Citizenship
- develop technology skills

VRABE's current programs include: CDP -Credit Diploma Program; NEDP-National External Diploma Program; GED® Test preparation classes; Citizenship classes; ESL-English as a Second Language; Adult Basic Education; Workplace Education. Find the program that fits your needs! See program descriptions on the following pages or visit us at www.vrabe.org

Wethersfield Public Schools,
in collaboration with VRABE Regional
Adult Based Education (VRABE) is
proud to offer Wethersfield residents
access to:
FREE high school completion programs,
(GED prep, National External Diploma
and Credit Diploma programs), ESL
and Citizenship prep classes.

Classes are offered with both in-person and
virtual options. Locations and schedules
available at www.vrabe.org



Call (860) 870-6060

or

visit www.vrabe.org

for more information

or to register.

Continuing Ed Information

Welcome to the first Winter Session of Continuing Education, featuring virtual fitness classes. Movement is key to keeping us healthy both physically and mentally so we are offering classes to fill in the gap before our full spring session begins.

The following classes offered in conjunction with Personal Euphoria LLC are led by trained, certified instructors and offer safe, and fun fitness to adults of all towns.

Classes are virtual through ZOOM. Registration will be online only. Information and links will be sent via email so be sure to check yours often.

Classes include two free on-demand workouts in case you miss a class or want an extra workout.



15-MIN. HIIT

You're in you're out. Short on time? This is the workout for you. Backed by research that shows short bouts of intense exercise can be as effective as longer more moderate workouts, this class makes it easy to fit exercise in your schedule. This class will have a short warm up and cool down, and in between we will be working intensely with fun, full body moves. Modifications will be given so that you can work at the right pace for you. Plan to leave feeling energized. Pairs great with Cardio Strength right after!

Wednesdays 8:10 - 8:25 AM

6 weeks 1/11 - 2/15

Instructor: Maggie Downie

Personal Euphoria, LLC

Course Fee: \$36



Instruction will take place through ZOOM. Registrants will receive an email with the link before the class.

TO REGISTER:



Registration for this Winter session will be online only.

Go to the Adult Ed page of the Wethersfield Public Schools website.

<https://wps.wethersfield.me/adult-education>

Use the secure link beside this catalog that says: Click Here to Register Online Now

Complete your registration for the class(es) you want to enroll in then watch your email for information to follow.



CARDIO STRENGTH

This functionally, fun class provides a complete workout that will help tone and reshape your body. We'll target the arms, legs, abs, and butt. In addition to using weights to help build strength, this class incorporates some light cardio to help improve cardiovascular health. The strength and cardio combo is a great way to improve overall fitness and build bone density. You'll need: a yoga mat, water, and weights 1-3lb and 5-8lb or larger if desired).

Wednesdays 8:30 -9:15 AM

12 weeks 1/11 - 3/29

Instructor: Maggie Downie

Personal Euphoria, LLC

Course Fee: \$96



Instruction will take place through ZOOM. Registrants will receive an email with the link before the class.

BY ENROLLING IN AN EXERCISE CLASS YOU CONFIRM YOU HAVE NO PHYSICAL CONDITION THAT WOULD MAKE YOUR PARTICIPATION HAZARDOUS TO YOUR HEALTH. PLEASE CHECK WITH YOUR PHYSICIAN IF IN DOUBT.

Exercise, Health and Wellness

PILATES

These exercises focus on the core muscles which include the abs, back, glutes and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to make you strong and long while improving balance, coordination and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. Please have a mat, water, a green (or medium weight) flex band and a 7.5 to 9 inch stability ball.

Tuesdays 6:00 - 6:45 PM

12 weeks 1/10 - 3/28

Instructor: Rob Schrader

Personal Euphoria, LLC

Course Fee: \$96



Instruction will take place through ZOOM. Registrants will receive an email with the link before the class.

TIGHTEN AND TONE

Get the endorphins flowing in Tighten and Tone, a Pilates based class designed to strengthen your arms and back using 2 lb weights, trim and slim your middle through a series of mat-based exercises, and lengthen and define the lower body through body weight resistance to improve balance and stamina. Top off a successful class with a rewarding full body stretch to seal in all your hard work. Please have a mat, water, a blanket, 2-3 lb. weights, and 9 inch ball and resistance loop. Resistance bands are recommended as well.

Wednesdays 6:00 - 6:45 PM

11 weeks 1/11 - 3/29

Note: Class will NOT meet on 2/22

Instructor: Allison McClain

Personal Euphoria, LLC

Course Fee: \$90



Instruction will take place through ZOOM. Registrants will receive an email with the link before the class.



Participation in these virtual classes offered through Personal Euphoria, LLC require completion of a waiver once per calendar year.

You will receive the form to complete and return by email after you've registered. Or you may go directly to their website after you enroll through us and complete it online at <https://www.personaleuphoria.com>

(If you complete it online, please let us know by calling 860-571-8250 or send an email to smarhefki@wethersfield.me)

Class links will not be sent unless a completed waiver is received prior to the start of class. **No exceptions!**

Thank you for your cooperation!



BY ENROLLING IN AN EXERCISE CLASS
YOU CONFIRM YOU HAVE NO PHYSICAL CONDITION
THAT WOULD MAKE YOUR PARTICIPATION
HAZARDOUS TO YOUR HEALTH.

CORE STRENGTH

This functionally, fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands and your own body weight to improve strength, flexibility, balance and stamina to sculpt and tone. Have a yoga mat, water and light weights.

Thursdays 6:00 - 6:45 PM

12 weeks 1/12 - 3/30

Instructor: Rob Schrader

Personal Euphoria, LLC

Course Fee: \$96



Instruction will take place through ZOOM. Registrants will receive an email with the link before the class.

Residents of ALL Towns may enroll in
classes. Everyone pays the listed course
fee. **REGISTER ONLINE!!**



NON-PROFIT
U.S. POSTAGE
PAID
WETHERSFIELD, CT
PERMIT No. 817

WETHERSFIELD ADULT EDUCATION
411 WOLCOTT HILL RD.
WETHERSFIELD, CT 06109
DELIVERTOADDRESSEEORCURRENTRESIDENT



Wethersfield Adult Education is a cooperating district of Vernon Regional Adult Based Education

Please call **(860) 870-6060** or visit **www.vrabe.org** for registration scheduling, and information on **GED** and other high school completion options, **ESL** classes and **Citizenship** preparation.



Enrichment/Continuing Education fitness classes in this Winter Session catalog are offered virtually only, through **ZOOM**



Visit our website and click the secure link to register online.

<https://wps.wethersfield.me/adult-education>

Watch for the mid-January release of our Spring 2023 catalog featuring a full array of both in-person and virtual classes of all kinds!