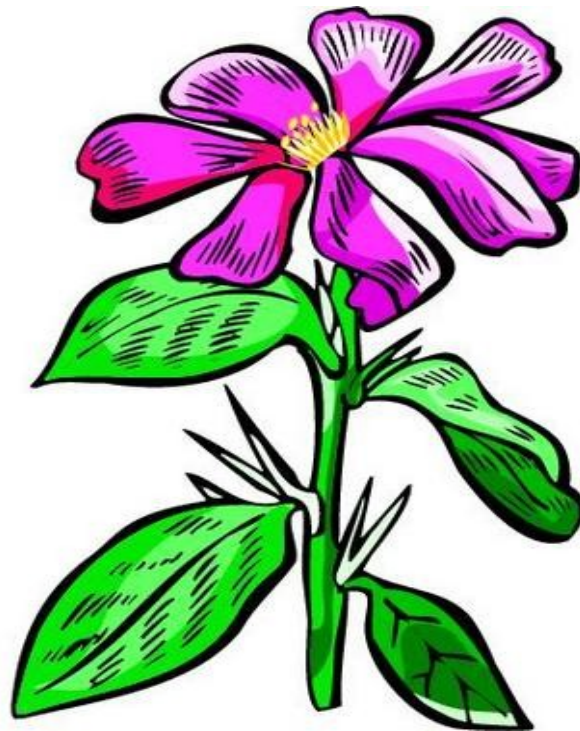


BETHEL PUBLIC SCHOOLS

***CONTINUING
EDUCATION PROGRAM***



COME GROW WITH US

SPRING 2008

Welcome to the Spring 2008 semester. This semester, we are offering over 25 classroom and 250 online courses. Choose from Guitar, Voice Over, Jin Shin Jyutsu, Photography, Home Repair, Writing, Pilates, Yoga, CPR, Computer Classes, Languages and so much more. Courses fill up fast so don't wait until the In-Person Registration to sign up. Registration begins the minute you receive this brochure.

Sincerely,
Angela M. Guerriero

BETHEL PUBLIC SCHOOLS

Superintendent of Schools

Dr. Gary Chesley

Associate Superintendent

Dr. Janice Jordan

Director, Continuing Education

Angela M. Guerriero

Bethel Board of Education

Stuart Carlsen Lawrence Craybas

Jill DeRosa Michael Duff

Kristine Harrison William Kingston

Matthew Knickerbocker Benjamin Foulk

Robin Renner

Mailing Address

**BETHEL BOARD OF EDUCATION
CONTINUING EDUCATION DEPARTMENT
P.O. BOX 253
BETHEL, CT 06801
794-8637
EMAIL:
continuingeducation@bethel.k12.ct.us**

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Do you have a skill, a hobby or knowledge of a subject you would like to share? We are currently looking for instructors for languages, cooking, jewelry making, home decorating, exercise and flower design. Please call 794-8637 if interested.



REGISTRATION INFORMATION

BETHEL CONTINUING EDUCATION OFFICE: 203-794-8637

When calling the Bethel Continuing Education office, please leave a detailed message on the answering machine. The director will call back as soon as possible. *Please do not call the main offices of the schools.* The out-going message is frequently updated with course status information.

REGISTRATION: With the exception of the Fencing, First Aid, PSAT/SAT preparation and online courses, you must be 18 years of age or older to enroll in a course. You do not have to be a Bethel resident to enroll in a course. You may register by mail as soon as you receive this brochure. If you wait until the In-Person Registration, your course may be full.

BY MAIL: Complete the registration form found in the back of this brochure. Mail Registration Form and check payable to **BETHEL CONTINUING EDUCATION:**

Bethel Board of Education
Continuing Education Department
P.O. Box 253
Bethel, CT 06801

IN-PERSON REGISTRATION: Wednesday, February 20 in the Board of Education Conference Room, Municipal Center, 1 School Street, 2nd Floor from 11AM-1PM and at Bethel Middle School from 5-7PM. Snow date is Thursday, February 21 at the same times and locations. If you cannot make the in-person registration, the only other way to register is by mail. There is no office to drop off your registration form. **If you wait until the in-person registration, courses may already be filled. If paying by cash at the In-Person Registration, please bring the exact amount.**

PAYMENT: Tuition fees are indicated under each course title and are payable at registration, whether in-person or by mail. **Registration for Ed2go Online Courses and Lentz & Lentz must be made directly to those companies.**

CONFIRMATION OF CLASSES: You are enrolled in a class as soon as your registration form and fee are received. **You will NOT be called.** If you would like a confirmation, please e-mail continuingeducation@bethel.k12.ct.us or send a self-addressed, stamped envelope with your form and fee. Please assume you are enrolled in a class unless you are notified otherwise. A class with low enrollment will be cancelled with a phone call prior to the starting date. Your check may be held until it is known a class will be run.

LOCATION: The location of each course is indicated with the individual course information.

REFUND POLICY: Refunds are not issued after a course has started. If you withdraw before a course begins and your check has been deposited, a \$15.00 registration fee will be deducted from your payment. In rare cases, if a student requests a refund and a determination is made by the Director that there is a good cause, a credit slip or refund will be issued minus the \$15.00 registration fee. All requests for refunds must be made in writing to the Director. We reserve the right to cancel any course for insufficient enrollment. Allow 6-8 weeks for the refund/credit process to be completed.

INCLEMENT WEATHER: If Bethel schools are closed due to inclement weather or an unplanned early dismissal, continuing education classes do not meet. Cancellation of classes will be announced on radio stations WINE (AM940), WLAD (AM800), WICC (AM600), WEBE (FM108), WEZN (FM100), television channels 3, 8, 30 and at 794-8637. Should snow or inclement weather be forecast for the evening, please call 794-8637 for updated recorded messages of class cancellation before heading to class. You will **not** be notified personally.

CLASS DATES: Please refer to individual courses for class dates. The Bethel Public Schools calendar is followed. Classes are not in session when school is closed, on a planned early dismissal day, during parent-teacher conferences, during certain school events or an unscheduled early dismissal.

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

ENDORSEMENT OF INSTRUCTORS: The employment of instructors by Bethel Continuing Education does

not constitute endorsement of services provided by instructors in their private businesses.

MAKEUP DATES: Adding classes to the last class date will make up canceled classes. Check with your instructor about makeup dates.

DIRECTIONS TO BETHEL SCHOOLS: Please visit our website at www.bethel.k12.ct.us and then click on the individual school for directions. All schools are located on Whittlesey Drive, easily accessed from either Judd Road or Plumtrees Road.

ESL/GED/CPD/GED/ABE

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

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

PSAT/SAT PREPARATION

MATH SAT PREP

This course is designed to assist the high school student prepare for the math component of the new SAT. Taking a prep course has been shown to raise test scores by 150 points if the hints and suggestions are conscientiously practiced and followed. **Please purchase and bring to each class Cracking the SAT, 2008 Edition (College Test Prep) by Princeton Review** which can be found at your local bookstore. **8**

Sessions

Instructor: Jamie Squatriglia

Fee: \$95.00

Time/Location: 6-8PM, Middle School, Room 172

Day/Dates: Tuesday: 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/22, 4/29



VERBAL SAT PREP

This course is designed to assist the high school student prepare for the verbal sections of the Scholastic Aptitude Test. Taking a prep course has been shown to raise test scores by 150 points if the hints and suggestions are conscientiously practiced and followed. **Please purchase and bring to each class the 23rd or latest edition of Barron's How to Prepare for the SAT**. **8 Sessions**

Instructor: Dr. John Cleary

Fee: \$95.00

Time/Location: 6-8PM, Middle School, Room 172

Day/Dates: Monday: 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/21

LENTZ & LENTZ: SAT PREPARATION

This **8 Session** preparation course for the Spring SAT Reasoning Test has had proven results helping thousands of students prepare for SAT exams for over thirty two years. It features test-taking skills, essay writing, grammar skills, advanced math review, shortcut math, reading interpretation, time management skills, speed reading improvement techniques and tip sheets. The program includes course materials, extra help at no charge, audio discs for review or as a supplement for missed lessons, live make-ups, complimentary review sessions and live make-ups. Lentz & Lentz uses their own copyrighted curriculum in conjunction with SAT-type questions, designed to reflect the most recent changes in format of the "NEW" SAT. **For more information and to register for this class, please call 1-800-866-7287 or visit www.lentzsatprep.com.**

Fee: \$355.00 (materials included)

Time/Location: 6-9PM, Middle School, Room 176

Day/Dates: Wednesday: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23, 4/30 (Monday, 4/7-Snowdate make up.)

PHOTOGRAPHY

INTRODUCTION TO DIGITAL PHOTOGRAPHY

Have you just received your first digital camera or would like to learn to take better pictures with your digital point and shoot camera? Learn basic and specific concepts of photography such as exposure, lighting and composition. Specific aspects like memory cards, image editing software, various aspects of printing and much more will be discussed. Please bring your digital camera, owner's manual and separate memory card. If you don't own a camera but plan on purchasing one soon, feel free to sign up. **There is a \$7.00 printer supply fee payable to the instructor on the first night of class. 6 Sessions**

Instructor: Thomas Nackid

Fee: \$60.00 Time/Location: 7-8PM, Middle School, Room 174

Day/Dates: Monday: 2/25, 3/3, 3/10, 3/17, 3/24, 3/31

ADVANCED DIGITAL PHOTOGRAPHY

This course is for anyone who has recently upgraded to a digital SLR camera or has made the switch from advanced film to an advanced digital camera. Discussions topics include using a camera's automatic and manual settings to obtain the best exposure, changing the image's depth of field without changing the exposure, and techniques for composition. Students will also learn about white balance, RAW files and when to use them, sensor technology, image editing and much more. Please bring your digital camera, owner's manual and separate memory card. **There is a \$7.00 printer supply fee payable to the instructor on the first night of class. 6 Sessions**

Instructor: Thomas Nackid

Fee: \$60.00 Time/Location: 7-8PM, Middle School, Room 174

Day/Dates: Monday: 4/7, 4/21, 4/28, 5/5, 5/12, 5/19

PERSONAL GROWTH

FROM CHAOS TO ORDER

If your New Year's Resolution is to finally get organized, this is the class for you. Because it's been estimated that the average person owns over 10,000 items, organizing your home has become a life skill for the 21st century. This course will teach you how to organize your life and get control over your clutter. **5 Sessions**

Instructor: Linda Chiara

Fee: \$60.00 Time/Location: 7-9PM, Middle School, Room 171

Day/Dates: Monday: 2/25, 3/3, 3/10, 3/17, 3/24

BEGINNING GUITAR

An introductory course in guitar. This course will focus on basic guitar techniques such as tuning, chording, strumming and finger picking. The class will explore traditional songs, folk tunes and rock oldies. **Please bring your guitar, binder and a pencil to each class. 6 Session**

Instructor: Curtis Tipton

Fee: \$95.00 Time/Room: 7-8:30PM, Middle School, Room 186

Day/Date: Thursday, 3/6, 3/13, 3/20, 3/27, 4/10, 4/24



WHAT IS HYPNOSIS

Can you use hypnosis techniques to change your outlook? Learn the skills of self-hypnosis and induction, possibly to move your life in a different direction. **2 Sessions**

Instructor: Dr. John Cleary

Fee: \$40 Time/Location: 6-8PM, Middle School, Room 172

Day/Dates: Monday, 4/28, 5/5

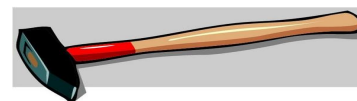
DO IT YOURSELF TOOL GIRL FOR BEGINNERS

Ladies, learn what tools you need in your own personal toolbox and how to use them. Use tools such as a stud finder (handy when hanging anything on your walls), a caulking gun, (why wait for the plumber to seal the tub?) and a cordless drill driver. It's simpler than you think! Hands on demonstrations of simple tools for everyday use. Class is limited to 8 students. 1 Session

Instructor: Jan Brown

Fee: \$25.00 **Time/Location: 7-9PM, Middle School, Room 176**

Day/Date: Tuesday, March 4



BASIC HOME REPAIRS FOR BEGINNERS

Learn how to repair small holes in drywall, repair the most common problem with leaky toilets, caulking techniques for a finished look, and wall hangings with correct choice of fasteners. Hands on workshop for anyone who wants to try out becoming a DIYer (Do-It-Yourselfer). **Class is limited to 8 students so sign up early! 1 Session**

Instructor: Jan Brown

Fee: \$25.00 **Time/Location: 7-9PM, Middle School, Room 176**

Day/Date: Tuesday, March 11

AN INTRODUCTION TO VOICEOVERS (GETTING STARTED IN VOICE ACTING)

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

Instructor: Voices For All

Fee: \$40.00 **Time/Location: 6-8PM, Middle School, Room 174**

Day/Date: Wednesday, March 19

WRITING & GRAMMAR

MOM'S MEMORIES (AND DAD'S TOO)

Do you want to record those funny, poignant, and joyful moments of your child's life, but are intimidated by the idea of daily journaling? Come to this 90 minute workshop and earn several quick, easy and non-time consuming ways to keep a written record of your child's memories. **1 Session**

Instructor: Linda Chiara

Fee: \$30 **Time/Location: 7-8:30PM, Middle School, Room 171**

Day/Date: Monday, April 7

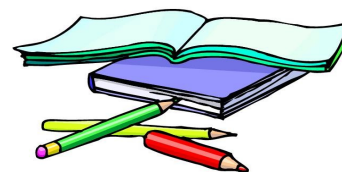
WRITER'S WORKSHOP

This course is conducted within a supportive and encouraging environment and is geared towards experienced writers. Course topics include short stories and/or nonfiction articles, developing story ideas and honing writing skills, and overcoming writer's block. Marketing manuscripts, time management, and organizational skills will also be addressed. Bring 7 copies of one article or story to the first class. Class limited to 6 students. 10 Sessions

Instructor: Linda Chiara

Fee: \$150.00 **Time/Location: 7-9PM, Middle School, Room 171**

Day/Dates: Tuesday: 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/22, 4/29, 5/6, 5/13



PUTTING YOUR PAST ON PAPER

"When an old man dies, a library burns down." (African proverb) Have you ever thought about getting your memories down on paper for your children, grandchildren, or even their grandchildren? Time has a way of slipping by so quickly. Now is the time to turn those memories into a memoir. Join our class and learn how to write your family history. During the class, we will learn how to dig up those memories and get them on paper, how to eliminate the fluff, and how to set a writing schedule that will help you turn your nostalgia into an autobiography. **Class is limited to 8 students. 10 Sessions**

Instructor: Linda Chiara

Fee: \$150.00 Time/Room: 7-9PM, Middle School, Room 171

Day/Dates: Wednesday: 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23, 4/30, 5/7

WHO WANTS TO BE A WRITER?

This course will expose participants to a variety of genres of writing with many hints on how to prepare and develop each one. Try your hand at writing poetry, descriptive, narrative, persuasive writing, or pen some expressive, personal memoirs. **8 sessions**

Instructor: Dr. John Cleary

Fee: \$95.00 Time/Room: 6-8PM, Middle School, Room 172

Day/Dates: Thursday: 3/6, 3/13, 3/20, 3/27, 4/10, 4/24, 5/8, 5/15

WORDS, WORDS, WORDS

There are more than two million words in the English language. How did they get there? Where did they come from? How is the language growing, "as we speak"? Learn more than a dozen ways by which our national tongue, English, evolved from its Anglo-Saxon roots. Great course for word lovers: those fascinated by the force and power of words. **8 Sessions**

Instructor: Dr. John Cleary

Fee: \$95.00 Time/Room: 6-8PM, Middle School, Room 174

Day/Dates: Tuesday, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/22, 4/29

ENGLISH GRAMMAR

A course for writers and teachers who are serious about correctly applying the rules of English grammar. Learn how standard, traditional English should be written and spoken. Learn the rules by which to express yourself in proper English. **8 Sessions**

Instructor: Dr. John Cleary

Fee: \$95.00 Time/Room: 6-8PM, Middle School, Room 172

Day/Dates: Wednesday, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23, 4/30

ONLINE INSTRUCTOR-FACILITATED COURSES



Our partnership with Cengage Learning allows us to offer over 250 online classes. Our instructor-facilitated online courses are affordable, informative, fun, convenient, and highly interactive. Most courses cost \$89.00. The following are some of the topics of our online courses: The Internet; Web Page Design; Graphics & Multimedia; Web & Computer Programming; Computer Applications; Graphic Design; Digital Photography & Video; Languages; Test Prep; Grant Writing; Accounting; Teacher Prep; Parenting, and so much more!

Visit our Online Instruction Center at <http://www.ed2go.com/bethel> for more information on these six week courses. Please call our office at 794-8637 with questions.

FIRST AID/CPR

RED CROSS FIRST AID AND CPR

Do you know what to do when an emergency arrives? Enroll in one or both sessions taught by a certified American Red Cross Instructor, to prepare yourself in case of emergencies. The Standard First Aid course will teach you the basic first aid skills and cardiopulmonary resuscitation for adults. The Infant and Child Cardiopulmonary Resuscitation course will be taught as a separate course. CPR certification will last one year. First Aid certification will last for three years. This is a perfect class for parents, grandparents, siblings and babysitters. **PLEASE SPECIFY COURSE AND DATES ON REGISTRATION FORM. There will be an additional \$20 supply fee payable to instructor on first day.**

Instructor: Eileen Earle

Location: Park & Rec Office, Municipal Center

Standard First Aid & Adult CPR, 2 Sessions

Fee: \$35.00

Mondays, March 4 and March 11, 6:30-9:30PM

Infant & Child CPR, 1 Session

Fee: \$30.00

Monday, March 18, 6:30-10:00PM

CPR Renewal

Fee: 40.00

March 6, 6:30-10:00PM

BALLROOM DANCING

SOCIAL/BALLROOM DANCING – BEGINNER I

Come and join in our popular Social/Ballroom Dance program. We are offering a Beginner course that will cover the foxtrot, waltz, rumba, cha cha, meringue and swing. This is a very popular course so sign up early. Classes are held at Vitti Dance Studio in Danbury. Please call the instructor at 748-2884 for directions.

Fee: \$150.00 per couple or \$75.00 for singles

Classes will be offered on either Tuesday (6:45-7:45PM) or Wednesday (7:00-8:00PM). Please specify which day you want on your registration form. Tuesday classes begin on February 26th. Wednesday classes begin on February 27th. Classes run for 10 consecutive weeks.

SOCIAL/BALLROOM DANCING–BEGINNER II

Come review everything you learned in Beginner I. Review and learn additional figures in foxtrot, waltz, rumba, cha cha, meringue and swing as well as tango, samba, salsa and hustle. This class fills quickly so sign up early. **Classes are held at Vitti Dance Studio in Danbury. Please call the instructor at 748-2884 for directions. PREREQUISITE: BEGINNER I OR BASIC KNOWLEDGE OF DANCES TAUGHT IN BEGINNER I.**

Fee: \$150.00 per couple or \$75.00 for singles

Instructor: John Vitti

Classes will be offered on either Tuesdays (8:15-9:15PM) or Thursdays (7:00-8:00PM). Please specify which day you want on your registration form. Tuesday classes begin on February 26th. Thursday classes begin on February 28th. Classes run for 10 consecutive weeks.

Bethel Continuing Education is always looking to expand its programs.

Do you have a special talent, hobby or skill and would like to teach it to other adults?

Classes are held Monday, Tuesday, Wednesday and Thursday evenings.

Please contact Angela Guerriero at 794-8637 or submit a course proposal to continuingeducation@bethel.12.ct.us or Box 253, Bethel, CT 06801.

WELL BEING & EXERCISE

PILATES FOR BEGINNERS

Pilates is an exercise technique that strengthens the body's core muscles. Class will focus on breathing and control of movement to emphasize proper form, enhance abdominal strength, improve balance, and flexibility and give the body a longer, leaner appearance. **Class is limited to 15 students. 12 Sessions**
PLEASE BRING A MAT, TOWEL AND WATER.

Instructor: Debbie Nichols

Fee: \$125.00 Time: 6:30-7:30PM, Berry School Gym

Day/Dates: Monday: 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/28, 5/5, 5/12, 5/19, 6/2

INTERMEDIATE PILATES

This Pilates class will review beginner mat work and continue to challenge the participant by adding intermediate and some advanced moves. **Class is limited to 15 students. 12 Sessions**
PLEASE BRING A MAT, TOWEL AND WATER.

Instructor: Debbie Nichols

Fee: \$125.00 Time: 7:40-8:40PM, Berry School Gym

Day/Dates: Monday: 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/28, 5/5, 5/12, 5/19, 6/2

JIN SHIN JYUTSU®

Jin Shin Jyutsu (pronounced Jitsu) is an ancient art of harmonizing the energy in the body. It is a way to help restore emotional equilibrium, relieve pain, tension, stress and fatigue and release the causes of both acute and chronic conditions. It activates the body's own innate ability to heal. Though it can be a lifetime study to understand it fully, it is very simple to use. All you need is your two hands. This class will introduce you to the history of Jin Shin Jyutsu and how you can incorporate it into your everyday life. You will learn ways to help yourself and others, starting with the first class, and then build upon that information each week. For more information go to www.jsjinc.net. **6 Sessions**

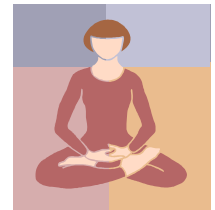
Instructor: Lisa Austin Smith

Fee: \$150 Time/Location: 7-8:30PM, Middle School, Room 174

Day/Dates: Wednesday, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2

YOGA AND MEDITATION

Through this disciplined study, we develop a keen sense of awareness, not only in our physical body but also in our observing mind. In this class there is a strong emphasis on alignment incorporating concepts from Iyengar tradition. Through yoga, the student develops agility, endurance, and balance, helping to achieve harmony of the body, mind, and emotions. The student will gain strength, coordination, flexibility, and an increased sense of well being. **Participants will need a yoga mat and two blankets.**



Meditation: Learn the basic concepts of meditation. As we sit quietly and observe the breath, the mind settles and a wonderful state of calmness and awareness prevails. Learn meditation techniques and develop a personal meditation practice. **All classes take place in the Rockwell School Gym. Please specify day and Yoga only or Yoga/Meditation on Registration Form. Both classes are 10 sessions.**

Instructor: Marlene Tendler

MONDAY CLASSES:

2/25, 3/3, 3/10, 3/24, 3/31, 4/7, 4/21, 4/28, 5/5, 5/12

WEDNESDAY CLASSES:

2/27, 3/5, 3/12, 3/19, 4/2, 4/9, 4/30, 5/7, 5/14, 5/21

Yoga only \$115.00 5:30-7:00PM
Yoga /Meditation \$160.00 5:30-7:30PM

Yoga only \$115.00 6:30-8:00PM
Yoga/Meditation \$160.00 6:30-8:30PM

**** (Class extended for guided meditation)**

FENCING

MODERN FENCING

These courses are designed for the novice to intermediate student and may be used for recreational fencing as well as a stepping stone to competitive fencing. Tom Ciccarone and associates teach the course. All equipment is provided. The course is 2 hours of training and open fencing. Directions and more information can be found at www.candlewoodfencing.com. ***Please note: Membership to the US Fencing Association must be purchased on the first night of class for \$50.00. This fee is for a 1-year membership and covers the cost of membership, insurance and American Fencing magazine. Membership Checks should be made payable to USFA (US Fencing Association) and brought to your first class. Do not include the check with your registration payment which is payable to Bethel Continuing Education.*

Classes are held at the Candlewood Fencing Center, 272 White Street, Danbury (corner of Shalvoys Lane & White St., 2nd floor of the Federal Towing and Car Care Building)

Fee: \$120.00 10 Sessions

SABRE FOR BEGINNERS (Ages 12 to adult)

Monday 7:30PM

Class starts March 31

FOIL FOR YOUNG ADULTS (Ages 12 to adult)

Wednesday 7PM

Class starts April 2

MODERN EPEE (Ages 16 to adult)

Friday 7:30PM

Class starts April 4

PEEWEE FOIL (Ages 8-12)

Saturday 10AM

Class starts April 4

PEEWEE SABRE (Ages 8-12)

Saturday 11:30AM

Class starts April 5



Online courses are available at www.ed2go.com/bethel. All courses are instructor-facilitated and run for six weeks with a two week grace period. Courses are project oriented and include lessons, quizzes, hand-on assignments, discussion areas, supplementary links, and more. Course topics include: Web & Computer Programming; Computer Applications; Graphic Design; Digital Photography & Video; Languages; Test Prep; Grant Writing; Accounting; Teacher Prep; Parenting, and so much more!

Please call our office at 794-8637 with questions.

OUR INSTRUCTORS

Jan Brown: Jan is a Consultant for Tomboy Tools. Tomboy Tools empowers woman to care for their homes.

Linda Chiara: Linda is a seasoned nonfiction and fiction writer with over 20 years of experience. Her work has appeared in Readers' Digest, Woman's Day, Family Circle and Ladies Home Journal. Her work for children has been published in State Testing Preparation Books and in Boys' Life. In addition, she has helped her family and friends get organized. Linda has taught in area Continuing Education programs for over 10 years.

Dr. John Cleary: Dr. Cleary has been a Bethel resident since 1966. After 37 years of teaching English, he retired in 2002. He has taught SAT prep courses for over 20 years and has been a practitioner of hypnosis since 1985. He has written copy for the former Bethel Home News and, for a while, wrote a column on etymology for the Bethel Beacon.

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

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

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

Debbie Nichols: Debbie has been a fitness instructor for 17 years. She teaches choreographed aerobics, step, circuit and interval training. She has been teaching Pilates for three years.

Jamie Squatriglia: Jamie taught at Bethel High School for six years. She taught college algebra, algebra II, algebra 1A and 1B, informal geometry, SAT prep and math college prep. Jamie is currently tutoring for SAT Prep as well as other math courses ranging from middle school to college level.

Lisa Austin Smith: Lisa is a Jin Shin Jyutsu practitioner and has been practicing locally since 2003. Upon her first introduction to the art in 1999, she realized this was the perfect compliment to her personal approach to health and well-being.

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

Curtis Tipton: Curtis is a musician and teacher with degrees from the University of Tennessee, Leslie University and Columbia University. He has been a music teacher in Greenwich for the last 18 years.

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

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