Enrichment Classes
& Day Trips

Waterbury Adult Education

2016 Summer - Fall Enrichment Brochure

11 Draher Street
Waterbury, CT 06708
(203) 574-8038
IF YOU NEED MORE INFORMATION OR HAVE ANY QUESTIONS, PLEASE CONTACT THE ADULT CONTINUING EDUCATION OFFICE. (203) 574-8038  FAX (203) 597-3438

Mr. Antonio Musto, Principal

Patricia Dawson, Counselor High School Diploma Program

Lynn Bacik, Enrichment Program Contact

Janette DeBiase, ESL & Citizenship

Donald McCasland, Phlebotomy Coordinator

Charles Colella, CNA Coordinator

Roxanne Monaco, Program Facilitator

Superintendent of Schools
Dr. Kathleen M. Ouellette

Mayor
Honorable Neil M. O’Leary

Location of Classes:

Waterbury Adult Education
11 Draher Street
Waterbury CT 06708

Kennedy High School
422 Highland Ave
Waterbury CT 06708

West Side Middle School
483 Chase Parkway
Waterbury CT 06708

WATERBURY ADULT CONTINUING EDUCATION WEBSITE

www.waect.com

Waterbury Adult Continuing Education is an Approved Pearson-Vue Testing Center for GED®
Waterbury Adult Continuing Education

Free Adult Education Classes:
Registration for ABE, ESL, GED or Citizenship classes are available for:
Waterbury, Wolcott, Prospect and Beacon Falls residents only

ADA/Discrimination Statement:
Waterbury Adult Education, and the Connecticut State Board of Education does not discriminate in admission to, access to, treatment in, or employment in its services, programs, and activities, on the basis of race, color, or national origin in accordance with Title VI of the Civil Rights Act of 1964 (Title VI); on the basis of sex, in accordance with Title IX of the Education Amendments of 1972 (Title IX); on the basis of disability, in accordance with Section 504 of the Rehabilitation Act of 1973 and Title II of the Americans with Disabilities Act of 1990 (ADA), or on the basis of age, in accordance with the Age Discrimination Act of 1975 (Age Discrimination Act); or any other protected status, such as sex orientation. To file a complaint alleging discrimination or harassment by Waterbury Public Schools on the basis of race, color, national origin, sex, disability or age, under Title IX, Section 504, the ADA, the Age Discrimination Act, or their respective implementing regulations, or any other protected status such as sexual orientation, please contact: Waterbury Adult Education, 11 Draher Street, Waterbury, CT 06708; Contact: Roxanne Monaco (203) 574-8038.

General Accessibility and Accommodation:
All activities offered by Waterbury Adult Education are held at handicapped accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Roxanne Monaco at 203-574-8038.

Connecticut State Dept. of Education Affirmative Action Statement:
It is the policy of the Connecticut State Board of Education that no person shall be denied benefits of, or otherwise discriminated against, under any program, including employment, because of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, mental retardation, and past/present history of mental disorder, learning disability or physical disability.

Storm Closings
If Waterbury Public Schools are closed or released early due to inclement weather, the enrichment and mandated program classes will not be held. Classes cancelled due to inclement weather will be made up at the end of the semester. Please check the Waterbury Public Schools website for closings or the local news channels for cancellations.

GED
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, Mathematics and Reasoning through Language Arts. Instructors will also review the official website (GED.com) where students can access related exam information and exam registration procedures. Eligibility for Connecticut GED® exam requires students to be at least 17 years old and officially withdrawn from school for 6 months. All 17 year olds must submit a withdrawal form with a parent/guardian signature. Individuals who are 18 years of age may submit, in lieu of a withdrawal form, a letter from their last high school 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 GED.com and complete the process in person at:

Waterbury Adult Education, 11 Draher Street, Waterbury, CT 06708.

Individuals with a documented disability who require special accommodations to take the GED® preparation classes should contact Roxanne Monaco at 203-574-8038 or email at rmonaco@waterbury.k12.ct.us

Request for special accommodation forms for GED® testing may be accessed through GED.com.
Mandated Classes

Offered by Waterbury Adult Education are Free of Charge and no fee for any textbooks or materials used in the mandated program areas are charged to the residents of the following towns: Waterbury, Wolcott, Prospect and Beacon Falls

Free Classes are as Follows:

**ADULT HIGH SCHOOL CREDIT DIPLOMA PROGRAM**

The High School Credit Diploma Program provides students the opportunity to earn credits toward a high school diploma. Transferred credits from accredited high schools and other adult education programs are accepted. Upon the successful completion of 21 credits (a minimum of 2 must be earned at Waterbury Adult Education), students are awarded a City of Waterbury High School Diploma.

The High School Credit Diploma Program allows you to go beyond the traditional classroom, and use your PC to earn credits at home. This component affords you flexible hours.

Contact the Guidance Office for eligibility and availability of Distance Learning courses.

**ESL PROGRAM** (English for Speakers of Other Languages)

The ESL Program offers limited-English speaking adults instruction in listening, speaking, reading, and writing. Classes are provided for all English proficiency levels. Career development, computer literacy, and civics literacy activities are integrated into the instructional design. Morning, afternoon, and evening classes are available at Waterbury Adult Education Learning Center and other Satellite Sites.

Contact Ms. DeBiase (203) 574-8038

**ADULT BASIC EDUCATION (ABE)**

The ABE program is a highly individualized program of instruction targeted toward adults who are interested in increasing their reading, math, and writing skills. ABE teachers align course content within the competencies and content standards of the Comprehensive Adult Student Assessment System. Instructional strategies are designed to meet the student’s individualized needs.

**CITIZENSHIP**

The Citizenship class prepares adults for the U.S. citizenship examination. Focus is placed on U.S. History and Civics education. Questions and characteristics of the exam are reviewed and examined. Students practice written and oral skills in relation to the exam and daily life skills. Guidance through the Naturalization application process is provided.

Morning classes at Kennedy High School
Tuesday & Thursday at 6:00 pm

**Literacy Volunteers of Greater Waterbury**

This free program, in cooperative partnership with Waterbury Adult Education, offers one on one or small group instructions for adults who need help learning to read, write, and speak English. LVA provides instruction in ABE, ESL, and Citizenship through the combined efforts of trained volunteers.

LVA is located at Silas Bronson Library, 267 Grand Street, Waterbury, CT
For more information, contact Vanessa (203) 754-1164
The Following Classes & Trips are open to the Public with accompanying fee

Healthcare Careers

CERTIFIED NURSING ASSISTANT PROGRAM

Join the country’s fastest growing career field! This State approved training and competency evaluation program will prepare students to function as nursing assistants in hospitals, nursing centers, and home care settings. The ten week courses are taught by certified nurses. Topics include vital signs, bed making, bed bath, transfers, lifts, and other nursing assistant skills.

Students will be provided with seventy-five (75) hours of nursing theory and sixty (60) hours of increased supervised clinical instruction. Emphasis will be on nursing assistant responsibilities and limitations as well as legal and ethical aspects of the nursing assistant role.

Teacher: Hollye Lew  
Location: Waterbury Adult Education  
Monday, Tuesday and Thursday  6:00 pm to 9:00 pm  
Clinical Theory: Saturday 7:00 am to 3:30 pm or Wednesday  
Date: Call (203) 574-8038 for next scheduled class  
Cost: $750.00 includes text books and Nursing and Clinical Theory  
Plus $118.00 made payable to Prometric for state exam

NATIONAL CERTIFIED PHLEBOTOMIST

This 200 hour, 3 and 1/2 month course will train students to perform the task of venipuncture in accordance with National Phlebotomy Association standards.

Anatomy, physiology, medical terminology, body systems, infection control, OSHA regulations, liability and malpractice, quality assurance, EKG, CPR, First Aid safety, clinical, and hospital administration will be covered thoroughly.

Successful completion of this program will earn national certification from the National Phlebotomy Association that is recognized in all fifty (50) states and Puerto Rico.

Teacher: Charles Colella  
Location: Waterbury Adult Education  
Morning Classes: Monday through Thursday  9:00 am to 12:30 pm  
Summer Session  
Monday through Thursday  8:30 am to 12:30 pm  
Date: Call (203) 574-8038 for next scheduled class  
Cost: $1200.00 includes text books and National Phlebotomy Exam
Languages

**Italian I**
Learn how to converse in Italian for travel or for conversation. **Maria Vigliotti** will teach you basic Italian the easy way. Learn through games and role playing and gain the skills to communicate effectively to order food in restaurants, ask basic questions, understand directions, read and write simple Italian text, and practice correct pronunciation.

Teacher: Maria Vigliotti
Kennedy High School
Tuesday: 6:30 pm to 8:30 pm
Start Date: September 27, 2016
Duration: 6 Week Course
Cost: $60.00

**Spanish I**
Learn Spanish you'll actually use in conversation. Develop the use of vocabulary, expressions, and verbs. This course will help you understand the basic structure of the language and learn to converse with friends and colleagues.

Teacher: Connie Scarfone
Kennedy High School
Monday: 6:30 pm to 8:30 pm
Start Date: September 26, 2016
Duration: 6 Week Course
Cost: $60.00

**Spanish II**
Continue learning Spanish you'll actually use in conversation. Further develop the use of new vocabulary, idiomatic expressions, and the past and future tense of verbs. This course will put greater emphasis on developing your speaking ability. You will create your own dialogues on topics relating to your personal needs as well as improve your Spanish literacy by reading several excerpts of Spanish and Latin American literature.

**Prerequisite: Conversational Spanish I**

Teacher: Connie Scarfone
Kennedy High School
Monday: 6:30 pm to 8:30 pm
Start Date: November 14, 2016
Duration: 6 week course
Cost: $60.00

Cuisine

**Supper Club with Rose**
We will cover basic Italian cooking techniques, from simple marinara sauce to Italian roasted chicken, concentrating on “healthy fare”. Rose will teach you how to prepare healthy, hearty meals; including appetizers, pasta, grains, vegetables, meats, and deserts! Emphasis is on using fresh authentic ingredients and learning to use them in everyday cooking.

Teacher: Rose Forte
West Side Middle School
Thursday 6:30 pm to 8:30 pm
Start Date: September 29, 2016
Duration: 10 Week Course
Cost: $90.00 plus food cost
**Computers**

**Basic Computer**
This class will provide basic instruction from turning the computer on, to using the mouse, to performing basic computer tasks, such as windows navigation, internet navigation, file management, email, and Microsoft Office Word introduction.

**Teacher:** Dow Golden  
Kennedy High School  
**Thursday:** 6:00 pm to 8:00 pm  
**Start Date:** September 29, 2016  
**Duration:** 8 Week Course  
**Cost:** $70.00

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**Excel for Beginners**
This beginning Excel class will provide basic Excel skills such as spreadsheet formatting, basic formulas, and functions.  
**Prerequisite:** Basic computer

**Teacher:** Theresa Musso  
Kennedy High School  
**Monday:** 6:00 pm to 8:00 pm  
**Start Date:** September 26, 2016  
**Duration:** 8 Week Course  
**Cost:** $70.00

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**Helpful Courses**

**Medicare 101**
Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This class will educate you on the options and programs available. In addition we will discuss some of the many laws and programs to people over 60, such as the Medicare Saving Program, Maximizing Social Security, Reverse Mortgages, and protecting your assets from nursing homes without having Long Term Care Insurance.  
Seniors and children of seniors won’t want to miss this FREE Seminar.

**Teacher:** Lou Pelletier  
Kennedy High School  
**Thursday, September 22:** 6:30 pm to 8:00 pm  
**Thursday, October 6:** 6:30 pm to 8:00 pm  
**Wednesday, October 19:** 6:30 pm to 8:00 pm  
**Thursday, October 27:** 6:30 pm to 8:00 pm  
**Thursday, November 3:** 6:30 pm to 8:00 pm  
**Thursday, November 17:** 6:30 pm to 8:00 pm  
**Duration:** One Class Offered 6 Times  
**Cost:** Free

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**Alzheimers at Home: Purposeful Activities for Those with Dementia**
This course is designed for caregivers of loved ones with dementia. Ideas for simple activities that offer a purpose will be introduced. These activities promote independence to provide a much needed break for caregivers.

**Teacher:** Katherine Bryant  
Kennedy High School  
**Wednesday:** 7:00 pm to 8:30 pm  
**Start Date:** September 21, 2016  
**Duration:** 1 Week Course  
**Cost:** $20.00
Don’t Outlive Your Retirement Savings: 3 Simple Retirement Strategies

Did you know that most of the danger in conquering Mt. Everest occurs on the way down?

Many Baby Boomers they may feel that their retirement is not unlike hiking the world’s highest mountain. It’s one thing to summit the mountain and plant your flag of saving success, but it is a different matter these days to remain slow, steady and secure on the way down.

This class, for Baby Boomers, near or in retirement, will take a new angle on ways that can help you not outlive your retirement savings.

Teacher: Sara A. Cogwell
Kennedy High School
Thursday: 7:00 pm to 8:30 pm
Duration: 1 Day
Start Date: October 6, 2016
Cost: FREE

Real Estate Principles and Practices

This course covers all areas required to qualify you to take the State of Connecticut test for a Real Estate license. If you are considering a career in real estate, this class is for you.

By the end of the course you will be able to understand various principles of real estate, concepts of real property, homeownership, agency, brokerage, listing agreements, buyer representation, interest, ownership, legal description, taxes, liens, contracts, title and financing leases. The class will help you understand various practices such as property management, appraisals, land use, property development, fair housing, ethical practices, environmental issues and closing.

Teacher: Judy Caputo
Kennedy High School
Tuesday and Thursday: 6:00 pm to 9:15 pm
Start Date: September 27, 2016
Duration: 10 Week Course (Twice a week)
Cost $400.00, Includes Books

Financial Strategies For Successful Retirement

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and issues that are important to people near retirement. Topics include how to reduce pressure on your retirement income: including which assets are appropriate for retirement income, which are appropriate for future generations, how to make appropriate health care decisions; especially who will provide care, where you live and how you will pay for your health care. We will explore some options that allow you to transfer assets to other generations of your family. By condensing up-to-date financial information into three classroom sessions, this seminar gives you answers you need. An optional financial planning consultation is provided after the class.

Materials fee (optional) of $30 is payable to Instructor first night of classes.

Teacher: Steve Choquette
Kennedy High School
Wednesday: 6:30 pm to 8:30 pm
Start Date: September 28, 2016
Duration: 3 Week Course
Cost: $40.00
**Photography**

*Taking Control of Your Camera*

You will learn how to take TOTAL control of your camera to capture the images that you want and not what the camera maker thinks you want. Please bring a DSLR type camera or a camera that you can set to a manual mode and be able to adjust the aperture, shutter speed and ISO on it.

Teacher: Michael Spiegel  
Kennedy High School  
Monday: 6:30 pm to 8:30 pm  
Start Date: September 26, 2016  
Duration: 6 week course  
Cost: $60.00

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**Introduction to Photoshop**

Learn some of the tools in the most powerful image editing software Adobe Photoshop. You will need to bring in your laptop with Photoshop already on it or once you come to class we will assist you in getting at least a trial version onto your machine.

Teacher: Michael Spiegel  
Kennedy High School  
Wednesday 6:30 pm to 8:30 pm  
Start Date: September 28, 2016  
Duration: 6 week course  
Cost: $60.00

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**Meditation**

*Beginning Meditation*

This class will teach you how to meditate and apply it to your daily life. There are specific techniques which are easy to learn but take time to do well. Three important methods will be taught and during each class there will be two or three meditations. If you practice the techniques taught in the class on a daily basis, you will strengthen your mind, gain greater control over your thoughts, have noticeably increased energy throughout the day, and be able to handle difficult situations more easily. As a result you will become happier.

Teacher:  
Kennedy High School  
Monday 6:30 pm to 8:30 pm  
Start Date: September 26, 2016  
Duration: 6 week course  
Cost: $60.00

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**Integrative Yoga For All Ages**

This Hatha Yoga class will focus on providing relief from basic aches and pains and tension that is held deep within the body. We will accomplish this objective by learning to stretch and synchronize breathing, then letting go of tension and anxiety by exhaling. The class will introduce postures to strengthen and open various parts of the body and breathing practices to stimulate and relax the nervous system. The physical postures called asana, breathing exercises called pranayama and relaxation at the end of each class will improve strength, flexibility and endurance. Studies have proven that yoga participants over time show a decrease in tension, anxiety, and depression as well as an increase in self-awareness and self-esteem and overall physical and mental health.

Teacher: Ann DiLorenzo  
Kennedy High School  
Tuesday 6:00 pm to 7:30 pm  
Start Date: September 27, 2016  
Duration: 6 week course  
Cost: $60.00
Arts and Crafts

**Beginning Floral Design**

This 8 week course is designed to teach the basics of floral design. Every week you will bring home a piece to treasure. For the first week of class please bring $5 to the teacher for supplies. The following weeks the teacher will provide a list of supplies needed for each class.

Teacher: Linda Scaglione
Kennedy High School
Tuesday from 6:00 pm to 8:00 pm
Start Date: September 27, 2016
Duration: 6 Week Course
Cost $65.00

**Sewing Basic**

Whether you are a first time sewer or advanced sewer, this class will introduce you to the basics of sewing or help you build your skills. You will learn sewing terms, selecting the proper fabrics, reading a pattern envelope, laying fabric and pattern, and cutting fabric. Bringing your own sewing machine is recommended, but not required. Prior knowledge of threading a machine is recommended.

Teacher: Barbara Balnsis
Kennedy High School
Monday From 6:00 pm to 8:30 pm
Start Date: September 26, 2016
Duration: 8 week course
Cost: $80.00

**Beginning Bead Making**

Students will be learning to make artful beads out of polyclay. It is a durable material that is versatile, beautiful and strong. We will be experimenting with caning techniques for the purpose of making beautiful original bracelets, pendants, earrings, and beads. Any one can learn these techniques. It is not necessary that new students take my beginning jewelry class.

Teacher: Patti Dahl
Kennedy High School
Tuesday From 6:00 pm to 8:30 pm
Start Date: September 27, 2016
Duration: 6 week course
Cost: $60.00
We're off to the races! It's race time and the excitement fills the air at the world-renowned SARATOGA RACE COURSE. Come see where the Champion Man O' War lost his only race. Debuting in 1863, it is the oldest race track in America. Enjoy the best in horse racing.

Admission & Reserved Grandstand Seating

Lunch on own at the raceway – There are many restaurants and concession stands to choose from, or you may bring your own picnic.

COST: $90 pp based on 40-52

Depart: 8:45a Chase Parkway Commuter Lot

Estimated Return: 10:00p Waterbury

For Reservations: Waterbury Adult Education
203-574-8038
Broadway, here we come!

ORCHESTRA SEATS!
Stephen Sondheim Theatre

Saturday, September 17, 2016 MATINEE

In the summer of 1960, a teenage girl from Brooklyn walked into a Manhattan recording studio and started writing the songs that would shape a generation.

Her name is Carole King. Her Story is “Beautiful”

• “Beautiful” tells the story of Carole King from her early days as a Brooklyn teenager struggling to enter the record business to her years spent as a chart-topping music legend. This powerful show gives Broadway lovers everything they love. Classic songs, dancing, and performances you won’t soon forget... It’s like going to a musical, play and concert all rolled into one!

• Time prior to the 2:00p performance to do some shopping and enjoy one of the many restaurants in the Theatre District...

COST: $175 pp based on 40-52

Depart: 8:30a Chase Parkway Commuter Lot, Waterbury
Estimated Return: 7:30p Waterbury

Reservations: Waterbury Adult Education 203-574-8038
Waterbury Adult Education presents:

**LOCKS & LUNCH CRUISE**

**ALONG THE HUDSON RIVER**

**Troy, NY**

**Saturday September 24, 2016**

The *Captain J.P. II* is by far the largest and most lavish cruise vessel in the Capital Region of upstate New York with 3 enclosed decks, buffet lunch, and entertainment.

Enjoy a **3-hour cruise** aboard the Captain JP to the **locks north of Troy** and watch as the captain skillfully maneuvers the boat into the locks, where it is then raised approximately 17 feet, and then lowered back down on the return trip.

It is exciting, informative, and educational.

Enjoy a complete **hot and cold buffet** with **onboard entertainment** as we sail along.

Sample Buffet menu: three hot entrees, rice pilaf, vegetable medley, tossed salad, rolls & butter, ice tea, dessert.

Stop at Goold Orchards / Brookview Winery en route home. Bring home some goodies!

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**COST:** $96. pp based on 40-52

**Departure:** 8:00am Chase Parkway Commuter Lot

**Estimated Return:** 7:00pm Waterbury

**Reservations:** Waterbury Adult Education

203-574-8038
Waterbury Adult Education Presents:

Celebrate Oktoberfest
Log Cabin, Holyoke, MA

October 23, 2016 — FABULOUS SUNDAY BRUNCH

Fall Foliage in the Heart of the Pioneer Valley!

Join us for a fun filled day of German Celebration.

German Band...the Jolly Kopperschmidts!

Upon Arrival
Mimosas, Bellini’s & Assorted Juices

Sweet Temptations
Belgian Waffle Wedges, Maple Cinnamon Buns, French Toast, Pancakes w/asst. Toppings

Hearty Breakfast
Home Fried Potatoes, Bacon, Sausage, Scrambled Eggs

Omelette & Pasta Bar
Chef Made to Order Omelette, Chef Made to Order Pasta, Assorted Toppings

Salad Bar
Fruit Salad, House Garden Salad, Pasta Salad, Shrimp Cocktail

Luncheon Selections
Chef’s Selection of German Style Entrees: Bratwurst, Knockwurst, Jaegerschnitzel & German Potato Salad

Dessert
Ice-Cream Sundae Bar & Apple Strudel

Beverage Service
Coffee, Decaf & Assorted Teas

Enjoy a glass of Beer or Wine ! !

With Warm Pretzels

COST: $94 pp based on 40-52

Reservations: Waterbury Adult Education 203-574-8038

Depart: 9:30 am Chase Parkway— Commuter Lot, Waterbury

Est. Return: 4:30 pm Waterbury
Waterbury Adult Education Presents:

A FAVORITE HOLIDAY TRADITION!

Radio City Christmas Spectacular starring the world-famous Rockettes is back for its 88th year at Radio City Music Hall. Experience the magical line up of the Parade of Wooden Soldiers. Enjoy the wondrous 3D Journey with Santa and his sleigh through the skies of New York. Celebrate the miracle of the first Christmas with the living nativity scene. Dreams come to life with their unique take on the Nutcracker, complete with dancing Teddy Bears and Ice Skaters.

You'll have time following the 11:00am performance to Shop, Grab a bite to eat and Enjoy the city.

Cost: $129.pp based on 40-52

Depart: 7:15a Chase Parkway Commuter Lot
Estimated Return Time: 7:15p Waterbury
Reservations: Waterbury Adult Education 203-574-8038
WATERBURY ADULT CONTINUING EDUCATION
ENRICHMENT COURSES REGISTRATION FORM:

Please mail your registration forms and checks at least one week in advance.

Waterbury Adult Continuing Education
C/O Enrichment Program
11 Draher Street
Waterbury, CT 06708
(203) 574-8038
(Sorry, credit/debit cards not accepted)

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TOTAL $

IF YOU ARE TAKING MORE THAN ONE TRIP OR CLASS
PLEASE ISSUE ONE CHECK PER TRIP OR CLASS

REFUND POLICY: No refunds will be issued unless the course or trip is cancelled.

**WE DO NOT SEND CONFIRMATION OF CLASS**

**Tours & Trips**: The costs for trips or tours are non-refundable. No discounts.

Waterbury Adult Continuing Education Program reserves the right to discontinue, postpone, cancel classes, change staff or change meeting hours if and when conditions warrant. It is the student’s responsibility to contact Waterbury Adult Continuing Education prior to the start of class to inquire whether any changes have been made to the class schedule.