



ARLINGTON CENTRAL
SCHOOL DISTRICT

ARLINGTON

Continuing Adult/Community Education Program Spring 2022 Course Schedule

Welcome to Arlington's Continuing Adult/Community Education Program. We are proud to offer the following classes to Arlington and area resident adults, seniors, teens, and children. Fall classes are being offered as follows:

- a) **All students MUST** wear a mask. Those taking remote classes are not required to do so.
- b) Some classes will be held in person, some will be held remotely (online), and others will be offered both remotely (online) and in person giving students a choice.
- c) Students must maintain a minimum of 3 ft in a classroom setting.
- d) All students must maintain a minimum of 6 ft in physically active classes.
- e) Students taking classes offered online will be sent a Zoom link to join once class is established.
- f) If a student is not feeling well, they must not attend in school classes.
- g) Please note that should the situation arise, locations may have to be switched to remote (online) classes.

If you have any questions or would like to teach a class, feel free to call:

Karen Turcio, Coordinator
845-486-4860 x 32102



Indicates that there are supplies to be purchased before the start of class. These supplies may be purchased at area craft and art stores.

ARTS and CRAFTS

Arts and craft classes are designed for all levels. Novice, beginner, and experienced artisans are welcome and all will work at their own pace.

Crochet

Tina Baglione

Learn the fundamental stitches of crocheting. Class is geared to all levels.

Using a variety of stitches, students will complete a scarf by the end of the session.

Bring a 1 lb skein of acrylic yarn and a J crochet hook.

\$84 ▪ 6:30 - 8:30pm ▪ Rm 1119
Course #9411 ▪ Thu 4/21 - 6/9



Crochet II

For those who have taken Crochet I or have some experience, learn additional stitches and patterns. Bring a 1 lb skein of acrylic yarn and a J crochet hook (more yarn may be required).

\$84 ▪ 6:30 - 8:30pm ▪ Rm 1119
Course #9412 ▪ Wed 4/20 - 6/8

Watercolors and Acrylic Washes

Peter Dama, BFA, MFA



Geared to all experience levels, learn the fine art of painting with watercolors or acrylic washes using photos and the works of old and contemporary masters while learning various brush techniques to express your own creativity. Acrylic washes look exactly like traditional watercolor paints when diluted with water into a transparent wash. If you love watercolor, but have experienced some disappointments, give diluted acrylics a try. Both applications of these mediums will be taught which you may find as a good alternative! Supplies to bring: for Watercolors: Winsor & Newton® Cotman® Watercolor Painting PLUS 12 Tube Set or equivalent *or* for Acrylic Washes: Liquitex BASICS® Acrylic Color Set, 12 Count or equivalent and for both: a palette tray for paints and mixing, 7.0, 4.0 and 2.0 round watercolor brushes plastic container (for water), and 11 x 14" watercolor paper.

\$128 ▪ 9:30 - 11:30am ▪ Room 2313
Course #9612 ▪ Sat 4/23 - 6/18

Digital Photography and Photoshop for Beginners

Rebecca Smith-Paul



Learn the basics of how to use a digital camera and software, and how to download and upload pictures using Photoshop photography software from developing basic photography to digital drawings, creating prints, designs and more.. *Bring a digital camera, flash drive, SD card and USB cable.* Students will send pictures to be developed to a retail outlet of their choice at their expense.

Course #9114 ▪ Mon 4/18 - 5/23
\$144 ▪ 6:30 - 8:30pm ▪ Room 1227

PERFORMING ARTS

Guitar



Tim Holmes

Learn the basics of rhythm and lead guitar including tuning, tablature, chord progressions, riffs, strumming patterns, basic finger-style and 12 Bar Blues. *Students will need an acoustic guitar, a tuner and some picks.*

\$124 • Thu 4/21 – 6/9 ONLINE
Links will be forwarded a day before class begins

Guitar for Beginners (10 yrs+ - Adult)

Course #9446 • 5 – 5:50pm

Guitar Level II (HS & Adult)

Pre-Requisite Beginner Course or other experience

Course #9447 • 6 - 6:50pm

Guitar Level III (HS & Adult)

Pre-Requisite Beginner Course or other experience

Course #9448 • 7 - 7:50pm

BALLROOM DANCING



Learn patterns and different styles of Ballroom Dance with professional dancer, **Esther Odescalchi**.
\$96 • Tues 4/19 - 6/7 • Caf B

Beginner Ballroom & Latin Dancing

This class will cover the basic patterns of foxtrot, waltz, rumba, cha cha, swing, and merengue.

Course #9244 • 6 - 7pm

Intermediate Ballroom & Latin Dancing

For experienced dancers, this class introduces intermediate/advanced patterns for dances taught in the basic class and includes additional dances such as the tango and polka.

Course #9245 • 7 - 8pm

Salsa & Latin Dances

Learn to dance to the music of the 70's in this hip moving class.

Course #9246 • 8 - 9pm

*“The capacity to learn is a gift;
The ability to learn is a skill;
The willingness to learn is a choice.”*

Brian Herbert, House Harkonnen

BROADWAY



MJ the Musical One of the greatest entertainers of all time, now, Michael Jackson's unique and unparalleled artistry has finally arrived on Broadway in a brand-new musical. Centered around the making of his 1992 Dangerous World Tour, and created by Tony Award(R)-winning director/choreographer Christopher Wheeldon and two-time Pulitzer Prize winner Lynn Nottage, *MJ* goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Jackson into legendary status! Appropriate for ages 8+. Fee includes Front Mezzanine seats and charter bus transportation. Park in the Arlington HS Music parking lot (first on the right after entering the main entrance). Bring money for dinner after the program (place and price TBA).
(sorry, no discounts)
Course #9641 • Sat June 11
10:30am - 9:30pm • \$184 per person

**Register early
to guarantee class
and placement
(see page 5 for
registration information
and registration form)
or go to:**

<https://arlingtonschools.revtrak.net>



COLLEGE ENTRANCE EXAM REVIEW CLASSES

Our **ONLINE SAT Review** classes are designed to be completed in time to take the June 4 and future SAT exams. *Students will receive one text book to use for both classes. Bring notebook, pen, pencils, eraser, highlighters and calculator (for Math only).*

SAT Verbal Prep Class

Mrs. Susan Pung

Review vocabulary, improve reading skills, and writing, including sentence structure and completion.

\$158 • 6:30 - 8:30pm • ONLINE

Choose:

Course #9252 • Tue 4/5 - 5/31

Course #9452 • Thu 4/7 - 6/2

Math SAT Review Class

Ms. Alexandria Cropley

Review the math curriculum, including word problems, fractions, decimals, and equations. • **ONLINE**

\$158 • Mon 4/4 - 5/23 + Wed 6/1

Course #9156 • 6:30 - 8:30pm

Course #9157 • 4 - 6pm

(Classes will be held on 4/18)

HEALTH, FITNESS & WELL-BEING

For all fitness classes, bring a water bottle and towel. Wear loose fitting, comfortable clothing and sneakers.

Walking - Natural Fitness

Shari Ciorciari

Whatever your age, ability or body type, a lifetime of fitness is right at your feet! No expensive equipment needed, just a sturdy pair of sneakers. Each class will include simple stretching, a walking phase appropriate to your fitness level, and a cool down. Group walking in a comfortable indoor environment will make your workout a pleasure. Bring handweights for more of a workout.
Course #9861 • Tue & Thu 4/19 - 5/26
\$24 • 6 - 7 pm • Main Lobby



Circuit Training

Mary Beth Neils

Join this 45 minute Circuit Training class alternating between strength, body weight, cardio and core exercises. This class is ideal if you are looking for a calorie-burning, strength-training full body energetic workout. A mat is preferable and a set of dumbbells (lbs vary per individual).

Tuesdays ▪ 5:15 - 6 pm
\$84 ▪ Course #9264 ▪ 4/19 - 6/21

Cardio Kickboxing

Mary Beth Neils

Come join Cardio kickboxing! This one hour high-energy cardio workout builds stamina, improves coordination and flexibility, and burns lots of calories as you punch and kick to motivating music. Leave class feeling empowered!

Tuesdays ▪ 6:15 - 7pm
\$84 ▪ Course #9267 ▪ 4/19 - 6/21



Yoga for all Levels

Gina Luna-Maserjian

This 60 minute class is offered both online and in person and includes pranayama, mediation, asana, and relaxation; folding all the essentials and benefits needed for a good Yoga foundation, including important tips to tailor your Yoga practice for your individual needs.

Course will cover yoga basics and essentials for a full yoga practice consisting of: meditation, stretching, toning & strengthening, yoga asana and relaxation. Learn fun and playful ways to be with yourself on and off the mat while increasing your flexibility and strength, both emotionally and physically. Students should create a yoga space, close enough to a wall, if possible, and will need a sticky mat, 2 blocks, 1 strap, 2 yoga blankets, or large towels, or cushion.

\$80 ▪ Wednesdays 4 - 5pm
Course #9364 ▪ Wed 4/20 - 6/8



American Red Cross Lifeguard Certification And Lifeguard Recertification Classes (@Vassar College)

Mrs. Pamela Terwilliger

Lifeguarding Base Level (initial)
Certification Class Dates: (all required)
Mon 4/25, Wed 4/27, Fri 4/29,
Mon 5/2 and Wed 5/4
from 5 – 9pm *and*
Sundays 4/24 & 5/1 from Noon – 6pm

Requirements: Precourse skills include 300 yd with combination of freestyle and breaststroke (but not allowed to swim on back); tread water for 2:00 using only legs w/ hands under armpits; start in water and swim 20 yd, surface dive to 8 ft and retrieve 10-lb dive brick, swim on back to start point with both hands on brick, exit water using ladder in under 1 minute 40 seconds; must be minimum 15 years of age. 550 yard swim required for Waterfront certification plus an additional underwater swim.

Those who do not pass the pretest will be assessed a \$50 non-refundable registration fee.

Inquiries: Pam Terwilliger,
Instructor p_terwilliger@hotmail.com

Course Fee: \$360 (includes Red Cross registration and materials) is due by April 20, 2022.
Course #9805 - Vassar College Field House

Arlington

Summer

Kids

is back!!!

Info coming

shortly

Sessions

begin July 5!

Driver Education Program

High School Students (sophomores, juniors and seniors) age 16 + with a permit, may participate in Arlington's Driver Education Program.

Arlington's Driver Education Program is a NYSED and NYS DMV approved 48 hour course consisting of 24 hours in car (driving, observation, participation performed by parent/guardian and recorded by Arlington Driver Ed Administrator) and 24 hours lecture online instruction.

Mandatory parent/student information and registration, orientation ONLINE meeting for the Summer 2022 sessions be held May 10, 11 & 16.

Registration forms and additional information will be available in April at:
http://ahs.arlingtonschools.org/pages/Arlington_High_School



NY Yankees Baseball

Leave your car at Arlington HS and head down to Yankee Stadium in the Bronx via coach bus. For both games, once at the stadium, we will be served a 1 ½ hour baseball buffet (unlimited hot dogs, hamburgers, chicken tenders, salad, fries and beverages) at the MasterCard area then be seated in Field Level Seats, Sections 133 and First level 232 to watch the game. You will have a little time to walk around the stadium. Bring money for extra drinks, food, souvenirs, etc. Tickets are limited, so be sure to register early to guarantee your seat. *Arlington HS music parking lot – from main entrance, first parking lot on right.*



NY Yankees vs Boston Red Sox

Always a great game to watch! Come watch rivals, Yankees and Red Sox, play for their division title.

Course #9602 ▪ Sat, July 16
\$198 (sorry - no discounts) ▪
3pm – 11pm (depending on length of game)

NY Yankees vs NY Mets

It's the subway series game! Long time cross town rivals battle for the pride of New York.

Course #9102 ▪ Mon, August 22
\$198 (sorry - no discounts) ▪
3pm – 11pm (depending on length of game)



DRIVER SAFETY

5 hour Pre-Licensing Course

Mr. Jan Stark

This course is mandated by New York State Department of Motor Vehicles for all New York State permit holders. Every student needs to obtain a NY State Driver's Course will result in the issuance of MV-278 form, which is needed for road test appointment. This course is being taught online and student is required to have a Zoom compatible computer, laptop, or chromebook to participate. Registration is due 3 days prior to class to guarantee class and placement. Once registered, you will be requested to submit a copy of your permit. Upon submission, you will receive a Zoom invitation to attend class.

Saturday Classes ▪ 9am - 2pm ▪ \$30
Course #96554 ▪ 4/2
Course #96555 ▪ 5/14
Course #96556 ▪ 6/11

Mondays ▪ 4:30 - 9:30pm ▪ \$30
Course #97554 ▪ 4/4
Course #97555 ▪ 4/25
Course #97556 ▪ 5/9
Course #97557 ▪ 5/23
Course #97558 ▪ 6/13

REGISTRATION INFORMATION

- ❖ Registrations will be accepted through the first week of classes providing there is availability in the class.
- ❖ **Early registration is encouraged to assure placement and to avoid possible class cancellation due to insufficient enrollment.**
- ❖ Online payments will be emailed a receipt. Those who pay by check: your canceled check is your receipt.
- ❖ Students may also register by filling out the registration form below and mailing or dropping it off w/payment to Arlington HS.
- ❖ Course fees are per student; per course.
- ❖ Classes will be held at: Arlington High School 1157 Route 55, LaGrangeville (1/2 mile west of the Taconic State Pkwy) unless noted otherwise.
- ❖ Room assignments/building assignments (if other than AHS) are noted in class information.
- ❖ **REFUNDS WILL BE GRANTED ONLY IF CLASS IS CANCELLED.**
- ❖ **Be sure to check if special supplies, equipment, money, etc. are needed.** Bring a notebook, pen, pencil, and other materials requested.
- ❖ **Classes will not be held 4/9 – 4/18, 5/27 – 5/30**
- ❖ All children must be escorted to their classrooms/designated locations and must be picked up from that location as well. (**NO** drop offs!)
- ❖ **Masks are not required unless recommendations change.**
- ❖ **Anyone not feeling well should not attend in-person classes.**
- ❖ **COVID rules and regulations will prevail at the time of classes.**
- ❖ Wear comfortable clothing, **SNEAKERS**, and bring your terrific, sunny disposition!
- ❖ Smoking is strictly prohibited on school premises.
- ❖ If you have any questions, feel free to call: *Karen Turcio, Coordinator* - 845-486-4860 x 32102

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Register online and pay with a credit card: <https://arlingtonschools.revtrak.net>
or... *Make checks/money orders payable to:* **Arlington Central School District**

Drop off or mail payment and registration form to: **Arlington Continuing Education** at Arlington High School
1157 Route 55 LaGrangeville, NY 12540

ARLINGTON Continuing Education - REGISTRATION FORM

Name _____

Address _____

Day Phone: _____ Emergency Phone: _____

Emergency Contact: _____

Email Address: _____

	Student Name	Age	Course Title	#	Size	Fee
1						
2						
3						
4						
			TOTAL			\$