



ARLINGTON CENTRAL  
SCHOOL DISTRICT

# ARLINGTON

## Continuing Adult/Community Education Program Fall 2018 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, children, teens, and seniors. If you have any questions or would like to teach a class, feel free to call:

Karen Turcio, Coordinator  
845-486-4860 x 32102

### 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.*



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

#### Watercolors

Peter Dama, BFA, MFA

Learn the fine art of painting with watercolors using photos and the works of old and contemporary masters using various brush techniques to express your own creativity. This class is geared for all experience levels. *Supplies to bring: Watercolor tubes- Ultramarine Blue, Alizarin Crimson, Cadmium Yellow Medium, Cadmium Red Light, Burnt Umber, Viridian, Palette tray for paints and mixing, plastic container (for water), 7.0, 4.0 and 2.0 round watercolor brushes and 11 x 14" watercolor paper.*



Course #2611 ▪ Sat 10/13 - 12/15  
\$98 ▪ 9:30 - 11:30am ▪ Room 2313

#### Zentangle®

Bohdanna Murynec



*Zentangle® method is a way of creating beautiful images from repetitive patterns (no artistic ability is required).*

*Anyone can learn and produce intriguing pieces using fun and lighthearted simple steps which support relaxation, focus and inspiration.*

#### Zentangle® Basics

Want to know what Zentangle is all about? Learn about the philosophy of this new art form. You don't have to be an artist to discover the calm and beauty of creating a small work of art "one stroke at a time."™ A materials fee of \$8 is payable to instructor at the first class.

Course #2316 ▪ Wed 10/3 - 10/17  
\$38 ▪ 6:30 - 8pm ▪ Room 1329

#### Zentangle®

##### Inspired Zenbuttons

prerequisite - Zentangle® Basics

Explore new approaches to tangling in the round. Zenbuttons are the creation of CZT Marguerite Samama of the Netherlands. Inspired by Dutch Delftware, Marguerite has also tangled in blue which will be additional focus of this class. Students will use pens and pencils from previous classes. A materials fee of \$8 is payable to the instructor at the first class.

Course #2318 ▪ Wed 10/24 - 11/14  
\$50 ▪ 6:30 - 8pm ▪ Room 1329



*Look for these happy faces for classes designated for elementary and middle school aged students. Parents/Guardians must escort students to and from classroom but are not required to stay.*

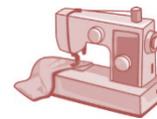
#### Basic Sewing

Meegan Veeder-Shave



Sewing machine collecting dust? If you need to learn basic sewing skills for the first time or just need to get forgotten skills back, why not take this basic sewing class? Learn all you need to know through a series of simple, easy-to-make projects that are great for gifts or for yourself. These projects will cover the basics while providing you with a real sense of accomplishment. So bring a portable working sewing machine with its manual, hand sewing needles, extension cord, bobbins, threads, scissors, straight pins, tape measure, and scrap fabric. Students will need to buy fabric/supplies after the first class. Course fee includes textbook.

Course #2192 ▪ Mon 10/15 - 12/17  
\$144 ▪ 6:30 - 8:30pm ▪ Room 1119



#### Photoshop for Beginners

Rebecca Smith-Paul



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

Course #2414 ▪ Thurs 10/11 - 12/6  
\$134 ▪ 6:30 - 8:30pm ▪ Room 1227



## Kids Drawing

Rebecca Smith-Paul



Students, (ages 8 - 12) will explore and learn the basic drawing techniques and composition, drawing from a still life or a photo, studying highlights, darks, and shades and then bring in color while creating beautiful pictures to give as gifts or frame by the end of class. Supplies to bring: pencil case, pencil sharpener, drawing pencils: HB #2B, 4B, 6B, 8B, and 4H, blending stumps, a Staedtler white eraser, and a 16x24 drawing pad. Course #2411 ▪ Thu 10/11 - 11/15 \$84 ▪ 4:30 - 6pm ▪ Room 2313



## Watercolors for Kids (Grades 4 - 8)

Rebecca Smith-Paul

Learn about the basics of painting in watercolor. Students will complete multiple images while learning various painting techniques and styles. Supplies to bring: pens, pencils, markers, erasers, paper plates for palette, plastic container for water, a rag and a paint smock. Course #2212 ▪ Tue 10/2 - 11/6 \$84 ▪ 4:30 - 6pm ▪ Room 2313



## Quilting

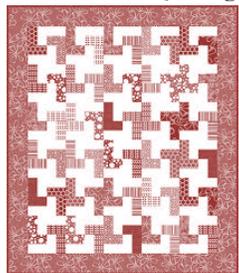
Meegan Veeder-Shave

Students will create a timeless heirloom by learning different piecing and quilting techniques in this 15 hour course. Quilting classes do require



students to have a basic knowledge of sewing and how to use a sewing machine. We will be creating a baby size quilt /wall hanging.

Initial supplies needed: a sewing machine, extension cord, rotary cutter, cutting mat, 12 1/2" square rotary cutting ruler (Omnigrd preferred), iron, white or cream thread, scissors, pins, safety pins for pin basting, hand sewing needle (size 9 or 12 sharp), pencil, notebook, and pen. The first week's class will be to discuss equipment/ supplies to buy and how to pick out a color scheme. Course #2491 ▪ Thu 10/11 - 11/15 \$134 ▪ 6:30 - 9pm ▪ Room 1119



## Holy Creative Cartooning!

Chris Shave

Do you doodle during meetings? Do you enjoy telling stories? Are you looking for a way for those doodles and funny anecdotes to become something more? Explore the art of cartooning in this class by developing your ideas to create your own comic strip characters and stories and along the way you might just discover your inner Jim Davis, Walt Disney or Gary Larson.



Whether you are looking to cartoon as a form of personal journaling, as a way of enhancing your presentations at work, or as an artistic endeavor, you will learn to blend powerful words and images to tell a compelling, interesting and exciting tale. Don't worry about your ability to draw as long as you have the heart of a storyteller. Bring an 11x17 sketch pad, pencils, colored pencils, erasers and a ruler.

Course #2317 ▪ Wed 10/3 - 11/28 \$138 ▪ 6:30 - 8:30pm ▪ Room 2313



## Cornell Cooperative Extension Dutchess County

*Arlington Continuing Education Program has made a partnership with Cornell Cooperative Extension in presenting a variety of workshops. CCEDC Master Gardener Volunteers will lead the way in educating and presenting the following classes. "Fall" in Love with Gardening All Year. The arrival of autumn does not mean you need to stop gardening. Learn about great fall garden activities.*

\$15 (each course) ▪ 6:30 - 9pm ▪ Rm 1119

### Putting the Garden to Bed in the Fall

What you do to clean up your garden in the Fall can protect your garden through all kinds of winter weather, and make for an even more welcome spring. Learn how to tuck in plants such as garlic to harvest next year.

Course #2291 ▪ Tue 10/2

## Dividing Perennials

Is there a traffic jam in your garden? Are your perennials getting floppy or losing vigor? Do you want to multiply your favorites for other spaces in your garden or for friends? This presentation will give you the Why, When and How of dividing perennials with different root systems, as well as planting and caring for your new divisions.

Course #2492 ▪ Thu 10/11

## Extending Your Growing Season

Extend your growing season for continued harvests of cool weather veggies! Learn to build a low cost poly-tunnel from inexpensive, readily-available materials, to mount on top of an existing raised bed.

Course #2493 ▪ Thu 10/18

## Deer Defense:

### *How to Co-exist with the Wiliest of Wildlife*

There are lots of ways to garden in Dutchess County without sacrificing all your hard work to marauding deer. This presentation uses Cornell research-proven methods in three categories: Barriers, Repellents and Alternative Landscape Choices. You will be given several resources and the best ideas available for deer-resistant landscape plants and perennials.

Course #2494 ▪ Thu 10/25

## PERFORMING ARTS

### Guitar for HS/Adults

Ed Mullaney

Learn the basics of rhythm and classical guitar including reading music, playing "by ear," tuning, basic chords, chord progressions and basic finger-style.

*Bring acoustic guitar.*

Course #2142 ▪ Mon 10/15 - 12/17 \$180 ▪ 7 - 8:30pm ▪ Room 1216

### Line Dancing

Kactus Keith Doughty

Beginners will have fun learning classic line dancing as well as some of the newest dances.

Experienced dancers will be challenged with quicker steps. Wear shoes that will allow you to slide.

Course #2445 ▪ Thu 10/11 - 12/6 \$100 ▪ 7 - 8:30pm ▪ Caf B



## BALLROOM DANCING

with Esther Odescalchi



*Novice, beginner, or seasoned ... come learn to dance. Partners not needed. Be sure to wear comfortable clothing and shoes that you can slide in.*

\$92/person ▪ Tues 10/2 - 11/27 ▪ Caf B

### Beginner Ballroom and Latin Dancing

Learn the basic patterns of foxtrot, waltz, rumba, cha cha, swing, and merengue.

Course #2244 ▪ 6 - 7pm

### Intermediate/Advanced Ballroom and 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 #2245 ▪ 7 - 8pm

### Latin/Hustle

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

Course #2246 ▪ 8 - 9pm

## CULINARY ARTS

### COOKING

with Chef Jeremy Losee

*Bring your aprons and your appetites and try our culinary classes. Each class requires a \$38 ingredients fee to be paid to the instructor at the first class. Students will take home recipes and a sampling of what they make.*

\$96 ▪ 6:30 - 9:30pm ▪ Room 1429

### Soup's On

*Mmmm mmm good!* Learn the secret of making good soups. From clear to cream, vegetarian to meaty, light to hearty, simple to fancy ... Proper food handling techniques will also be covered.

Course #2231 ▪ Tue 11/27 - 12/18

### American Pie

The holidays are coming and what better way to end a meal than with a nice piece of pie. Learn how to make pie crusts, fruit, cream, and other fillings, and a variety of toppings including plain, lattice, and crumb.

Course #2431 ▪ Thurs 10/25 - 11/15

## PERSONAL ENRICHMENT

*Make the most of your life by taking short steps to find your inner strength, new beginnings and focus.*

### Social Security & Medicare

Elaine Lacy

Prepare for your retirement and learn how to get the most out of your social security benefits; how to navigate the decisions surrounding the program, including understanding your options, how to get started, how to maximize your benefits and more. And, your Medicare decisions can have a big impact on your finances. We will explain what the parts of Medicare are and what each covers, which Medicare plans may best meet your needs, and the eligibility and enrollment process. Classes are separated into two evenings to provide more extensive information.

No Fee ▪ 6:30 - 8:30pm ▪ Room 1222

### Social Security

Course #2471 ▪ Thu 10/18

### Medicare

Course #2271 ▪ Tue 10/23

### Self-Hypnosis for Self-Improvement

Rev. Susan Olin-Dabrowski, B.S., CHt.

During this program you will learn about the Hypnotist's model of the mind and how to tap into the energy of the subconscious for self-improvement. You can apply this to improving habits related to healthy weight loss, smoking cessation, stress reduction, spending less time online, and more. Learn how to create an effective autosuggestion and how to practice self-hypnosis. Experience guided group hypnosis and feel the confidence you need to be successful.

Course #2162 ▪ Mon 10/15 - 11/5  
\$84 ▪ 6:30 - 8pm ▪ Room 1120

### How to Winterize Your Finances: Get Organized

Elaine Lacy

Get a better handle on your finances as you prepare for a more fiscally sound new year. Learn saving ideas, ways to organize your funds, how to improve your credit score, and more.

Course #2272 ▪ Tue 10/30  
No Fee ▪ 6:30 - 8:30pm ▪ Room 1222



## COLLEGE ENTRANCE EXAM REVIEW CLASSES

*Our SAT & ACT review classes are designed to learn **how** to take those college placement exams and will cover test taking strategies, preparation and study skills, as well as reviewing course material. Bring a notebook, a folder, pencils and pens, and highlighters (and calculator for ACT exam & Math portion of SAT exam). Textbook is included in course fee (one for all SAT classes).*

### ACT Prep Class

Prepare for the ACT college entrance exam; review math, English, science, history, writing and test taking skills.

*Classes are designed to be completed in time to take the December 8 and future ACT exams.*

\$166 ▪ Tues 10/9 - 12/4 ▪ Room 1110

Choose:

Course #2257 ▪ 4 - 6pm

Course #2258 ▪ 6:30 - 8:30pm

### Practice ACT Exam

Saturday, November 17, 8:30 – 11:30am  
Registration information will be available on the AHS website in October.

### SAT Prep Classes

*Classes are designed to be completed in time to take the December 1 and future SAT exams.*

### Reading (Verbal) SAT Review Class

Review vocabulary, improve reading skills and work on sentence completion.

Course #2451 ▪ Thu 9/27 - 11/29  
\$158 ▪ 2:30 - 4:30pm ▪ Room 2428

### Writing SAT Review Class

Ivan Pitt

Strengthen writing skills and review punctuation, grammar, and syntax.

Course #2351 ▪ Wed 10/3 - 11/28  
\$158 ▪ 2:30 - 4:30pm ▪ Rm 2423

### Math SAT Review Class

Mary Dwyer

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

Course #2255 ▪ Tues 10/2 - 11/27  
\$158 ▪ 3:30 - 5:30pm ▪ Room 1435

## LANGUAGES

### Conversational Languages

*Planning to travel or have a desire to familiarize yourself with the language? Classes are designed to teach basic language skills through light reading, conversing and simulated situations. Bring a notebook and pen to class. Textbook included.*  
\$126 ▪ 6:30 - 8pm



### Conversational Spanish

Denise Siniscalchi Room 1114

### Spanish - Level I

Course #2173 ▪ Mon 10/1 - 12/17

### Spanish - Level II (Pre-requisite Level I)

Course #2273 ▪ Tue 10/2 - 12/11



### Conversational Italian

Anthony Santa Teresa Room 1120

### Italian - Level I

Course #2274 ▪ Tue 10/2 - 12/11

### Italian - Level II (Pre-requisite Level I)

Course #2375 ▪ Wed 10/3 - 12/12

## HEALTH, FITNESS & WELL-BEING

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

### PiYo Live

Maureen Canevari

A mat based formatted class that combines strength, flexibility and cardio with a fusion of movements from Pilate's, yoga, dance and functional training. This is a high intensity, low impact class for all levels. Yoga mats are required. This fat-burning, low-impact workout set to upbeat music, will leave your body looking long, lean, and defined.

Course #2262 ▪ Tue 10/2 - 11/27  
\$84 ▪ 6:30 - 7:30pm ▪ Dance Room

### Walking - Natural Fitness

Shari Giorciari

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 walking shoes. 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 #2861 ▪ Tue & Thu 9/20 - 12/6  
\$54 ▪ 6:15 - 7:15pm ▪ Main Lobby



### I - Liq (Tai Chi) Chuan

Sam F.S. Chin

Combine the art consisting of Taoist principles found in Tai chi Chuan, a-Kua, Hsing-Yi, and I-chuan practice (chi flow, balancing, yin and yang) with Zen concepts of mindfulness and awareness. Learn to attain a clear mind and relax every joint to release physical and mental blockages for better health. Chi brings improvement in overall health and an awareness of your strength, your limits, and the ability to use this understanding for self-defense. I-Liq Chuan benefits the whole nervous and intrinsic systems to bring total control, harmony and awareness to mind and body.

Course #2263 ▪ Tue 10/2 - 11/27  
\$72 ▪ 7 - 8pm ▪ Room 1422

## 20 Reasons to EXERCISE

- 1) Reduces body fat
- 2) Reduces stress
- 3) Fights and prevents depression
- 4) Improves stamina
- 5) Strengthens and tones
- 6) Enhances flexibility
- 7) Controls weight
- 8) Lowers risk of Dementia and Alzheimer's
- 9) Boosts your memory
- 10) Improves your mood
- 11) Increases your IQ
- 12) Improves quality of life
- 13) Increases lifespan
- 14) Strengthens heart
- 15) Clears arteries
- 16) Maintains mobility
- 17) Boosts immune system
- 18) Strengthens bones
- 19) Lowers blood pressure
- 20) Oxygenates body

### Hula Hoop for the Heart

Ashley Minard

*For all ages, shapes, sizes, and genders, bring out your inner kid as you get a great cardio workout and strengthen and tone your body while burning an average of 400 calories per hour.*



Adult hula hoop dance fitness is a rhythmic art form and a moving meditation which relieves stress and clears the mind after a long day of school or work. It is an excellent cardiovascular workout

as it tones and strengthens the entire body. Hula hooping increases balance and energy, flexibility, coordination, improves mood, self-esteem and confidence simultaneously as you "discover yourself within the hoop."  
Wed 9/26 - 12/5 (no class 10/10 & 10/17)  
\$96 ▪ Dance Room

### Beginners Hula Hooping

Course #2367 ▪ 6:30 - 7:30pm

### Intermediate Hula Hooping

Course #2366 ▪ 5:30 - 6:30pm

**Register early  
to guarantee  
class and  
placement  
(see page 7 for  
registration information  
and page 8  
for registration form)**



## American Red Cross Adult/Child/Infant CPR/AED and First Aid

Pamela Terwilliger

Appropriate for the lay responder, babysitters, parents, caregivers, and NYS Coaches (additional FA course work will be required for coaches), this American Red Cross First Aid, CPR & AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies and teaches skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. Skills include recognizing emergencies, breathing and cardiac emergencies, calling for additional help, identifying sudden illness, bleeding control and muscle bone and joint injuries.  
Course #2662 ▪ Sat 11/10  
\$75 (\$85 non-Arlington residents)  
9am - 3pm ▪ Room 1119

## Babysitting Class



Pamela Terwilliger

For students 12 years and older, this American Red Cross certified course covers safety in the home, poison control, introduction to breathing CPR and pediatric first aid, as well as how to handle a medical emergency while caring for infants and young children. Bring a bag lunch and snack. Course fee includes book and additional materials.  
Course #2661 ▪ Sat 11/3  
\$65 (\$75 non-Arlington residents)  
9am - 4pm ▪ Room 1119

## Core de Force

Maureen Canevari

A total body workout using core conditioning, body weight moves and cardio spikes for all levels of fitness. Please bring a yoga mat and plenty of water.  
Course #2261 ▪ Tue 10/2 - 11/27  
\$84 ▪ 5:30 - 6:20pm ▪ Dance Room

## Meditation

Rev. Susan Olin-Dabrowski, B.S., CHt.

Learn how to better manage stress and improve the quality of your life with meditation! During this program you will have the opportunity to experience a variety of meditation forms including simple quieting meditation, guided imagery, various styles of mindfulness meditation, and walking meditation. No experience is necessary to attend, though experienced meditators are welcome and will find the group setting reinforcing to their practice.  
Course #2163 ▪ Mon 11/26 - 12/17  
\$84 ▪ 6:30 - 8pm ▪ Room 1120



Tanya Bracero

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Our goal is simple: We want you to want to work out, to love working out, and achieve long-term benefits while having an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! For men and women of all ages, all levels, this workout is great for your body and your heart. You'll burn calories, lose weight, laugh and have a fun time while working with a variety of Latin rhythms. No dance experience necessary.  
Course #2166 ▪ Mon 10/1 - 12/3  
\$68 ▪ 6:30 - 7:30pm ▪ Gym 7



**All Arlington Elementary School students who take any of the happy face classes will receive a stamp in their Arlington Passport books**

**Register by using the registration form on page 7 or go to:**  
<https://arlingtonschools.revtrak.net>



## YOGA

Gina Luna-Maserjian

*These 90 minute classes include pranayama, meditation, 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. Registration must be received 2 weeks prior to start of course as class size is limited. Bring a sticky mat.*

### Beginner Yoga

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.  
Course #2362 ▪ Wed 10/3 - 11/28  
\$92 ▪ 4 - 5:30pm ▪ Room 1422

### Intermediate to Advanced Yoga

This class is designed for students that have a strong yoga background and have a regular yoga practice. This class is challenging and knowledge of asanas is a must.  
Course #2363 ▪ Wed 10/3 - 11/28  
\$92 ▪ 6 - 7:30pm ▪ Room 1422

### Restorative Yoga

Leave your week behind and begin your weekend with the luxury of a restorative practice. Using blankets, bolsters, straps, mats, walls, and blocks to support you and your body in this relaxing practice, you begin to connect with the rhythm of your breath and feel the tension melt as your body releases into this supportive practice, allowing for a deep sense of relaxation and balance. Bring 4 yoga blankets or 2 yoga blankets and a bolster.  
Course #2561 ▪ Fri 10/5 - 11/30  
\$92 ▪ 4:30 - 6pm ▪ Room 1422

## Belly Dancing

AYLEEZA (Lisa Quatrocchi)

Celebrate womanhood as you learn the ancient art of belly dancing. Suitable for woman of all ages, sizes, shapes and backgrounds, physically, this course will challenge you to strengthen your buttocks, abs, thighs and arms and to extend your posture while boosting your spirit and confidence. Be prepared to dance in bare feet.



Course #2465 • Thu 10/11 - 12/6  
\$110 • 6:30 - 7:45pm • Dance Room

# SPORTS

## FORE !!! Beginning Golf

Clark Angevine, Head Golf Professional

Classes taught at James Baird Park Golf Course Driving Range.

(Class will be held on 10/6)



Learn the full swing and short game fundamentals of golf. Registration for these classes is due by 9/17. Wear comfortable clothes and sneakers. Golf clubs are optional.  
\$72 • Sat 9/22 - 10/27

## Beginning Golf for Children



(8 - 14 yrs)

Course #2601 • 11:30am - 12:30pm

## Beginning Golf for Adults I

Course #2602 • 12:45 - 1:45pm

## Intermediate Golf for Adults

(prerequisite Golf I)

Course #2603 • 2:00 - 3:00pm

## Adult Advanced Beginner Golf

Improve your game! Using the complete practice facility, review solid fundamentals, learn advanced skills, like pitching, chipping, putting and bunker escape as you explore the short and long game.

Course #2304 • Wed 9/26 - 10/31  
\$148 • 4:30 - 6pm



## Baton Twirling (5 - 12 yrs old)

Allison Stuart

Twirling is taught at Union Vale Middle School, 1657 E. Noxon Road, LaGrangeville

Twirling is the fun and unique sport that enhances coordination and fine motor skills and fosters sportsmanship, goal setting, memory skills and exercise. In addition to learning various twirling techniques, students will participate in a few competitions through the course of this full year program.



Orientation day will be held on October 2 to meet with instructor to be measured for a baton and costume. A \$75 fee is payable to instructor for student's baton and costume on October 2. Course fee is \$85 for the fall semester and is due with registration. Registration and payment for Part II of this course will begin January 29 is due in early January. Course #2205 • Tues 10/2/18 - 1/22/19  
\$85 • 6 - 8pm • Union Vale MS Gym

## Wrestling

Dan Plunkett and Jason Nesbitt

LaGrange Middle School Wrestling Room located at 110 Stringham Road, 8/10 mile south of Route 55 in LaGrangeville Students will learn strictly high school wrestling rules through games, activities and skills development, wrestling fundamentals including takedowns, breakdowns, escapes, pin combinations, and reversals. Students to wear T-shirt, shorts, and sneakers and will be required to purchase wrestling headgear and wrestling shoes as the program progresses.

\$128 • Mon & Wed 11/6 - 4/10

## Wrestling - Grades 1 - 5

Course #2701 • 6 - 7pm

## Wrestling MS/HS Students

Course #2702 • 7 - 8pm

ALL OF  
LIFE  
IS A  
CONSTANT  
EDUCATION

ELEANOR ROOSEVELT



## ARLINGTON SKIS!

Arlington Continuing Education

Program is proud to add Skiing/Snowboarding to our large array of classes.

We will be using charter busses and will require all to be at Arlington



High School by 5 - 5:45am as the mountains are between 3 - 4 1/2 hours away. Our ski days will end around 4pm and return home between 7:30 - 8pm.

All participants must supply their own skis/poles or snowboards and helmet. The course prices include coach bus transportation and a ski lift ticket.

All ages are invited. Students (6yrs - 18yrs) must be accompanied by a parent/guardian. However, high school students planning to ski/board, must attend an information meeting on November 26, 27 & 28 with a parent/guardian in order to attend with the school group. You may register for

one, some or all of the trips, but please adhere to the registration dates listed to guarantee your spot.



## Mt Snow - Saturday, Jan 12

Registrations are due by November 28

Adult Ski • Course #2672 • \$92  
Student Ski • Course #2671 • \$90

## Okemo - Saturday, Feb 2

Registrations are due by December 10

Adult Ski • Course #2674 • \$126  
Student Ski • Course #2673 • \$114

## Killington - Saturday, Feb 23

Registrations are due by January 6

Adult Ski • Course #2680 • \$135  
Student Ski • Course #2679 • \$128

LEARNING  
IS A TREASURE THAT WILL  
FOLLOW ITS OWNER  
EVERYWHERE.

Chinese Proverbs  
InspirationBoost.com

# ARLINGTON REGISTRATION INFORMATION

- Students may now register online and pay with a credit card: <https://arlingtonschools.revtrak.net>
- Students may also register by printing out the registration form below and mailing it or dropping it off to Arlington High School with payment.
- Registration is requested one week prior to the start date of classes (unless specified otherwise) but 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.**
- Confirmations are only sent to those who submit a working email address.
- You will be notified if there is a change in the class you signed up for. If you are not contacted, simply attend your first class.
- Those registering online will get an automatic confirmation/receipt.
- Those who pay by check: your canceled check is your receipt.
- **REFUNDS WILL BE GRANTED ONLY IF CLASS IS CANCELLED.**
- Classes cancelled due to inclement weather, etc. will be posted on the Arlington website: [www.arlingtonschools.org](http://www.arlingtonschools.org). These classes will be made up at the end of the course.
- Senior Citizens (those over 62), who are Arlington residents, may take a 10% discount on most classes (except where noted otherwise). Please include copy of driver's license or Golden Admiral Card when registering.
- High school students are permitted to take all classes.
- Middle school students are permitted to take classes providing they are accompanied by a parent/guardian who will also be taking the course.
- Courses designed for younger students do not require parents to take the course (unless specified otherwise), but parents are obligated to walk children to and from their classes.
- All classes (unless specified) will be held at:  
Arlington High School 1157 Route 55, LaGrangeville (1/2 mile west of the Taconic State Parkway)
- **Classes will not be held: 9/19, 10/4, 10/6 - 10/8, 11/10 - 11/12, 11/18 - 11/25, 12/22 - 1/1/19**
- Smoking is strictly prohibited on school premises.
- *Please be aware that some of these activities may have unusual risks and it may be necessary for you to sign a waiver before participation.*

Arlington's Winter/Spring 2019 schedule will be posted  
in December on Arlington's website: [www.arlingtonschools.org](http://www.arlingtonschools.org) and on <https://arlingtonschools.revtrak.net>

**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: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

	Name	Age	Course Title	#	Time	Fee
1						
2						
3						
4						
	<b>TOTAL</b>					<b>\$</b>

## Arlington Continuing Adult/Community Education Program

@ Arlington High School  
1157 Route 55  
LaGrangeville, NY 12540



Non-Profit Org.  
US Postage  
PAID  
Deposit, NY  
Permit #9

*Art Music Dance Photography Crafts  
Languages College Prep Fitness Sports Skiing  
Wellness Driver Safety and more ...  
Arlington has a class for everyone.*

*Open to all area residents, we're proud of our course offerings and invite you to share in our activities.*

## Postal Patron

### FOR A LIST OF COURSE OFFERINGS GO TO:

<http://www.arlingtonschools.org>

### REGISTER ONLINE:

<https://arlingtonschools.revtrak.net>

### FOR MORE INFORMATION:

845-486-4860 x 32102

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## DRIVER SAFETY

*Registration for the 5 hr Prelicensing and 6 hr Defensive driving classes are due 3 days prior to class to guarantee class and placement. Bring your permit/license, a pen and notebook to class.*

### 5 hour Pre-Licensing Course

David Gatta

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 Permit and bring it with them to class. Course will result in the issuance of MV-278 form, which is needed for road test appointment. **\$30**

#### Weekday classes:

4:30 - 9:30pm ▪ Room 1222

Course #23551	▪	Wed	9/26
Course #21551	▪	Mon	10/29
Course #22551	▪	Tue	11/27
Course #33551	▪	Wed	1/30/19

#### Saturday classes:

9am - 2pm ▪ Room 1222

Course #26551	▪	10/13
Course #26552	▪	11/10
Course #26553	▪	12/15
Course #36551	▪	1/19/19

### 6 hr Defensive Driving Course

Vincent Bellino

Earn 10 % liability and collision insurance discount for 36 months and remove up to 4 points from your driving record following course completion. Learn driving techniques to prevent accidents and moving violations. You have the choice to attend our week night classes, Saturday classes, or online program. **\$40**

#### Weekday classes:

6-9:15pm each evening ▪ Rm 1112

Course #28561	▪	T/Th	10/23 & 10/25
Course #28562	▪	T/Th	11/27 & 11/29

#### Saturday classes:

9am - 3:30pm ▪ Room 1112

Course #26561	▪	11/17
Course #26562	▪	12/15
Course #36561	▪	1/26/19

## Arlington Driver Education Program

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

Arlington's Driver Education Program is a NYS and NYS DMV approved 48 hour course consisting of 24 hours in car (driving, observation, participation) and 24 hours lecture/classroom instruction. Arlington student fee is \$440 and non-Arlington student fee is \$480.

Registration forms and info are available on the HS website:

[http://ahs.arlingtonschools.org/pages/Arlington\\_High\\_School](http://ahs.arlingtonschools.org/pages/Arlington_High_School)

for the fall semester scheduled to begin September 25.

Both student and parent must attend a mandatory information and registration meeting on Tuesday, 9/11, Tuesday 9/12 or Wednesday, 9/13.