



ARLINGTON CENTRAL
SCHOOL DISTRICT

ARLINGTON

Continuing Adult/Community Education Program Fall 2019 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



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.

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.

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.

Course #4391 ▪ Wed 10/16 - 11/20
\$64 ▪ 6:30 - 8pm ▪ Senior Caf

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 #4411 ▪ Thu 10/10 - 10/31
\$144 ▪ 6:30 - 9pm ▪ Room 1119

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 #4292 ▪ Tues 10/1 - 11/5
\$154 ▪ 6:30 - 8:30pm ▪ Room 1119

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, Burnt Umber, Cadmium Red Light, Viridian, 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.*

Course #4611 ▪ Sat 9/28 - 12/7
\$98 ▪ 9:30 - 11:30am ▪ Room 2313

PERFORMING ARTS

Line Dancing

Dance away the stress & worry of the week during ACSD's Thursday Night Dance Party with Line Dance Duo, Colleen Axelrod & Aisha Phillips.
\$100 ▪ Caf B ▪ Thu 10/10 - 12/5

Beginner Line Dance Party

This beginner class teaches the fundamental steps of Line Dancing while having a seriously, ridiculous fun time! No experience needed, bring comfortable shoes that allow you to boot scoot boogie.

Course #4445 ▪ 6 - 7:15pm

Improver Line Dance Party

The Thursday Night Dance Party continues on into the night with our improver class! This class is for experienced dancers who want to improve their skills learning improver & intermediate dances while still having seriously ridiculous fun!

Course #4446 ▪ 7:30 - 8:45pm

Guitar



Tim Holmes

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.*
\$140 • Wed 10/16 - 12/11 • Room 1204



Guitar for Kids (ages 10-14)

Course #4341 • 5 – 5:50pm

Guitar for Beginners (HS and Adult)

Course #4342 • 6 – 6:50pm

Guitar Level II (HS and Adult)

Pre-Requisite Beginner Course or other experience

Course #4343 • 7 - 7:50pm

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 10/1 - 11/19 • Caf B

Beginner Ballroom & Latin Dancing

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

Course #4244 • 6 - 7pm

Intermediate/Advanced Ballroom and Latin Dancing

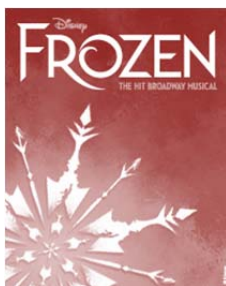
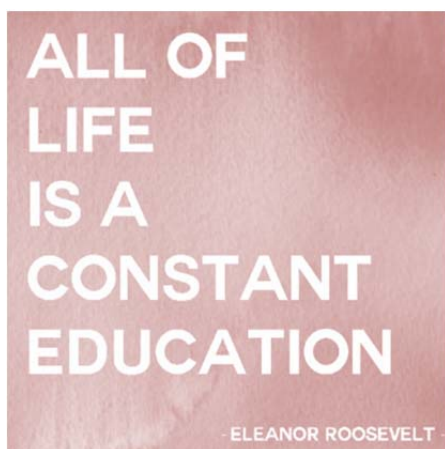
For experienced dancers, this class introduces intermediate/advanced patterns for dances taught in the basic class and includes additional dances such as the tango and polka.

Course #4245 • 7 - 8pm

Swing Special

Lindy and jive and move to the sounds of the '30's and '40's.

Course #4246 • 8 - 9pm



Proctor Theatre, Schenectady, NY

A mysterious secret. A family torn apart. As one sister struggles with being an outsider and harnessing her powers within, the other sets out on a thrilling adventure to bring her family together once again. Both are searching for love, but they'll learn that to find it they'll have to look inside themselves first. Joining the National Tour with 16 Tonys to its credit, FROZEN is melting hearts with the songs you know and love from the original film plus an expanded score. Appropriate for ages 8 +. Fee includes Orchestra 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 & price TBA). *(sorry, no discounts)*
Course #4641 • Saturday, Nov 23
11am - 9pm • \$146 per person

NEW YORK BOTANICAL GARDENS TRAIN SHOW

Be transported to a wonderland as Marvel at G-scale model trains zip through an enchanting display of more than 175 miniature NYC landmarks and sights, each delightfully recreated from natural materials-birch bark, lotus pods, acorns, and cinnamon sticks. You will also visit *A World of Plants*, a showcase of the Garden's living collections of lush tropical rain forests, cactus-filled deserts, curated displays of palms, aquatic and carnivorous plants, and much more. Around 1pm, we will drive over to Arthur Avenue to shop and dine. Bring a cooler for your treasures. Price includes charter bus (to and from the Bronx) and admission to the NY Botanical Gardens. Bring money for lunch and shopping. Park in the Arlington HS Music parking lot (first on the right after entering the main entrance).
Saturday, December 14 • 8am - 7pm
Adults NYBG Trip

Course # 4643 • \$70

Children (5 -12) NYBG Trip

Course # 4644 • \$60



Proctor Theatre, Schenectady, NY

She was a girl from Boston with a voice from heaven, who shot through the stars from gospel choir to dance floor diva. But what the world didn't know was how Donna Summer risked it all to break through barriers, becoming the icon of an era and the inspiration for every music diva who followed. With a score featuring more than 20 of Summer's classic hits including, "Love to Love You Baby," "Bad Girls" and "Hot Stuff," this electric experience is a moving tribute to the voice of a generation. Appropriate for ages 12+. Fee includes Orchestra 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 #5641 • Sat, Mar 28, 2020
11am - 9pm • \$88 per person



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 - 8:30pm • Rm 1119

Harvesting Microgreens 365 Days a Year

Learn how to grow microgreens year-round indoors. Reap the rewards of nutritious produce from your kitchen counter for pennies a day, without fertilizers, soil amendments or pesticides. All you need is a sunny window, but we will also show you different options for indoor lighting.

Course #4391 • Wed 10/2

Pests of Gardeners: Ticks, Jumping Worms and Spotted Lanternfly

You know how to protect your plants from pests, but do you know how to protect yourself and your soil? Learn about ticks and their habitat and how to avoid being bitten by a tick. Also learn about two other invasive pests newly detected in New York, jumping worms and spotted lanternfly, why you should care and what you can do about them.

Course #4492 ▪ Thu 10/10

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 #4493 ▪ Thu 10/17

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 #4494 ▪ Thu 10/24

CULINARY ARTS

COOKING

Bring your aprons and your appetites and try our culinary classes. Bring an apron, dish towel, measuring cups and spoons, mixing bowl, hand mixer and a container to bring home your delights in.

Each course requires a \$40 ingredients fee to be paid to the instructor at the first class. Students will take home recipes and a sampling of what they make.



Plant Based Cooking & Baking with Maria Palazzetti

Learn how to prepare delicious and nutritious appetizers, meals and desserts using plant based ingredients.

Course #4432 ▪ Thu 10/10 - 10/31
\$96 ▪ 6:30 - 9:30pm ▪ Room 1120A

Chef Jeremy Losee's Kitchen

Each course requires a \$40 ingredients fee to be paid to the instructor at the first class. Students will take home recipes and a sampling of what they make.

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 #4431 ▪ Thu 10/17 - 11/7
\$96 ▪ 6:30 - 9:30pm ▪ Room 1429

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 both traditional and non-traditional pie crusts with a variety of fillings.

Course #4231 ▪ Tues 10/29 - 11/19
\$96 ▪ 6:30 - 9:30pm ▪ Room 1429

The ULTIMATE Cookie Class

Get ready for the holidays (or any other time) and bake incredible cookies. Students will learn to prepare a variety of batters and dough, as well as finishing and decorating techniques for spritz, drop, hand-cut, lowfat, bar type and filled cookies. Bring your cookie tins!

Course #4433 ▪ Thu 12/5 - 12/19
\$96 ▪ 6:30 - 9:30pm ▪ Room 1429

PERSONAL ENRICHMENT

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

Tax Planning in the Four Stages of Retirement

Jean Riordan

In retirement your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your living expenses. You want to apply the tax code in an organized and efficient way. Attend this workshop to learn what you should do and what you should avoid when it comes to taxes before and during retirement.

Course #4272 ▪ Tue 10/8
No Fee ▪ 6:30 - 8:30pm ▪ Room 1222

Social Security & Medicare

Jean Riordan

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, 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

Medicare

Course #4471 ▪ Thu 10/17

Social Security

Course #4271 ▪ Tue 10/22

NOTARY PUBLIC REVIEW WORKSHOP

Victor Bujanow, CIC

This workshop and is a must for those preparing to take the New York State Notary Public test. It will provide you with a comprehensive view of the Notary Public office including becoming fully aware of the authority, duties and responsibilities involved in becoming a Notary Public Officer and to illuminate situations that a Notary Public officer is likely to encounter, including avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer an attorney, and minimizing legal liability. **This class is for test preparation only.** An 80 question Practice Exam which attempts to emulate the actual New York State mandatory exam will be given. All materials will be provided including text and website links to NYS Department of State licensing information, booklets and forms. *A one-time \$15 examination fee is required payable to the Department of State at the time you register for the exam at the test center. Upon passing the exam, students will receive an application form to submit with a \$60 license fee (good for 4 years).*
Course #4371 ▪ Wed 10/16
\$54 ▪ 6 - 9pm ▪ Room 1112

Freedom Seekers

Atar Kishon

This course is aimed at those who are seeking freedom; freedom from undue stresses such as social, mental and emotional. Guided in an open and comfortable atmosphere of non-judgment and a spirit of acceptance and sharing, this course will explore different ideas and views of our world as well as help us uncover our own. Armed with awareness and open mindedness toward others and ourselves, we will be able to navigate more freely and joyfully in this thing called life. New adventures await! Open to adults and teens.

Course #4472 • Thu 10/10 - 11/14
\$84 • 6:30 - 8pm • Room 1112

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 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.

\$128 • 6:30 - 8pm

Conversational Spanish

Denise Siniscalchi Room 1114

Spanish - Level I

Course #4273 • Tues 10/1 - 12/10

Spanish - Level II (Pre-requisite Level I)

Course #4373 • Wed 9/25 - 12/11



Conversational Italian

Brigette Cossu Room 1120

Italian - Level I

Course #4474 • Thu 10/10 - 12/12



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

Ms. Amanda Conklin

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 4 and future ACT exams.

\$166 • Wed 10/16 - 12/11 • Room 2430

Choose:

Course #4357 • 4 - 6pm

Course #4358 • 6:30 - 8:30pm

Practice ACT Exam

Saturday, November 16, 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 7 and future SAT exams.

Reading (Verbal) and Writing SAT Review Class

Mrs. Susan Pung

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

Choose:

Course #4251 • Tue 10/1 - 11/19

\$158 • 6:30 - 8:30pm • Room 1148

Course #4451 • Thu 10/10 - 12/5

\$158 • 2:30 - 4:30pm • Room 1148

Math SAT Review Class

Mrs. Mary Dwyer

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

Course #4252 • Tue 10/1 - 11/19

\$158 • 3:30 - 5:30pm • Room 1442

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

go to:

<https://arlingtonschools.revtrak.net>

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 #4262 • Tue 10/1 - 11/19

\$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 #4861 • Tue & Thu 9/24 - 12/17

\$54 • 6 - 7 pm • 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 #4263 • Tue 10/1 – 11/19
\$72 • 7 - 8pm • Room 1422

Plant-Based Nutrition: Let Your Food Do All The Work

Dr. Padma Garvey

With mounting evidence, the American Medical Association came out in May of 2017 recommending that all hospitals must provide patients with the diet proven to be the healthiest....a plant-based diet. There is no reason not to be eating the healthiest diet all the time. Learn about the scientific studies that have shown how effective a plant-based diet is in reversing heart disease, diabetes, and in decreasing your risk of certain common cancers. Learn how to dissect through false advertising and marketing ploys that are confusing people about what to eat. Learn how to plan and cook meals and to make a plant-based lifestyle very doable.

Course #4331 • Wed 10/30 - 11/13
\$72 • 6:30 - 8pm • Room 1119

Meditation

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 #4163 • Mon 11/25 - 12/16
\$84 • 6:30 - 8pm • Room 1120



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.

Late students will not be admitted.

Course #4662 • Sat 11/16
\$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.

Late students will not be admitted.

Course #4661 • Sat 11/2
\$65 (\$75 non-Arlington residents)
9am - 4pm • Room 1119

Pop Pilates

Maureen Canevari

Pop Pilates takes classical pilates to the next level by challenging students to rhythmically flow from one exercise to the next, developing a rock-solid core and leaving no muscle untouched. It is a mat-based fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits.
Course #4261 • Tue 10/1 - 11/19
\$84 • 5:30 - 6:20pm • Dance Room

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 10/16 - 12/11
\$96 • Dance Room

Beginners Hula Hooping

Course #4366 • 4:20 - 5:20pm

Intermediate Hula Hooping

Course #4367 • 5:30 - 6:30pm

Self-Hypnosis for Stress Management

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 using Self-Hypnosis to better manage stress, create effective autosuggestions and how to practice self-hypnosis to feel safer, calmer, and more balanced. Experience guided group hypnosis while you learn to build better habits for managing stress.

Course #4151 • Mon 10/7 - 11/4
\$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 #4166 • Mon 10/7 - 12/9
 \$68 • 6:30 - 7:30pm • Gym 7

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. Have you been curious about taking a dance class or advancing further in the art of belly dance but have been too concerned with whether you're up to the task. Through class interaction, emotional movement pieces and feedback we will create a bridge into our powerful dancing self. No class 11/14.
 Course #4465 • Thu 10/10 - 12/12
 \$110 • 6:30 - 7:45pm • Dance Room



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 #4362 • Wed 10/16 - 12/11
 \$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 #4363 • Wed 10/16 - 12/11
 \$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 #4561 • Fri 10/4 - 11/22
 \$92 • 4:30 - 6pm • Room 1422

SPORTS



Wrestling

Jason Nesbitt and Dan Plunkett

LaGrange Middle School Wrestling Room located at 110 Stringham Road, 8/10 mile south of Route 55 in LaGrangeville Students to wear T-shirt, shorts, and sneakers.

Instructional Wrestling

This class is for kids who are new or in their first years of learning the sport. Wrestlers will learn basic fundamentals through direct instruction, drills, games, and live wrestling. Wrestlers will be paired based on their approximate weight and experience. Wrestling shoes are optional.

Instructional Wrestling - Gr K - 2

Course #4101 • Mon 11/4/19 - 1/27/20
\$58 • 6 - 7pm

Instructional Wrestling - Gr 3 - 6

Course #4302 • Wed 11/6/19 - 1/29/20
\$72 • 6 - 7pm

Competitive Wrestling

This class is for experienced wrestlers who are currently in a wrestling program or compete in tournaments. Wrestlers will sharpen their skills with a balance of specialized techniques, competitive games, and live wrestling. Wrestling shoes and headgear are recommended.

Competitive Wrestling

Course #4702 • Mon/Wed 11/4 - 1/29/20
\$130 • 7 - 8pm

LEARNING
 IS A TREASURE THAT WILL
 FOLLOW ITS OWNER
 EVERYWHERE.

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 InspirationBoost.com



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 12, 13 & 14 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 11

Registrations are due by December 6

Student Ski ▪ Course #4671 ▪ \$96
Adult Ski ▪ Course #4672 ▪ \$104

Stratton - Sunday, Feb 2

Registrations are due by December 20

Student Ski ▪ Course #4773 ▪ \$120
Adult Ski ▪ Course #4774 ▪ \$135

Killington - Saturday, Feb 22

Registrations are due by January 10

Student Ski ▪ Course #4678 ▪ \$135
Adult Ski ▪ Course #4679 ▪ \$145



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 1 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 1.*

Course fee is \$85 for the fall semester and is due with registration. *Registration and payment for Part II of this course will begining February 11 is due in early January.*
Course #4205 ▪ Tues 10/1/19 - 1/28/20
\$85 ▪ 6 - 8pm ▪ Union Vale MS Gym



DRIVER SAFETY

Registration for these classes is 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.

Weekday classes:

\$30 ▪ 4:30 - 9:30pm ▪ Room 1222
Course #44551 ▪ Th 9/26
Course #43551 ▪ Wed 10/30
Course #43552 ▪ Wed 11/20
Course #41551 ▪ Mon 12/9
Course #52551 ▪ Tue 1/28/20

Saturday classes:

\$30 ▪ 9am - 2pm ▪ Room 1222
Course #46551 ▪ 9/21
Course #46552 ▪ 10/19
Course #46553 ▪ 11/2
Course #46554 ▪ 12/7

6 hr Defensive Driving Course

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 ▪ Room 1114

Weekday classes:

6-9:15pm each evening
Course #48561 ▪ T/Th 9/24 & 9/26
Course #48562 ▪ T/Th 11/19 & 11/21
Course #57561 ▪ M/W 2/10 & 2/12/20

Saturday classes: 9am - 3:30pm

Course #46561 ▪ 9/21
Course #46563 ▪ 12/7
Course #56561 ▪ 2/22/20

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 NYSDMV approved 48 hour course consisting of 24 hours in car (driving, observation, participation) and 24 hours lecture/classroom instruction.

Information and registration meeting for the Fall 2019 sessions be held September 10, 11 & 12

Registration forms and additional information is available at:
http://ahs.arlingtonschools.org/pages/Arlington_High_School

Spring 2020 registration will be held January 14, 15 & 16.

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. You may also go to www.cancellations.com. 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: 9/30, 10/9, 10/12 – 10/14, 11/9 – 11/11, 11/26 – 12/1, and 12/21/19 – 1/1/20.**
- 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 2020 schedule will be posted
in December on Arlington's website: 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						
			TOTAL			\$