



ARLINGTON CENTRAL
SCHOOL DISTRICT

ARLINGTON

Continuing Adult/Community Education Program Winter/Spring 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. Take a class or two, and bring a friend! 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.

Digital Photography

Rebecca Smith-Paul



For beginner adult students only, learn the basics of how to use a digital camera and software, and how to download and upload pictures using photography software. *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 #3213 ▪ Tue 1/29 – 3/19
\$134 ▪ 6:30 - 8:30pm ▪ Room 1227



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.



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

Crochet

Tina Baglione



Learn the fundamental stitches of crocheting.

Crochet I



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 #3391 ▪ Wed 1/30 – 3/6
\$64 ▪ 6:30 – 8pm ▪ Room 1119

Crochet II

This course will teach students how to read a beginner's pattern including casting, repeating stitches, increase and decrease, joining, etc. Instructor will provide pattern. Students should bring 1 lb skein of acrylic yarn and a J crochet hook.

Course #3392 ▪ Wed 3/27 – 5/8
\$64 ▪ 6:30 – 8pm ▪ 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.

Course #3214 ▪ Tue 4/9 – 6/4
\$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 #3212 ▪ Tue 4/9 – 5/21
\$84 ▪ 4:30 - 6pm ▪ Room 2313

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 #3611 ▪ Sat 2/2 – 5/11
\$148 ▪ 9:30 - 11:30am ▪ Room 2313

Zentangle®

Bohdanna Muryneć



Zentangle® method is a way of creating beautiful images from repetitive patterns. Anyone can learn (no artistic ability is required) and produce intriguing pieces using fun and lighthearted simple steps which support relaxation, focus and inspiration.

Zentangle® Tangling Fun

Dingsplatz, Articulated Molygon, Bijou Bingo....these are some of the interesting and fun ideas featured in recent Zentangle Blogs, Kitchen Table Tangles and Newsletters. If you've wanted to try these techniques but hesitated or have been unable to find the time, come to class and we'll do them together. Supplies from previous classes will be needed. Materials fee of \$5.00 is payable to instructor at first class.

Course #3317 ▪ Wed 1/30 - 2/20
\$52 ▪ 6:30 - 8pm ▪ Room 1329

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 #3318 ▪ Wed 3/13 - 3/27
\$40 ▪ 6:30 - 8pm ▪ Room 1329

Zentangle® Renaissance

(prerequisite - Zentangle® Basics)

Building on the methods and tangles learned in the basic Zentangle class, participants will first tangle with white pen on black tiles. Then on tan tiles they will learn how the Zentangle® method and components of the Renaissance drawing technique come together. Students will use pens and pencils from previous classes. Additional materials fee of \$8 is payable to the instructor at first class.

Course #3319 ▪ Wed 4/24 - 5/15
\$52 ▪ 6:30 - 8pm ▪ Room 1329

Register by using the registration form on page 8 or go to:
<https://arlingtonschools.revtrak.net>



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 #3212 ▪ Tue 1/29 - 3/5
\$84 ▪ 4:30 - 6pm ▪ Room 2313

CULINARY ARTS

Italian Cuisine

Chef Jeremy Losee

There's more than pizza when it comes to great Italian food. Test your palate as you discover and create exciting dishes from the different regions of Italy.

Course #3431 ▪ Thu 4/4 - 5/2
(no class 4/18)
\$92 ▪ 6:30 - 9:30pm ▪ Room 1429



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.

LEARN IT. GROW IT. EAT IT! Vegetable Gardening for Beginners

Want to grow fresh, organic veggies right outside your kitchen door? Learn how to get started: choosing locations...preparing soil...critter protection... selecting and growing seeds and plants... mulching, fertilizing and watering. Learn when best to plant different vegetables and herbs and when and how to harvest them. Students will receive seeds and plants at each class! Reap what you sow!!

Course #3231 ▪ Tue 3/26 - 4/23
\$40 ▪ 6:30 - 8:30pm ▪ Room 1119

LET'S TALK TRASH:

Composting and Recycling Workshop

Do you know what is compostable, recyclable or just plain garbage? Did you know that 60% of solid waste is organic and can be composted? Improve your garden soil, support solid waste reduction, develop your trash management skills, reduce waste to successfully separate, sort and dispose of garden and household waste, and learn home composting techniques.

Course #3435 ▪ Thu 4/25
\$15 ▪ 6:30 - 9pm ▪ Room 1119

Ornamental Alternatives to Invasive Species

Want to eliminate invasive plants from your landscape? Hope to replace them with native plants which also attract birds and pollinators? Learn about beautiful plants, grasses, vines, trees and shrubs, including their attributes and culture chosen by Master Gardener volunteers as alternatives to invasive species.

Course #3232 ▪ Tue 4/30 - 5/7
\$30 ▪ 6:30 - 8:30pm ▪ Room 1119

PERFORMING ARTS

Guitar for Beginners

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.*



Wed 1/30 - 3/20 ▪ Room 1216

Guitar for Kids (ages 10 - 14)

Course #3341 ▪ \$112 ▪ 6 - 7pm

Guitar for HS/Adults

Course #3342 ▪ \$112 ▪ 7 - 8pm

Continue learning how to play guitar in the beginner level plus class. Students will learn new chords, rhythms and songs. Bring acoustic guitar.

Wed 4/24 - 6/12 ▪ Room 1216

Guitar for Kids I/II (ages 10 - 14)

Course #3343 ▪ \$112 ▪ 6 - 7pm

Guitar for HS/Adults I/II

Course #3344 ▪ \$112 ▪ 7 - 8pm

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 #3445 • Thu 1/31 - 4/25
\$150 • 7 - 8:30pm • Caf B

BALLROOM DANCING



Learn patterns and different styles of Ballroom Dance with professional dancer, **Esther Odescalchi.**

Beginner Ballroom & Latin Dancing

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

Course #3244 • 6 - 7pm
\$92 • Tues 1/29 - 3/19 • Caf B

Course #3644 • 10 - 11am
\$70 • Sat 2/2 - 3/16 • Caf B

Course #3247 • 6 - 7pm
\$70 • Tues 4/23 - 5/21 • Caf B

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 #3245 • 7 - 8pm
\$92 • Tues 1/29 - 3/19 • Caf B

Course #3248 • 7 - 8pm
\$70 • Tues 4/23 - 5/21 • Caf B

Salsa and Hustle

Learn to dance to the music of the 70's in this hip moving class. 8 - 9pm

Course #3246 • 7 - 8pm
\$92 • Tues 1/29 - 3/19 • Caf B

Swing/Lindy

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

Course #3249 • 8 - 9pm
\$70 • Tues 4/9 - 5/21 • Caf B

BROADWAY



Neil Simon Theatre, NYC

The Cher Show is based on the life of Cherilyn Sarkisian La Piere Bono Allman or as her friends call her, Cher!. For six straight decades, only one unstoppable force has flat-out dominated popular culture – breaking down and pushing barriers, and letting nothing and no one stand in her way. The Cher Show is her story packed with so much that it takes three women to play her! The Cher show is 35 smash hits, six decades of stardom, two rock star husbands, a Grammy, an Oscar, an Emmy and enough Bob Mackie gowns to cause a sequins shortage in NYC all in one unabashedly fabulous new musical! Appropriate for ages 12 +. Fee includes front mezzanine seats and charter bus transportation. We will have dinner in the city before going home (place and price TBD). Bring money for dinner and extras. Park in the Arlington HS Music parking lot (first on the right after entering the main entrance).

Course #3642 • Saturday, May 11
10:30am - 11pm • \$158 per person
(sorry no discounts)



Proctor Theatre, Schenectady, NY

In 1986, Andrew Lloyd Webber opened the powerful and haunting *Phantom of the Opera*, Broadway's longest running show, an electronic rock musical based on Gaston Leroux's 1910 book of the same name, featuring the songs: *All I Ask of You, The Music of the Night, Think of Me, etc.* Hidden in the tunnels below the Paris Opera a deformed musical genius stalks the halls and terrorizes the company from the rafters. With his face half-covered by his famous white mask, his only happiness comes from tutoring the beautiful, orphaned chorus girl Christine Daae and pursues her love. Appropriate for ages 10 +. 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).

Course # 3641 • Saturday, April 27
10:30am - 11pm • \$126 per person
(sorry no discounts)

PERSONAL ENRICHMENT

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

Finance

Learn More About Your Credit Score

Elaine Lacey

Whether you have excellent credit or more colorful credit, we will help you understand your credit report and explain how to improve your score and earn a better rating.

Course #3271 • Tue 2/5
No Fee • 6:30 - 8pm • Room 1222

Social Security

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 maximize your benefits and more.

Course #3471 • Thu 2/21
No Fee • 6:30 - 8pm • Room 1222

Medicare

Jean Riordan

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.

Course #3472 • Thu 2/28
No Fee • 6:30 - 8pm • Room 1222

Home Buying 101

Elaine Lacey

Learn from a mortgage professional and experienced realtor the process of buying a home; from pre-approval to moving in and everything in between.

Course #3272 • Tue 3/5
No Fee • 6:30 - 8pm • Room 1222

**Register early
to guarantee class
and placement**
*Registration information on
back page (8)*

Conversational Languages

Planning to travel or have a desire to familiarize yourself with the language? These 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 #3173 • Mon 3/4 - 5/20

Spanish - Level II (Pre-requisite Level I)

Course #3273 • Tues 3/26 - 6/4

Conversational Italian

Anthony Santa Teresa Room 1120



Italian - Level I

Course #3474 • Thu 3/28 - 6/6

Italian - Level II (Pre-requisite Level I)

Course #3275 • Tues 3/26 - 6/4

Italian - Level III (Pre-requisite Level II)

Course #3375 • Wed 3/27 - 6/5

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 review course material.

Bring a notebook, a folder, pencils, 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

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 April 14 & June 9 ACT exams.

\$166 • Room 1413 • 4 - 6pm

Course #3256 • Tues 1/29 - 3/19

Course #3257 • Tues 4/9 - 6/4

\$166 • Room 1413 • 6:30 - 8:30pm

Course #3258 • Tues 1/29 - 3/19

Course #3259 • Tues 4/9 - 6/4

SAT Prep Classes

Classes are designed to be completed in time to take the May 5 & June 2 SAT exams.

Reading (Verbal) SAT Review Class

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

\$158 • 2:30-4:30pm • Room 1148

with Susan Pung

Course #3451 • Thu 1/31 - 3/21

Course #3255 • Tue 4/2 - 5/28

\$158 • 6:30-8:30pm • Rm 1148

Course #3454 • Thu 4/4 - 5/30

Writing SAT Review Class

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

\$158 • 2:30-4:30pm • Rm 2423

with Ivan Pitt

Course #3351 • Wed 1/30 - 3/20

Course #3352 • Wed 4/3 - 5/29

Math SAT Review Class

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

\$158 • Room 1442 • 3:30 - 5:30pm

with Mary Dwyer

Course #3251 • Tues 1/29 - 3/19

Course #3252 • Tues 4/2 - 5/28

\$158 • Room 1106 • 6:30 - 8:30pm

Course #3253 • Tues 1/29 - 3/19

Course #3254 • Tues 4/2 - 5/28

HEALTH, FITNESS & WELL-BEING

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

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 #3465 • Thu 3/7 - 5/2

\$110 • 6:30 - 7:45pm • 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 #3861 • Tue & Thu 1/15 - 5/16

\$58 • 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.

\$72 • 7 - 8pm • Room 1422

Course #3261 • Tue 1/29 - 3/19

Course #3262 • Tue 4/23 - 6/11

Hula Hoop for the Heart

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.

Ashley Minard

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 flexibility, coordination, balance and energy, improves mood, self-esteem and confidence simultaneously as you "discover yourself within the hoop."

Beginners Hula Hooping Class

\$96 • 6:30 - 7:30pm • Dance Room

Course #3367 • Wed 1/30 - 3/20

Course #3369 • Wed 4/10 - 6/5

Intermediate Hula Hooping Class

\$96 • 5:30 - 6:30pm • Dance Room

Course #3366 • Wed 1/30 - 3/20

Course #3368 • Wed 4/10 - 6/5



Self-Hypnosis for Healthy Weight Reduction

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

Gain control to lose those stubborn pounds with the help of the Hypnotist's model of the Mind. Learn how to tap into the energy of the subconscious to support your intention for a healthy, fit body and lifestyle. Experience guided group hypnosis, fine tune your own use of effective self-hypnosis and autosuggestion, and feel the confidence you need to be successful.

Course #3162 ▪ Mon 1/28 - 2/25
\$84 ▪ 6:30 - 8pm ▪ Room 1120

Core de Force

Maureen Canevari

A total body workout using core conditioning, body weight moves and cardio spikes for all levels of fitness. Bring a yoga mat and plenty of water.

Course #3268 ▪ Tue 1/29 - 4/23
\$126 ▪ 5:30 - 6:20pm ▪ Dance Room

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 the 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 #3131 ▪ Mon 3/11 - 4/1
\$72 ▪ 6:30 - 8pm ▪ Room 1119

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 #3163 ▪ Mon 3/18 - 4/8
\$84 ▪ 6:30 - 8pm ▪ Room 1120



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.

\$92 ▪ 4 - 5:30pm ▪ Room 1422
Course #3362 ▪ Wed 1/30 - 3/20
Course #3364 ▪ Wed 4/10 - 6/5

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.

\$92 ▪ 6 - 7:30pm ▪ Room 1422
Course #3363 ▪ Wed 1/30 - 3/20
Course #3365 ▪ Wed 4/10 - 6/5

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 #3561 ▪ Fri 2/1 - 5/3
\$136 ▪ 4:30 - 6pm ▪ Room 1422

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 #3269 ▪ Tue 1/29 - 4/23
\$126 ▪ 6:30 - 7:30pm ▪ Dance Room

CPR/AED/First Aid Training

with Pamela Terwilliger



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

Appropriate for the lay responder, babysitters, parents, caregivers, and NYS Coaches (additional 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 #3663 ▪ Sat 3/30
\$75 (\$85 non-Arlington residents)
9am - 3pm ▪ Room 1119

Babysitting Class ☺☺☺

For students 12 years and older, this ASHI 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 #3665 ▪ Sat 4/6
\$75 (\$85 non-Arlington residents)
9am - 4pm ▪ Room 1119



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 #3166 ▪ Mon 1/28 - 5/6
\$102 ▪ 6:30 - 7:30pm ▪ Gym 7

SPORTS



Fly Fishing



Joe Rist

Learn fly fishing basics together with some advanced techniques. The course will include presentations on equipment, trout streams, trout behavior, entomology, fly fishing methodology, knots, flies and fly selection. Casting lessons and equipment are provided. Students who already own a rod and reel are encouraged to bring them. Children between the ages of 11-14 may attend these classes free of charge when accompanied by a paying adult.

Course #3398 • Wed 2/13 - 3/13
\$65 • 6:30 - 9pm • Room 1104/Gym 7

Fly Tying



Beginners will learn the techniques needed to tie dry, wet, nymph and streamer flies for trout fishing. Intermediate students will master techniques needed to tie more complicated fly patterns and should bring their own tools and vise. Children between the ages of 11-14 may attend these classes free of charge when accompanied by a paying adult.

Course #3397 • Wed 2/13 - 3/13
\$65 • 6:30 - 9pm • Room 1316

Baton Twirling (5 - 12 yr old)

Allison Stuart



Twirling is taught at Union Vale Middle School, 1657 E. Noxon Road, LaGrangeville. Twirling, the fun and unique sport that enhances coordination and fine motor skills, while encouraging teamwork,



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 February 5 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 February 5.* Course fee is \$85 for the spring semester and is due with registration.

Course #3205 • Tues 2/5 - 5/7

\$85 • 6 - 8pm • Union Vale MS Gym

Wrestling (MS & HS Students)



Dan Plunkett and Jason Nesbitt

LaGrange Middle School Wrestling Room located at 110 Stringham Road, 8/10 mile south of Route 55 in LaGrangeville - enter Gym door on north side of building

Students will learn strictly high school wrestling rules through games, activities and skills development, wrestling fundamentals including takedowns, escapes, breakdowns, 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.

\$84 • Mon & Wed 1/14 - 4/10 • LMS
Course #3702 • 7 - 8pm

Volleyball



Maria Greenwood

Learn how to serve, pass, spike, hit, block, and game tactics. Players need to wear court shoes, knee pads and shorts and bring water bottle.



Volleyball for 3rd - 5th grades

Course #3104 • Mon 4/1 - 5/20
\$62 • 6 - 7:30pm • Gym 8 & 9

Volleyball for 6th & 8th Grades

Course #3305 • Wed 4/3 - 5/15
\$86 • 6:30 - 8:30pm • Gym 8 & 9



Your Serve - Tennis



Gail Lynch

Tennis will be taught at Arlington High School.

Learn forehand, backhand, volley, serve and tennis etiquette. Wear non-marking sneakers and casual dress. Bring tennis racquets and water bottle.

\$84 each course

Junior Tennis (7-10 yrs) • 4:30-5:30pm

Course #3201 • Tues 5/14 - 6/18

Course #3301 • Wed 5/8 - 6/12

Course #3401 • Thu 5/9 - 6/13

Junior Tennis (11-14 yrs) • 5:30-6:30pm

Course #3202 • Tues 5/14 - 6/18

Course #3302 • Wed 5/8 - 6/12

Course #3402 • Thu 5/9 - 6/13

Beginner Adults/Teens • 6:30-7:30pm

Course #3203 • Tues 5/14 - 6/18

Course #3303 • Wed 5/8 - 6/12

Course #3403 • Thu 5/9 - 6/13

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. 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. You may register for one, two or all three trips, but please

adhere to the registration dates listed to guarantee your spot.



Mt Snow - Saturday, January 12

Adult Ski • Course #2672 • \$96

Student Ski • Course #2671 • \$92

Okemo - Saturday, Feb 2

Registrations are due by January 10

Adult Ski • Course #2674 • \$126

Student Ski • Course #2673 • \$114

Killington - Saturday, March 2

Registrations are due by January 16

Adult Ski • Course #2680 • \$135

Student Ski • Course #2679 • \$128

LIFEGUARDING CLASSES

Will begin at the end of April. More information will be posted at the end of March.

ALL OF
LIFE
IS A
CONSTANT
EDUCATION

ELEANOR ROOSEVELT

FORE !!! Beginning Golf

Clark Angevine, Head Golf Professional



Classes taught at James Baird Park Golf Course Driving Range. Learn the full swing and short game fundamentals of golf. Registration for these classes is due by 4/12. Wear comfortable clothes and

sneakers. Golf clubs are optional.

\$72 • Sat 4/27 – 6/8 (no class 5/25)

Beginning Golf for Children 8 - 14 yrs



Course #3601 • 11:30am - 12:30pm

Beginning Golf for Adults I

Course #3602 • 12:45 - 1:45pm

Intermediate Golf for Adults

(prerequisite Golf I)

Course #3603 • 2 - 3pm

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. (Class will be held on 4/16)

Course #3204 • Tues 4/16 – 5/21

\$148 • 5:30 - 7pm

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) and 24 hours lecture/classroom instruction.

Information and registration meeting for the Spring 2019 sessions be held January 8, 9 & 10

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

Summer 2019 registration will be held May 7, 8, & 9.



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 #33551	•	Wed	1/30
Course #31551	•	Mon	2/11
Course #34551	•	Thu	3/28
Course #31552	•	Mon	4/8
Course #31553	•	Mon	5/13
Course #33552	•	Wed	5/29
Course #33553	•	Wed	6/5

Saturday classes:

\$30 • 9am - 2pm • Room 1222

Course #36551	•	1/19
Course #36552	•	2/23
Course #36553	•	3/16
Course #36554	•	4/6
Course #36555	•	4/27
Course #36556	•	5/11
Course #36557	•	6/15

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 #38562	•	T/Th	4/23 & 4/25
Course #37561	•	M/W	6/10 & 6/12

Saturday classes: • 9am - 3:30pm

Course #36561	•	1/26
Course #36562	•	3/16
Course #36563	•	5/11



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 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.*



VS



And it's OLD-TIMERS' DAY!

Welcome former Yankee legends to the "house that Ruth built". We will get to see the Old-Timer's game and then watch the Yankees vs Houston Astros game to follow.

Course #3801 • Sunday, June 23

\$162 (sorry - no discounts) •
7:45am - 7:30pm
(depending on length of game)



VS



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 #3802 • Sunday, August 4

\$162 (sorry - no discounts) •
8:45am - 7:30pm
(depending on length of game)

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. 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), however, 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: 2/15 – 2/18, 4/13 – 4/22, 5/24 – 5/27.**
- 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 Summer Kids 2019 schedule will be posted at the end of March and
 Arlington's Fall 2019 Continuing Education Classes will be posted in August
 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			\$