### Arlington Continuing Adult/Community Education Program





# Classes for Summer Fun

We're back!!! Arlington's Continuing Education Program is once again offering an exciting variety of children's programs this summer!

Take a look at all we have to offer!

Courses are developed with suitable ages in mind and specified **INCOMING** grades are posted for each class.

Classes will run from **9am – noon** unless otherwise noted.

- All students should wear comfortable clothes and MUST wear SNEAKERS.
  - Bring a water bottle and a snack and a labeled backpack for your belongings.
    - All students will receive an Arlington Summer Shirt!

# **ARTS & CRAFTS**

## W. O. W. Art!

(Wonderful, Original, Works of Art) Grades 1 - 3 Mrs. Rebecca Smith-Paul



Do you love to draw, paint, collage or make prints? Students will learn about famous artists, their works and medium, and be encouraged to assume the role of artists, exploring their own interests and passions through subject matter and art media. All

materials are included in course fee.

\$115 • Course #SK 10 • M - F 6/26-6/30

### IMPORTANT!!!!!!

All students should wear comfortable clothes and MUST wear SNEAKERS.
Bring a water bottle and a snack and a labeled backpack for your belongings.
Sunscreen is recommended since students may be outdoors.

Students taking any of the art classes should bring a smock or oversized T-shirt and bring baby wipes for easy cleanup.

### TIE DYE Your World Grades 1 - 4

Mrs. Marjorie Teator

Learn how colors and dyes work together on fibers as we design patterns for T-shirts. This year we will also add reverse tie dying. 100% cotton works best for tie dying. Bring at least 1 white, 1 any color, and 1 black T-shirt. (Old or New) if new please prewash. The black shirt should have no pictures or writing... you'll see why! Note: in case of allergies – small amounts of Clorox and Hydrogen Peroxide are used in some activities. Children should wear clothes that can get messy, sunscreen applied at home is recommended.

Students should bring T-shirts, snack and water bottle.

\$115 • Course #SK 30 • M - F • 7/10 - 7/14

### Masks & Other Sculptures with

Everyday Items Grades 3-6

Ms. Donna Colvin

Using your imagination is key in this all 3 Dimensional course. Raid the family recycling bin for interesting shaped plastic containers to add interest to your Mask or Sculpture. Would that vitamin bottle make a good nose? The forms you find can inspire your imagination to think of the artwork in a different way. You will be building a mask on half a milk jug, creating a Gnome from a toilet paper tube and more inspired by the recyclable objects brought in by you and the other artists. Plaster Craft and Paper Mache clay will help to transform those everyday items into Sculptural Masterpieces

Students should bring: Small Plastic containers, interesting forms, egg cartons and cardboard tubes from gift wrap, paper towels & toilet paper, paint shirt (adult T-shirt is best) water and snack.

\$115 • Course #SK 11 • M - F 6/26 - 6/30



"Painting is just another way of keeping a diary"

- Pablo Picasso

### Old Fashion Box FUN Grades K – 3

Mrs. Marjorie Teator

Learn how to build stable structures, bridges and roads. We will use our math skills to build forts for summertime snowball fights, towers to withstand high winds, bridges and roads for speeding cars. Big boxes and cars provided but if you have an exceptional box bring it with you... flattened is fine!... we will put it together again.

### **Printmaking Camp** Grades K - 5

Ms. Hailey Meyer

Students will explore the different techniques of printmaking using nature, foam blocks and other materials to create cool prints on all different canvases. Students should bring 2 any color T-shirts (old or new pre-washed), bottled water, snack and a paint shirt (adult T-shirt is best).

\$115 • Course #SK 13 • M - F 6/26-6/30

All students get a Summer Kids T-shirt... (one per student) Register Early! Classes fill up fast!!

### **Clay Camp** Grades K - 5

Ms. Hailey Meyer

Students will get to explore different techniques of building, sculpting and painting clay in a fun and engaging way ... expanding their imaginations and exploring the exciting world of Clay!

Students will need comfortable clothing and sneakers that they don't mind getting dirty and a smock or large T-shirt, a snack and water bottle.

\$115 • Course #SK 31 • M - F • 7/10 - 7/14

### Pop Art Camp Grades K - 5

Ms. Hailey Meyer

"Pop Art is for Everyone"

Students will explore different pop artists, such as Andy Warhol and create art inspired by them using paint, paper and mixed media materials. Students will need comfortable clothing and sneakers, a smock or large T-shirt, a snack and water bottle.

\$115 • Course #SK 41 • M - F • 7/17 - 7/21

### Watercolors and Drawing Grades 4 - 6

Mrs. Rebecca Paul-Smith

Learn the art of painting with watercolors. Students will learn various brush strokes while creating beautiful masterpieces.

Supplies included in the course fee. Smock or oversized T-shirt is recommended.

Students should bring snacks and water bottle.

Please Note- due to the holiday, class will be 3 days with extended times.

\$98 • Course #SK 20 • W - F • 9am-1pm • 7/5 - 7/7

# Every child is an artist. The problem is to remain an artist once they grow up.

- Pablo Picasso

### **Cultural Jewelry Making** Grades 3-8

Ms. Donna Colvin

Jewelry is 3D design and small sculptures. Through the ages people have adorned themselves with wearable art. Over the three-day course, you will make your own beads for an animal or bird Totem Necklace, assemble an Egyptian collar or bracelet and create a snake or dragon wrap-around arm bracelet.

Students should bring a paint shirt (Adult T-shirt is best), water bottle and snack.

Please Note- due to the holiday, class will be 3 days with extended times.

\$98 • Course #SK 21 • W - F • 9am-1pm • 7/5 - 7/7

### Tie Dye Design Grades 3-8

Ms. Donna Colvin

Learn over 8 different Tie Dye methods: Reverse Tie Dye on dark colored T-shirt, colored Tie Dye using string, rubber bands, sewn design, ice, and more. Bring 100% cotton T-shirts, shorts, onesies to create Tie Dye for yourself and/or your whole family.

Students should bring: 100% cotton T-shirts, shorts, onesies. 3 or more dark colored and 5 or more white. Paint shirt (Adult T-shirt is best), water and snack.

\$115 • Course #SK 60 • M - F • 7/31 - 8/4

### PERFORMING ARTS

### Kids Musical Theatre Grades 1 - 8

Mrs. Lauren Weyant



Join our performing arts program in this two-week production.

Training will include acting, delivering lines, singing, dancing, and staging. Students will all have parts in the performance of a musical production (play to be

determined – based on the number of students registered) at the end of the session. Bring a notebook, pen, extra water, snack and backpack.

\$198 • Course #SK 32 • M - F • 7/10 - 7/21

### It's a Pirate's Life for You! Grades 3-6

Ms. Donna Colvin

YO HO HO, So you want to be a Pirate. Learn to be a Pirate, sculpt your individual shoulder mascot: parrot, monkey, cat, lizard, dragon or other favorite. Every Pirate will make a sword, treasure map, raft that will be used in a water race and more. Friday will be Pirate Fun Day: dressup as a Pirate.

Students should bring a paint shirt (Adult T-shirt is best), water bottle and snack.

\$115 • Course #SK 50 • M - F • 7/24 - 7/28



### Mini Me Cheer & Dance Grades K - 2

Mrs. Lauren Weyant

This camp is for your little that is the biggest cheerleader at their big sister or brother's games! We will learn cheers, chants, team building activities and dance our hearts out. Students should bring plenty of water, a snack and sunscreen.

\$98 • Course #SK 51 • M - F • 7/24 - 7/28

### Spy Academy Grades 1 - 5

Mrs. Kelliann Hogan

Students become cadets in Spy Training Academy and solve daily mysteries. Along the way they explore disguises, secret codes, spy gadgets, disappearing ink, chromatography, fingerprint analysis, sign language and so much more! Students should bring any size notebook and a pen & pencil.

Wear comfortable clothing and sneakers and bring a snack and water.

\$115 • Course #SK 33 • M - F • 7/10 - 7/14

### **Around the World in Just Ten Days!**

Grades 1 - 5

Ms. Mary Tetreault

Have you ever wanted to visit other countries and experience different cultures? Then come to "Around the World in Just Ten Days"! Each day, we will explore the unique culture of a different country through art, crafts, food and games. Each student will receive a "passport" where they will document their visits to countries such as Morocco, Japan, France, Iceland, and more! Bon voyage! Choose 1 week or both weeks at a discounted price.

Wear comfortable clothing and sneakers and bring a snack and water and their Chromebooks.

#### Week 1:

\$115 \* Course #SK 34 \* M - F \* 7/10 - 7/14

Week 2:

\$115 • Course #SK 42 • M - F • 7/17 - 7/21

All 10 days!

\$198 • Course #SK 35 • M - F • 7/10 - 7/21

### The Circus is in Town! Grades K - 2

Mrs. Lauren Weyant



Come One, Come All! The Circus is in Town! Kids will enjoy this fun filled week of Circus themed activities, games and crafts. If Face Painting is not for you – wear a Red Nose proudly and share in this

FUN! We will even make Circus Slime! Children should wear comfortable clothing and sneakers and bring a water bottle and snack.

**\$98** • Course #SK 12 • M - F • 6/26 - 6/30

### **Cooking for Kids**

Grade 5 - 8

Ms. Anya Tomaseski

Cooking for Kids is a class that will teach students how to create their own snacks and meals for before



and after school and even a few dinner recipes that you can make together. Cooking encourages children's thinking, problem-solving, and creativity. It also allows children the opportunity to use the knowledge they have and apply it by counting, measuring, following a sequence, following directions, and cause and effect. Throughout this class, your children will build their culinary skills, their self-esteem and independence. In addition, they will also design their very own cookbook. It will be designed by them and full of easy to make recipes!

Each week there will be different recipes to include breakfast foods, dinners, snacks and even some baking! Students should bring a water bottle and extra hair-ties (to pull back hair as needed).

Ingredients and cookbook are included in the cost of the class.

\$125 • Course #SK 36 • M - F • 7/10 - 7/14

\$125 • Course #SK 52 • M - F • 7/24 - 7/28

\$125 • Course #SK 61 • M - F • 7/31 - 8/4

### FOR INQUISITIVE MINDS...

### For our wee ones.... 4 – 5 year olds

Join Ms. Lori Tse for a variety of preschool and Kindergarten activities. Students will make crafts, play games, meet new friends and have lots of fun. Each week will have a new theme full of activities and stories. Bring a backpack and sunscreen, snacks and water.

### Wee Ones - Red, White and Blue

\$98 • Course #SK 14 • M - F • 6/26 - 6/30

Wee Ones - Adventures

\$98 • Course #SK 43 • M - F • 7/17 - 7/21

### **Summer Story Time** Grades K-1

Ms. Lori Tse

Students will read, enjoy games and crafts associated with the book of the day. This hands-on approach will stimulate reading skills and



creativity. At the end of the week, campers will take home a variety of projects. Bring a pencil case with glue bottle, crayons, markers, and kid's scissors, folder, snack, water bottle, and baby wipes.

\$98 • Course #SK 56 • M - F • 7/24 - 7/28

\$98 • Course #SK 65 • M - F • 7/31 - 8/4



Ms. Lori Tse

Do you like to make crafts? Play games? Meet new friends? Have fun? Then THIS is for you! Every day we will have a new theme full of activities and stories. Bring a backpack and sunscreen.

Please Note- due to the holiday, class will be 3 days with extended times.

Choose:

\$80 • Course #SK 22 • 9am-1pm • 7/5 – 7/7

\$98 • Course #SK 37 • M – F • 7/10 – 7/14



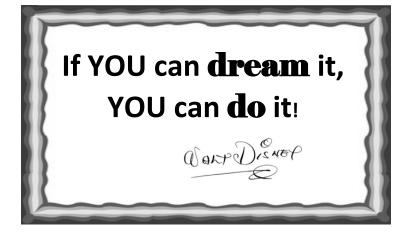
## Tell Me Your Story Grades 3 - 7

Mrs. Lauren Weyant

There are so many ways to share information to create connection. Students may choose their favorite way to tell their story. Is it a Graphic Novel, Comic, or even a Rap Song! Other ideas: Poetry and Short Stories, etc. Students should bring loose-leaf, nice bounded notebook, snack and water bottle.

Please Note- due to the holiday, class will be 3 days with extended times.

\$98 + Course #SK 23 + W - F + 9am-1pm + 7/5 - 7/7



# S.T.E.A.M.



### **Coding is Fun!**

Ms. Sheryl Jones

Students will learn how to create their own interactive stories, video games, animations, logos, music videos, commercials and extreme sport simulations, fashion design, interactive artwork using code.

Students need to bring their Chromebook, notebook, and pencils.

Coding for Kids - Beginners Grades 3 - 5

\$98 • Course #SK 15 • T - F • 6/27 - 6/30

Coding for Kids - Intermediate Grades 3 - 5

\$98 • Course #SK 24 • W - F • 9am-1pm • 7/5 - 7/7

Coding for Kids – Beginners Grades 6-8

\$120 + Course #SK 38 + M - F + 7/10 - 7/14

Coding for Kids – Intermediate Grades 6-8

\$120 + Course #SK 44 + M - F + 7/17 - 7/21

### **Oodles of Google**

Getting Creative with Google Suite Grades 2 - 4 Ms. Kristy O'Connell

There are oodles of things you can do with Google Suite. Turn your device time into productive, educational but more importantly FUN, super and engaging activities using cool features and tricks. Learn how to put your interests to work in the form of digital books, games, websites, surveys and more! Students must bring their Chromebooks, notebook, pen, pencils, markers and ideas!

Bring a snack and water.

\$120 • Course #SK 45 • M - F • 7/17 - 7/21

\$120 • Course #SK 53 • M - F • 7/24 - 7/28

### **Dungeons and Dragons** Grades 5 - 8

Mrs. Cat Sutton



New to Dungeons and Dragons? Experienced player? All are welcome! Come and join in on an epic adventure game and see what DnD is all about. Fight dragons! Solve riddles! Embark on a

fantastical journey while learning the game, honing your skills, or just having a ton of fun! Bring DnD dice if you have them, snack and water.

\$98 • Course #SK 39 • M - F • 7/10 - 7/14

\$98 • Course #SK 62 • M - F • 7/31 - 8/4

### **Basic Electronics** Grades 5 – 8

Mr. Sean McDermott



Learn the basics of electronics including soldering and wiring. Student will work

with mini sirens, blinkers and robots. Students should bring their Chromebook, notebook, pen and pencil.

\$165 • Course #SK 54 • M - F • 7/17 - 7/21

### The Design Lab-

### A Crash Course in Engineering

Mrs. Kimberly Trahan and Ms. Ali Melious

Engineers will come together to think critically about specific problems, work as a team to create solutions and modify as needed using basic engineering principles including (but not limited to), floating, gravity, weight, mass, and design. Students should bring recyclables (boxes, plastic bottles, etc.) This course is designed to offer challenging engineering concepts, taking natural curiosity and applying it to STEM (Science Technology Math & Engineering) by having kids take on the role of an engineer for the week. Participating students will learn how the world works by exploring the STEM fields with a focus on engineering, through fun, hands on building activities and projects. Imagination and intrigue are the only prerequisites for this course. Bring a pencil case with crayons, markers, pencils. All other materials included in course fee.

The Design Lab Grades K - 2

\$128 • Course #SK 55 • M - F • 7/24 - 7/28

The Design Lab Grades 3 -5

\$128 + Course #SK 57 + M - F + 7/24 - 7/28

The Design Lab Grades 3 -5

\$128 • Course #SK 63 • M - F • 7/31 - 8/4

### Whales, Weather, and Water, Oh My!

Kristy Zukswert Grades 6-8

Have a love of oceans, lakes, rivers, and anything aquatic!? Want to study whales and other magnificent underwater creatures!? Wish you could make a difference here or elsewhere in the world? Join us as we jump into a week of; exploring the use and impact of water around the world, its biggest aquatic animals, our own local waterways; and brainstorm as citizen scientists to help solve some of our world's worst water problems!

Students should wear closed toed shoes. Students should bring a journal, writing utensils, snack and water bottle.

\$115 • Course #SK 16 • M - F • 6/26 - 6/30



### Mythbusters Junior! Grades 1-5

Mary Tetreault

Have you ever wondered...Can fire really burn under water? Does sugar really damage your teeth? Is the sky really blue? Can you take a picture without a camera? Can you really pull a table cloth off a table without breaking the plates? Come to Mythbusters Junior and find out! In this class, we will explore common myths, predict outcomes, and perform experiments to sort myth form fact.

Students should bring their Chromebook, a water bottle, healthy snack. Students should wear comfortable clothing

\$98 • Course #SK 58 • M – TH • 7/24 – 27

Science is fun. Science is curiosity.

We all have natural curiosity.

Science is a process of investigating.

It's posing questions and coming up with a method. It's delving in.

Sally Ride

# "If we knew what it was we were doing, it would not be Called research, would it?" Albert Einstein

### Wetlands Exploration Grades 4 - 7

Meet the Endangered Turtles of Arlington HS!

Mrs. Maribel Mueller

Children will get to explore the wetland of Arlington High School, participate in water testing, survey the plants and wildlife present and learn about the endangered Blandings Turtles that call Arlington home! We will be in and out of the classroom. Be sure to bring bug spray, sunscreen, a hat, long socks and sneakers.

\$115 • Course #SK 18 • M - F • 6/26 - 6/30



# Ready - Set - React!!! - Chemistry in Action Grades 6-8

Ms. Kristy Zukswert

Forensics meets chemistry, meets biology! Ready for a week of experimentation and explosions!? Over these three action-packed days we'll look at medical case studies to save lives, design and experiment to make the slimiest concoctions, solve mysteries, and see how fish, fireworks, and the Northern Lights all are connected! With each fun filled day we'll not only build laboratory skills but also bring home an epic science project to share!

Students should bring a journal, writing utensils, two empty plastic water bottles and a snack.

Closed toed shoes and bring a hair tie (for long, loose hair).

Please Note- due to the holiday, class will be 3 days with extended times.

\$98 • Course #SK 25 • W - F • 9am-1pm • 7/5 -7/7

### Mad Science Training Academy Grades 1-5

Mrs. Stephanie Marden

Calling all Scientists! Students will perform experiments and even make slime! Experiments will be conducted in a classroom and outside as well.

Be prepared to get messy!

Students should wear old clothes and sneakers (will get messy). Students should bring a water bottle and snack.

\$98 • Course #SK 46 • M - TH • 7/17 - 7/20

### **Ecosystem Exploration** Grades 5-8

Mrs. Amie Worley

#### Is this the New Marvel Movie?!

How did comic strips use science and animals in the natural world to understand how to make Spiderman climb walls and spin webs? How 'bout the Incredible Hulk? What's myth and what's the history... We'll check out geckos, spiders, and so many other phenomenal moving things!

\$98 • Course #SK 26 • W - F • 9am-1pm • 7/5 - 7/7

### **How Did You Survive That?**

Do some frogs really have antifreeze in their blood? How do desert cats survive dehydration? How do turtles breathe under water for the winter? And some other ecosystem mysteries! I have some for you. Do you have some you want to research together?

\$98 • Course #SK 310 • M - TH • 7/10-7/13

### The "Bee's Knees"!

We'll look closely at the anatomy of insects. We'll look at bugs that crawl, fly and swim with real insect samples!

We'll mainly search outside and use magnifiers to take a zoom in look!

\$98 • Course #SK 47 • M - TH • 7/17 - 7/20

#### It's a Bird. It's a Plane...

Let's look at how things fly – we'll look to the natural world – bats, flying squirrels, birds, insects.

Do penguins fly? How about Turkeys?

We'll also look at plant and animal adaptations and human bioengineering – in other words, how do we humans use what we learn from living things, to help ourselves move in ways our bodies can't do on their own?

\$98 • Course #SK 59 • M - TH • 7/24 - 7/27

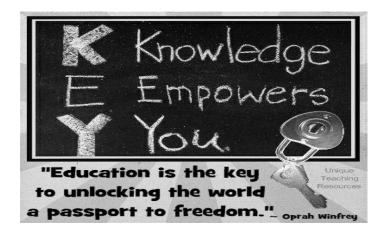
### S.T.E.A.M. Grades 6-8

Mrs. Rebecca Paul Smith

Enjoy the week with hands on activities exploring Science, Technology, Engineering, Arts and Math. Engage in activities such as Lego wars, candy making and building competitions, and much, much more! Students should raid the recyclable bin for such items as cups and empty (clean) plastic containers, paper towel and toilet paper rolls, cardboard boxes... and be willing to get dirty and have fun!

Students should wear comfortable clothing and shoes and bring a snack and water bottle.

\$115 • Course #SK 311 • M – F • 7/10-7/14



### Ooey Gooey Science FUN! Grades 2-4

Mrs. Lauren Weyant

Want to make OOBLEK or FLUBBER? What a fun way for your future scientist to create a messy concoction without the mess at home. FUN... FUN... FUN!!! Students should bring a folder for all the fun recipe copies, extra clothes (just in case we have too much fun) sneakers, a snack and water bottle, sunscreen applied at home.

\$115 • Course #SK 64 • M - F • 7/31 - 8/4

### **Budding Biologists Week!** Grades 3-5

Mrs. Tricia Muraco

Spend the week learning about Biology! Wetlands exploration, Microscope Mania! Human Body Systems, The Chemistry of Life. If you love Biology you have to take Budding Biologists! Students should wear long socks and sneakers and bring water and a snack.

\$98 • Course #SK 316 • M - TH • 7/10 - 7/13

\$98 • Course #SK 411 • M - TH • 7/17 - 7/20

\$98 • Course #SK 510 • M - TH • 7/24 - 7/27

# MOVE!



These are NOT your average PE classes! Students will explore various movement activities including (but not limited to) sports, games, fitness, dance, etc. Emphasis will be placed on inclusive participation, health and fun! Classes will be held inside and out and activities will be age appropriate. Wear clothes you can move in and sneakers. Bring sunscreen, bug spray (for outdoor activities) and plenty of water.

### **Horseback Riding** Grades K - 5



For those students who have little or no experience, lessons given will focus on balance and basic mechanics of riding. Student will also be given basic instruction on the skill of horsemanship

and horse care including how to groom, tack up and take basic care of their horses. Participants should wear heeled boots and long pants. Riding helmets are provided by the instructor. (if you do not have a bike helmet). Learn to ride and have fun. All classes will be held at Pond View Farm, 40 Perkins Ln, LaGrangeville, NY. Students should bring a snack and plenty of water. Sunscreen applied at home is recommended.

\$210 each course + M - TH + 8:30am - 10:30am #SK 19 + 6/26 - 6/29

\$210 each course • M - TH • 8:30am - 10:30am #SK 312 • 7/10 - 7/13

\$210 each course + M - TH + 8:30am - 10:30am #SK 48 + 7/17 - 7/20

### Introduction to Tennis Grades K - 2

Mrs. Elena Farlow

Children will learn the basic fundamentals of tennis while having fun!

Students should bring a tennis racket, water, snack and wear comfortable clothing and sneakers. Sunscreen applied at home is recommended.

\$115 • Course #SK 313 • M - F • 7/10 - 7/14

# The body says what words cannot.

- Martha Graham

### Fitness Frenzy & Tag Games Grades 2 - 4

Ms. Makenzie Patinella

Children will participate in a variety of fitness activities in fun and engaging ways, such as relay races, fitness tic-tac-toe, fitness bingo, fitness four square, etc. To break up the fitness activities tag games will be incorporated such as tunnel tag, blob tag, robot tag, banana tag and more!

Students should wear athletic clothing and sneakers and bring a snack and plenty of water. Sunscreen applied at home is recommended.

\$115 • Course #SK 410 • M - F • 7/17 - 7/21

### "Survivor" Games Camp

Ms. Jessica Mirra

Welcome to Survivor Games camp – a spinoff of the very popular show "Survivor". Campers will be randomly divided into two teams on the first day of camp. Campers will then build their teamwork skills by completing different physical activities and intellectual challenges, giving camper the opportunity to demonstrate their unique strengths and abilities. Please note – there will be no "voting off" members, rather teams will accumulate points by completing challenges throughout the week to determine which team will be the "Survivor Camp Champions". Students should wear athletic clothing and sneakers and bring a snack and plenty of water. Sunscreen applied at home is recommended

"Survivor" Games Camp Grades 3-5

\$98 • Course #SK 314 • M - TH • 7/10 - 7/13

"Survivor" Games Camp Grades 6 - 8

\$98 Course #SK 49 M - TH 7/17 - 7/20

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy

### **Adventure Challenge & Playground Games**

Grades 4 - 6

Ms. Makenzee Patinella

Children will participate in a variety of name games, fair play games, communication games, and trust games as well as different playground activities such as four square, capture the flag, SPUD, etc.

Children will understand the importance of communication, trust and teamwork through different physical activities.

Students should wear athletic clothing and sneakers and bring a snack and plenty of water. Sunscreen applied at home is recommended.

\$98 • Course #SK 511 • M - TH • 7/24 - 7/27



### **Team Sports** Grades 5 - 8

Ms. Makenzee Patinella

Children will learn about the importance of team sports and working together. Children will also learn how to demonstrate teamwork and good sportsmanship through the following team sports: soccer, handball, ultimate Frisbee, kickball and whiffle ball. Students should wear athletic clothing and sneakers and bring a snack and plenty of water. Sunscreen applied at home is recommended.

\$115 • Course #SK 315 • M - F • 7/10 - 7/14

# While the kids are having fun... Come take care of YOU!

# <u>Introduction to Strength Training -</u> 9:30am - 10:30am

Learn safe and effective techniques to build lean muscle using dumbbells and body weight. You will need a set of dumbbells and a yoga mat.

\$55 per session • Course #SK 111

### A New Reflection - 10:45am-11:45am

This course will teach effective skills and strategies to create the best version of yourself. You will learn self-care strategies, mind and body.

\$55 per session • Course #SK 112

### Tuesdays and Thursdays

Session one	<u>Session two</u>			
6/27 & 6/29	8/8 & 8/10			
*7/5 & 7/6	8/15 & 8/17			
W & TH	8/22 & 8/24			
7/11 & 7/13	8/29 & 8/31			
7/18 & 7/20	*Holiday week			

### **DRIVER SAFETY**

### 5-hour Pre-Licensing Course

Mr. Jan Stark

This course is mandated by the New York State
Department of Motor Vehicles for all New York State
permit holders. Every student needs to obtain a NY
State Driver's Course will result in the issuance of MV278 form, which is needed for road test appointment.
This course is being taught online and students are
required to have a Zoom compatible computer, laptop,
or Chromebook to participate (cell phones may not be
used). Registration is due 3 days prior to class to
guarantee class and placement. Once registered, you
will be requested to submit a copy of your permit.
Upon submission, you will receive a Zoom invitation to
attend class.

\$35 • Course #DS 1 • TU 7/18 • 4 - 9pm • ONLINE \$35 • Course #DS 2 • TH 8/17 • 4 - 9pm • ONLINE

## **REMINDERS:**

- On the first day of all sessions, ALL students with their parents/guardians will come in the Main Entrance at Arlington High School @8:45am to meet with teachers and be escorted to your class location.
- Those students taking classes at LMS, Overlook School, and Pond View Farm, please arrive 10 minutes early on your first day for orientation.
- ALL weeks run daily, M TH or M F from 9am - Noon - EXCEPT for Week 2 which will run Wednesday - Friday from 9am-1pm due to the holiday.
- Be sure to verify location of where the class will take place.
- We are a latex free school. No latex/rubber products are permitted in our facility (includes balloons, rubber bands, masks, etc.)
- All students MUST wear SNEAKERS.
- Bring a backpack for your belongings clearly marked with your name on it.
- Bring water for all activities, and, more if your class is more physical in nature.
- Bring a healthy snack (no peanut products, please).
- Be sure to bring supplies as requested and any materials or fees to instructors on the first day of classes.
- All students must be escorted to their classrooms daily.
- All students must be picked up from their class location at the end of their scheduled class time.
- Students taking any outdoor classes should bring bug spray and suntan lotion.
- Emails will go out to all participants a few days before classes begin with last minute details, rooms, etc.

### **LOCATIONS:**

Most of Arlington Summer Kids classes will be held @Arlington HS, 1157 Route 55, LaGrangeville, NY 12540

Other locations: LaGrange Middle School 110 Stringham Rd, LaGrangeville, NY 12540

Overlook School
11 Mapleview Rd Ext, Poughkeepsie, NY 12603

Pond View Farm, 40 Perkins Ln, LaGrangeville, NY 12540

# **Back this summer!**





### **BOOK SWAP**

On your first day of camp, bring a book that you have read and are willing to share... then pick a book that others have shared.

More reading...
More sharing....
More summer fun!

# Once you're registered, you will get a revtrak confirmation.

Class reminders and last minute details will go out a few days before classes begin...

## ARLINGTON SUMMER KIDS 2023

### REGISTRATION INFORMATION

We are excited to bring a summer program with different activities to you this summer. Teachers from throughout the district and community will be sharing their expertise and passion for a variety of classes sure to keep you busy and happy.

- Classes are designed to be co-ed, age/grade specific (as noted) and are fun, engaging, and entertaining!
- Course fees are per student; per course.
- Room assignments/building assignments (if other than AHS) will be confirmed by email a few days before class begins.
- Classes will be held at: Arlington High School 1157 Route 55, LaGrangeville (1/2 mile west of the Taconic State Pkwy) unless noted otherwise.
- All classes (unless noted) will run from 9am Noon. PLEASE BE PROMPT!
- Be sure to check if special supplies, equipment, money, etc. are needed.
- Students may also register by filling out the registration form below and mailing or dropping it off w/payment to Arlington HS.
- All Students will receive an Arlington Summer 2023 T-shirt (one per student).
   Please add the size: KS, KM, KL, S, M, L, XL and XXL in the size box. Additional shirts may be purchased for \$10.
   (Shirts are not included with registrations for 5 Hr Pre licensing classes and Band & Orchestra Camp).
- Registrations will be accepted through the first week of classes providing there is availability in the class.
- Early registration is encouraged to assure placement and to avoid possible class cancellation due to insufficient enrollment.
- Online payments will be emailed a receipt. Those who pay by check: your canceled check is your receipt.
- REFUNDS WILL BE GRANTED ONLY IF CLASS IS CANCELLED.
- All students must be escorted to their classrooms/designated locations and must be picked up from that location as well.
   (NO drop offs!) More information will come with final confirmations.
- Bring a notebook, pen, pencil, water bottle and healthy snack (and a backpack to put it all in) to your class daily.
- Wear comfortable clothing, **SNEAKERS**, and bring your terrific, sunny disposition!
- If you have any questions, feel free to call: Linda Pucci, Coordinator 845-486-4860 x 32102

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**

Arlington High School 1157 Route 55 LaGrangeville, NY 12540



### **ARLINGTON Continuing Education - REGISTRATION FORM**

Name:		
Day Phone:	Emergency Phone:	
Emergency Contact:		

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