



ARLINGTON CENTRAL
SCHOOL DISTRICT

ARLINGTON

Continuing Adult/Community Education Program Winter/Spring 2018 Course Schedule

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



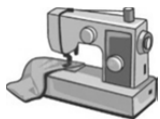
Indicates that there are supplies to be purchased before the start of class. These supplies may be purchased at area craft and art stores.

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 #1292 • Tue 1/30 - 3/20
\$134 • 6:30 - 8:30pm • Room 1119



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.

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 #1413 • Thurs 2/1 - 3/22
\$100 • 6:30 - 8:30pm • Room 1227

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 #1414 • Thurs 4/19 - 6/7
\$100 • 6:30 - 8:30pm • Room 1227

Kids Acrylic Painting (ages 8 - 12)

Amy Levitan



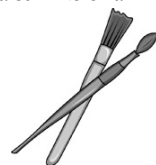
Learn to mix and explore color, highlights, and shadow from still life or a photo of your choice as you create beautiful paintings to give as gifts or frame by the end of class. *Supplies to bring: set of acrylic paints, set of brushes, one wide painters brush, 16x20 canvas pad, paper plates for palette, plastic container for water, and a rag.*
Course #1612 • Sat 2/3 - 3/17
\$66 • 9:30 - 11am • Room 2312

Oil Painting

Amy Levitan



Create your own oils masterpiece on canvas as you learn a variety of paint strokes and techniques while painting from a still life or a photograph. Wear old clothes and bring rags to wipe off brushes. *Supplies to bring: 16x20 canvas pad, 9x12 palette paper, 1 large gesso brush, #1 round brush, #4 filbert brush, #6 round brush, #8 flat brush, #10 bright brush, #16 broad brush, titanium white (large tube), cadmium yellow pale, cadmium orange, cadmium red, cobalt blue, cerulean blue, dioxazine mauve, yellow ochre, raw sienna, burnt sienna, burnt umber, odorless turpenoid, linseed oil, palette cups with lids.*



\$98 • 6 - 8pm • Room 2313
Course #1411 • Thu 2/1 - 3/22
Course #1412 • Thu 4/19 - 6/7

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 #1611 • Sat 2/3 - 5/12
\$146 • 9:30 - 11:30am • Room 2313

Acrylic Painting

Amy Levitan



Learn to mix and explore color, highlights, and shadow from still life or a photo of your choice as you create beautiful paintings to give as gifts or frame by the end of class. *Supplies to bring: set of acrylic paints, set of brushes, one wide painters brush, 16x20 canvas pad, paper plates for palette, plastic container for water, and a rag.*

\$98 • 6 - 8pm • Room 2313
Course #1214 • Tues 1/30 - 3/20
Course #1215 • Tues 4/17 - 6/5

Zentangle®

Bohdanna Murynecc



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® Inspired Art

(prerequisite - Zentangle® Basics)

The Zentangle method is full of possibilities. Simple strokes can produce beautiful results. We will use a few new tangles as well as those learned in previous classes to create art on a variety of materials. Supplies from the previous classes will be needed. A materials fee of \$6 is payable to instructor at the first class.

Course #1316 ▪ Wed 2/7 - 2/28
\$50 ▪ 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 #1317 ▪ Wed 4/4 - 4/18
\$38 ▪ 6:30 - 8pm ▪ Room 1329

In A Zentangle® Garden

(prerequisite - Zentangle® Basics)

Create a "fantasy garden" using organic tangles as well as tangles learned in previous classes. Supplies from the basic kit will be needed. A materials fee of \$6 is payable to instructor at the first class.

Course #1318 ▪ Wed 4/25 - 5/9
\$38 ▪ 6:30 - 8pm ▪ Room 1329

Kids Art Stuff (ages 8 - 12)

Amy Levitan



Students will learn painting, collage, design, and embellishing techniques putting their creativity to work as they craft and complete 4 different holiday/seasonal projects to have for always. Bring safety scissors and a backpack to carry your crafts. All materials needed to make the projects are included in the course fee. Register by March 22 to guarantee your place in class.

Course #1614 ▪ Sat 4/14 - 5/5
\$92 ▪ 9:30 - 11:30am ▪ Room 2312

Register early

to guarantee class and
placement

(see page 7 for registration information
and page 8 for registration form)

Holiday & Seasonal Crafts

Amy Levitan

Students will create a variety of decorative pieces for upcoming holidays and season. Price of class includes all materials. Bring scissors and markers. Students must register 2 weeks before class to guarantee placement.

Valentine's Day Centerpiece

Decorate from the heart for a perfect Valentine or for any other romantic occasion.

Course #1115 ▪ Mon 1/29
\$36 ▪ 6:30 - 8:30pm ▪ Room 2313

Spring Door Hanging

Welcome the spring with a door hanging you create for seasons to come.

Course #1116 ▪ Mon 3/5
\$36 ▪ 6:30 - 8:30pm ▪ Room 2313

Mother's Day Floral Arrangement

Create a beautiful floral centerpiece to celebrate and thank Mom.

Course #1117 ▪ Mon 4/16
\$46 ▪ 6:30 - 8:30pm ▪ Room 2313

American Holidays Door Hanging

Three cheers for the red, white and blue! Commemorate our national holidays: Memorial Day, July 4th, Labor Day, etc. with a patriotic door hanging.

Course #1118 ▪ Mon 5/14
\$36 ▪ 6:30 - 8:30pm ▪ Room 2313

PERFORMING ARTS

Guitar for Beginners

Ed Mullaney

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

Mon 1/29 - 5/7 ▪ Room 1216

Guitar for Kids (ages 10 - 14)

Course #1141 ▪ \$120 ▪ 6 - 7pm

Guitar for HS/Adults

Course #1142 ▪ \$180 ▪ 7 - 8:30pm

Acting 101

Brigitte Luongo

This class is for anyone who caught the acting bug, is serious about their craft or has difficulty speaking in public. Throughout the semester you will learn how to vocally project, select and perform monologues you can use on casting calls and auditions, perform scenes from off Broadway and Broadway productions, prepare a resume, and capture your audience's attention. You will develop the different techniques used in theatre acting and screen acting. Scripts, monologues and presentations will be tailor fit for your age range. The class's environment will be friendly and uncritical for you to have ease and comfort during your rehearsal. Bring pen, notebook, water bottle and wear comfortable clothing.

Course #1145 ▪ Mon 1/29 - 3/12
\$96 ▪ 6:30 - 8:30pm ▪ Room 1119



Dirty Dancing – The Class Story

Proctor Theatre, Schenectady, NY

Dirty Dancing on stage is an unprecedented live experience, exploding with heart-pounding music, passionate romance, and sensational dancing. Relive the classic story of Baby and Johnny, two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their lives. Featuring the hit songs, "Hungry Eyes," "Hey Baby," "Do you Love Me?" and the heart stopping "(I've Had) The Time of My Life." Fee includes Orchestra seats and charter bus transportation. Park in 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). We will meet at 10:30am and will return around 10:30pm. Appropriate for ages 12+.

Course # 1641 ▪ Saturday, April 14
\$98 per person (*sorry no discounts*)

A Bronx Tale

Longacre Theatre, NYC

A Bronx Tale is a streetwise musical that takes you to the stoops of the Bronx in the



1960s—where a young man is caught between the father he loves and the mob boss he'd love to be. Featuring a doo-wop score, *A Bronx Tale* is a story about respect, loyalty, love, and above all else: family.

Appropriate for ages 12 +. Fee includes front mezzanine seats and

charter bus transportation. We will have dinner in the Bronx before going home (place and price TBD). Bring money for dinner and extras. Park in Arlington HS Music parking lot (first on the right after entering the main entrance). We will meet at 10:30am and will return around 10:30pm.

Course #1642 ▪ Sat 5/19
\$158 per person (*sorry no discounts*)

Line Dancing

Kactus Keith Dougherty



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 #1445 ▪ Thu 2/1 - 4/26
\$150 ▪ 7 - 8:30pm ▪ Caf B

BALLROOM DANCING

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

An Evening of Ballroom Dancing



Preparing for a wedding or special event or just love to dance? Come to our mini-workshop for an evening of social, ballroom and Latin dance and sample the

different dances

Course #1544 • Mon 1/26
\$16 • 7 - 8:30pm • Caf B

Beginner Ballroom and Latin Dancing

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

Course #1244 • 6 - 7pm
\$90 • Tues 1/30 - 3/20 • Caf B

Course #1247 • 6 - 7pm (no class 5/8 & 5/15)
\$68 • Tues 4/10 - 5/29 • 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 #1245 • 7 - 8pm
\$90 • Tues 1/30 - 3/20 • Caf B

Course #1248 • 7 - 8pm (no class 5/8 & 5/15)
\$68 • Tues 4/10 - 5/29 • Caf B

Salsa/Hustle

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

Course #1246 • 1/30 - 3/20
\$90 • Tues 1/30 - 3/20 • Caf B

Swing/Lindy

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

Course #1249 • 8 - 9pm (no class 5/8 & 5/15)
\$68 • Tues 4/10 - 5/29 • Caf B

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.

\$122 • 6:30 - 8pm

Conversational Spanish

Denise Siniscalchi Room 1114

Spanish - Level I

Course #1273 • Tues 3/13 - 5/22

Spanish - Level II (Pre-requisite Level I)

Course #1173 • Mon 3/12 - 6/4



Conversational Italian

Brigette Luongo Room 1120

Italian - Level I

Course #1374 • Wed 3/14 - 5/23

Italian - Level II (Pre-requisite Level I)

Course #1275 • Tue 3/13 - 5/22



CULINARY ARTS

COOKING

Chef Larry Anthony

Bring your aprons and your appetites and try our culinary classes. Each class requires a \$35 ingredients fee to be paid to the instructor at the first class.

\$92 • 6:30 - 9:30pm • Room 1429

Quick Meals – Stews and Sauces

Looking for something easy? Tired of the same old thing? Learn to make sauces to spice up those old standbys and make your life simpler with some easy, one pot meals including stews, stir fry and vegetarian dishes.

Course #1431 • Thu 2/1 - 2/22

Hors D'oeuvres

Don't limit your fare to pigs in a blanket! Get ready for those special spring parties and entertain your guests in style with these delicious appetizers.

Course #1432 • Thu 4/5 - 4/26

Salads & Grills

Use your grill not your stove! Learn the proper techniques of grilling tender fish, poultry, meats, pork and vegetables and create fabulous vinaigrettes, marinades, and dressings. You will also make great salads to accompany your main entrees. Perfect for those quick summer get-togethers and late summer evening meals.

Course #1433 • Thu 5/3 - 5/24

Kids Kitchen (5th - 8th grades) 😊😊😊

Students will learn the fundamentals of cooking including food preparation, cleaning, following recipes, and storage, while learning to make a variety of meals, appetizers and desserts.

\$92 • 9:30 - 12:30am • Room 1429

Course #1631 • Sat 2/3 - 3/3

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 #1332 • Wed 5/2 - 5/30 (no class 5/23)

\$92 • 6:30 - 9:30pm • Room 1429

*Recipes tell
you nothing.
Learning
techniques is
the key.*

- Tom Colicchio

PERSONAL ENRICHMENT

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

Learn More About Your Credit Score

Jennifer Fox

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 rate.

Course #1376 • Wed 3/14

No Fee • 6:30 - 8:30pm • Room 1222

Your Road Map to Auto Buying

Jennifer Fox

Thinking of buying a car? This free session will cover everything from how to negotiate a deal to determining your trade-in value, and everything in between!

Course #1475 • Thu 4/12

No Fee • 6:30 - 8:30pm • Room 1222

Social Security & Medicare

Jennifer Fox

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. And, your Medicare decisions can have a big impact on your finances. We will explain what the parts of Medicare are and what each covers, which Medicare plans may best meet your needs, and the eligibility and enrollment process.

Course #1476 • Thu 4/26

No Fee • 6:30 - 8:30pm • Room 1222

Minimalism - How to get more out of life

Anthony Foppiano

Minimalism is more than just an idea, it's a philosophy that dictates that one can create focus in their life by discarding all the excess baggage that adds little or no value to it; and in doing so have a much more fulfilling life. This baggage comes in many forms: useless material possessions, failed relationships, toxic habits, unnecessary activities, negative thoughts and attitude etc. This class will help redirect your life into making less more.

Course #1456 • Thu 2/8 - 2/15

\$18 • 6:30 - 8:30pm • Room 1112

Spring Clean Your Finances

Victoria Rolfe, Family Budget Coach

No matter what your income level, start making your money work for you. Whether you are struggling with debt or just want to be more in control of your finances, this course will help. Budgeting need not be intimidating or tedious. You will leave this workshop motivated and empowered, with the tools and knowledge to see how easy it can be to gain insight, control and mastery of your money.

Course #1457 • Thu 4/26

\$18 • 6:30 - 8:30pm • Room 1112



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 #1231 ▪ Tue 4/3 - 4/24
\$40 ▪ 6:30 - 8:30pm ▪ Room 1119

LET'S TALK TRASH:

Composting and Recycling Workshop

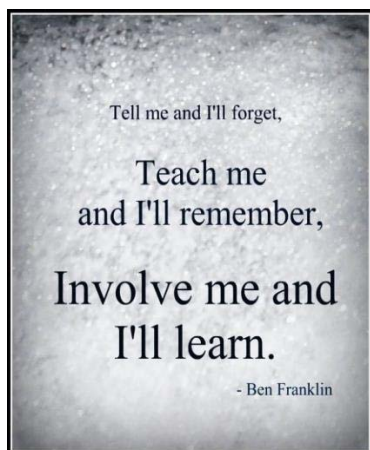
Do you know what is compostable, recyclable or just plain garbage? Did you know that 60% of solid waste is organic and can be composted? Improve your garden soil, support solid waste reduction, develop your trash management skills, reduce waste to successfully separate, sort and dispose of garden and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

Course #1435 ▪ Thu 4/19
\$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 # 1232 ▪ Tue 5/1 - 5/8
\$30 ▪ 6:30 - 9pm ▪ Room 1119



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

Kathleen Sefcik

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.*

\$156 ▪ Room 1413 ▪ 4 - 6pm
Course #1256 ▪ Tues 1/30 - 3/20
Course #1257 ▪ Tues 4/10 - 5/29

\$156 ▪ Room 1413 ▪ 6:30 - 8:30pm
Course #1258 ▪ Tues 1/30 - 3/20
Course #1259 ▪ Tues 4/10 - 5/29

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.

\$156 ▪ 2:30-4:30pm ▪ Room 2428
with Michael Reiter

Course #1451 ▪ Thu 2/1 - 3/22
Course #1452 ▪ Thu 4/12 - 5/31

\$156 ▪ 6:30-8:30pm ▪ Rm 1106

with Robyn Kendziera

Course #1453 ▪ Thu 2/1 - 3/22
Course #1454 ▪ Thu 4/12 - 5/31

Writing SAT Review Class

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

\$156 ▪ 2:30-4:30pm ▪ Rm 2423
with Ivan Pitt

Course #1351 ▪ Wed 1/31 - 3/21
Course #1352 ▪ Wed 4/11 - 5/30

\$156 ▪ 6:30-8:30pm ▪ Rm 1106

with Robyn Kendziera

Course #1353 ▪ Wed 1/31 - 3/21
Course #1354 ▪ Wed 4/11 - 5/30

Math SAT Review Class

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

\$156 ▪ Room 1106 ▪ 4 - 6pm
Course #1251 ▪ Tues 1/30 - 3/20
Course #1252 ▪ Tues 4/10 - 5/29

\$156 ▪ Room 1106 ▪ 6:30 - 8:30pm
Course #1253 ▪ Tues 1/30 - 3/20
Course #1254 ▪ Tues 4/10 - 5/29

HEALTH, FITNESS & WELL-BEING

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

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 #1261 ▪ Tue 1/30 - 3/20
Course #1262 ▪ Tue 4/17 - 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 #1162 ▪ Mon 1/29 - 2/26
\$80 ▪ 6:30 - 8pm ▪ Room 1120

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 #1367 ▪ Wed 1/31 - 3/21
Course #1369 ▪ Wed 4/18 - 6/6

Intermediate Hula Hooping Class

\$96 ▪ 5:30 - 6:30pm ▪ Dance Room
Course #1366 ▪ Wed 1/31 - 3/21
Course #1368 ▪ Wed 4/18 - 6/6



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 #1166 • Mon 2/5 - 5/14
\$102 • 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.

Course #1465 • Thu 3/15 - 5/10
\$110 • 6:30 - 7:45pm • Dance Room

Meditation

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

Learn how to better manage stress and improve the quality of your life with meditation! During this program you will have the opportunity to experience a variety of meditation forms including simple quieting meditation, guided imagery, various styles of mindfulness meditation, and walking meditation. No experience is necessary to attend, though experienced meditators are welcome and will find the group setting reinforcing to their practice.

Course #1163 • Mon 3/12 - 4/16
\$80 • 6:30 - 8pm • Room 1120

Walking - Natural Fitness

Shari Ciorciari

Whatever your age, ability or body type, a lifetime of fitness is right at your feet! No expensive equipment needed, just a sturdy pair of 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 #1861 • Tue & Thu 1/16 - 5/24
\$54 • 6 - 7pm • Main Lobby



Core de Force

Maureen Canevari

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

\$84 • 7:30 - 8:30pm • Dance Room
Course #1268 • Tue 1/30 - 3/20
Course #1269 • Tue 4/17 - 6/5

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 #1663 • Sat 3/3
\$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.

\$65 (\$75 non-Arlington residents)
9am - 4pm • Room 1119
Course #1665 • Sat 3/10
Course #1666 • Sat 4/21

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.

\$84 • 6:30 - 7:30pm • Dance Room
Course #1266 • Tue 1/30 - 3/20
Course #1267 • Tue 4/17 - 6/5



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 #1362 • Wed 1/31 - 3/21
Course #1364 • Wed 4/18 - 6/6

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 #1363 • Wed 1/31 - 3/21
Course #1365 • Wed 4/18 - 6/6

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 #1561 • Fri 2/2 - 3/23
\$92 • 4:30 - 6pm • Room 1422

SPORTS

Volleyball ☺☺☺

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 #1104 • Mon 4/16 - 5/21
\$52 • 6 - 7:30pm • Gym 8 & 9

Volleyball for 6th & 8th Grades

Course #1305 • Wed 4/18 - 5/23
\$76 • 6:30 - 8:30pm • Gym 8 & 9

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

Course #1205 • Tues 2/6 - 5/8
\$85 • 6 - 8pm • Union Vale MS Gym

Fly Tying

Mark Searle



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 can attend these classes free of charge when accompanied by a paying adult.

Course #1397 • Wed 2/21 - 3/21
\$84 • 7:30 - 10pm • Room 1316

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 can attend these classes free of charge when accompanied by a paying adult.

Course #1398 • Wed 2/21 - 3/21
\$84 • 7:30 - 10pm • Room 1104/Gym 7

Wrestling

Dan Plunkett and Jason Nesbitt



LaGrange Middle School Wrestling Room located at 110 Stringham Road, 8/10 mile south of Route 55 in LaGrangeville – 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 1/8 - 4/18 • LMS

Wrestling - Grades 1 - 5

Course #1701 • 6 - 7pm

Wrestling Middle/High School Students

Course #1702 • 7 - 8pm

ARLINGTON SKIS!



Arlington Continuing Education Program is proud to add Skiing/Snowboarding to our large array of classes. We will be taking 5 trips this winter: two to Mt Snow, two to



Okemo and one to Killington. We will be using charter busses and will require all to be at Arlington High School by 5:15- 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. 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, January 6

Adult Ski • Course #9672 • \$96
Student Ski • Course #9671 • \$92

Okemo - Saturday, January 20

Adult Ski • Course #9674 • \$116
Student Ski • Course #9673 • \$104

Mt Snow - Saturday, February 3

Adult Ski • Course #9676 • \$96
Student Ski • Course #9675 • \$92

Okemo - Saturday, February 24

Adult Ski • Course #9678 • \$116
Student Ski • Course #9677 • \$104

Killington - Saturday, March 3

Adult Ski • Course #9680 • \$130
Student Ski • Course #9679 • \$118



Your Serve - Tennis

Joe Coogan



Tennis will be taught at Arthur S May Elementary School located at 601 Dutchess Tpke, Poughkeepsie

Learn forehand, backhand, volley, serve and tennis etiquette. Wear sneakers and casual dress. Tennis rackets are optional.

\$62 each course

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

Course #1201 • Tues 4/17 - 5/22
Course #1301 • Wed 4/18 - 5/23
Course #1501 • Fri 4/20 - 6/1

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

Course #1202 • Tues 4/17 - 5/22
Course #1302 • Wed 4/18 - 5/23
Course #1502 • Fri 4/20 - 6/1

Beginner Adults/Teens • 6:30-7:30pm

Course #1203 • Tues 4/17 - 5/22
Course #1303 • Wed 4/18 - 5/23
Course #1503 • Fri 4/20 - 6/1

FORE !!! Beginning Golf

Clark Angevine, Head Golf Professional

Classes taught at James Baird Park Golf Course Driving Range.

Saturdays • \$68 • 4/14 - 5/19

Beginner Level



Beginner Kids 9-14 and Beginner Adults

New players and current players struggling to break into the 90's are invited to join the Beginner Level Class which will cover all swing fundamentals of basic grip, posture alignment, proper movement & body positions. Students may bring their own clubs, (not a requirement). We will be training using wedges thru 7 irons. Class is designed to focus on the swing elements and successful short and mid iron shots



Beginning Golf

Course #1601 • Sat 11:30am - 12:30pm

Intermediate Level

For Adults & Kids 14 & up,

Prerequisite: Beginner class or consistent 90's players

This class is designed for the players who are looking to sharpen their skills and begin to play better, using stronger techniques and better understandings. Please bring your own clubs as we will be using the whole set. This class will better prepare you for on-course situations and exhibit better control of irons and woods.

Intermediate Level

Course #1602 • 12:45 - 1:45pm



Parent, Guardian, Friend & Child "PAIRS" Lessons

This is a Pairs Class, designed to have both parties very involved; helping to reinforce the new ideals being taught. Each player will have time to practice while their "Buddy" looks on and helps to correct minor flaws and such. Class includes Buddies or siblings....Anyone looking for a structured class with the ease of taking it with a friend! Clubs will be available for use, or bring your own!

Buddies Golf

Course #1603 • 2:00 - 3:00pm

Advanced Level Golf

For players ready to break into the 80's become smooth and easy from the take away to the finish of the swing. This class will cover many teaching ideals from better players and instructors, learning advanced mechanics. Our goal with this class is to bring the players from course ready to scoring ready, making the dynamics the focus. Students will work on: sync the body and swing timing, using the course to its fullest potential, increased practice on short game including chipping, pitching, mid irons, and to become truly accurate.

Advanced Level Golf

Course #1304 • Wed 4/11 - 5/16
\$130 • 5:30 - 7pm

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 1/2 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.*



And it's OLD-TIMERS' DAY!

Celebrate Father's Day and 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 Tampa Bay game to follow.

Course #1704 • Sunday, June 17
\$158 (sorry - no discounts) •
7:45am - 6:30pm (depending on length of game)



NY Yankee vs NY Mets

Join us for the crosstown match as they end the first leg of their crosstown series.

Course #1705 • Sun, July 22
\$158 (sorry - no discounts) •
9:15am - 6:30pm (depending on length of game)

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 Spring 2018 sessions be held
January 8, 9 & 10

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

Summer 2018 registration will be held May 8, 9 & 10.

MATCH MASH-UP

Guy Biren

Chase the winter blues. Relive the joys of summer camp, have fun, build a team and fill the void of "nothing to do" on a Saturday night. Activities will include a variety of games, alternative sports, and movement. All equipment will be provided; just wear comfortable clothes and sneakers. Bring a water bottle. Open to ALL Arlington HS students. Bring a friend!

Course #1606 • Sat 2/3 - 3/17
\$30 per person • 6:30 - 8pm • Gyms 5/6

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 #13551 • Wed 1/17
Course #12551 • Tue 2/13
Course #14551 • Thu 3/15
Course #13552 • Wed 4/11
Course #11551 • Mon 4/30
Course #11552 • Mon 5/14
Course #13553 • Wed 6/6

Saturday classes:

\$30 • 9am - 2pm • Room 1222
Course #16551 • 1/27
Course #16552 • 2/24
Course #16553 • 3/10
Course #16554 • 4/28
Course #16555 • 5/19
Course #16556 • 6/9

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.

Weekday classes:

\$40 • 6-9:15pm each evening • Rm 1112
Course #18561 • T/Th 2/6 & 2/8
Course #18562 • T/Th 4/3 & 4/5

Saturday classes:

\$40 • 9am - 3:30pm • Room 1112
Course #16561 • 1/27
Course #16562 • 3/10
Course #16563 • 4/28
Course #16564 • 5/19
Course #16565 • 6/9

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 with payment or dropping it off to Arlington High School.
- 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.**
- WE DO NOT SEND CONFIRMATIONS.** You will only be notified if there is a change in the class you signed up for. **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 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: 2/17 - 2/19, 3/24 - 4/2, 5/25 - 5/28**
- 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

Fall 2018 Continuing Education

class schedule will be posted in August on Arlington's website: www.arlingtonschools.org and at <https://arlingtonschools.revtrak.net>

Arlington Continuing Adult/Community Education Program
@ Arlington High School
1157 Route 55
LaGrangeville, NY 12540



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

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

Postal Patron

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

FOR A LIST OF COURSE OFFERINGS GO TO:

<http://www.arlingtonschools.org>

REGISTER ONLINE:

<https://arlingtonschools.revtrak.net>

FOR MORE INFORMATION:

845-486-4860 x 32102

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

See page 7 for registration information

ARLINGTON Continuing Education REGISTRATION FORM

Name _____

Address _____

Day Phone: _____ Evening Phone: _____

Email Address: _____

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