



ARLINGTON CENTRAL
SCHOOL DISTRICT

ARLINGTON

Continuing Adult/Community Education Program Winter/Spring 2024 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, seniors, teens, and children. Winter/Spring classes are being offered as follows:

- Some classes will be held in person, some will be held remotely (online), and others will be offered both remotely (online) and in person giving students a choice.
- Students taking classes offered online will be sent a Zoom link to join once class is established.
- If a student is not feeling well, they should not attend classes.

If you have any questions or would like to teach a class, feel free to call:

Linda Pucci, Coordinator
845-486-4860 x 32102



Look for these happy faces for classes designated for elementary and middle school aged students.

Parents/Guardians must escort students to and from classroom but are not required to stay. There is not transportation for classes.

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

Candle Making

with Sonia, the Candle Lady of Ye' Olde Candle Shoppe

Learn the basics of candle making including lotion candles and wax melts! They make excellent gifts or just to treat yourself. You will learn about containers, fragrance oils, labels, wax and wicks and will receive step-by-step instructions to take home for future reference. The course fee includes all supplies and you take the candle or melt you make home!

\$40 (each class) ▪ 6:30 - 8:30pm

Lotion Candle Making Class

A lotion candle is a candle that scents your space but is also used to moisturize your skin. You light it like any other candle and then wait until the hot wax has cooled down then just dip into the wax and apply to skin. During the class, you'll be able to choose your scent and mix with a wax that is specifically made for your skin. All supplies are provided for these classes in the class fee.

Valentine Lotion Candle:

You will select either a floral or fresh fragrance oil and make a lotion candle in a Valentine's Day themed 6oz. container.

Course #2301 ▪ Wed 2/7 ▪ Rm 1214

Spring Lotion Candle:

You will select either a fruit or fresh fragrance oil and make a lotion candle in a Pastel colored 6oz. container.

Course #2302 ▪ Wed 4/17 ▪ Rm 1214

Luck of the Irish Candle Class

In celebration of St. Patrick's Day- Shades of Green is the color of the month!

Choose from a Fresh or Woodsy Fragrance Oil which we will add to the blended wax and then add different shades of green dye to make a green candle.

You'll leave with a green 6oz container scented candle.

Course #2303 ▪ Wed 3/13 ▪ Rm 1214

Heart Shaped Wax Melt Class

Home is where Mom is!

Happy Mother's Day ♥

In this class you will make heart shaped wax melts. Not all waxes are the same. A special wax made specifically for melts will be used and poured into an 8-cavity melt container. You will have the opportunity to select from a floral or fruit scent and then add your choice of dried flowers to the heart shaped melt container. A non-electric small wax warmer will be included so that you can enjoy the melt you made. You'll leave with an 8- Cavity Melt and Wax Warmer.

Course #2304 ▪ Wed 5/8 ▪ Rm 1214



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

Painting as Illustration



Peter Dama, BFA, MFA

An examination of formal skills and techniques used in all areas of traditional and contemporary painting for illustration. The student will be directed to develop and realize their own ideas as exciting visual images as it pertains to the illustration assignment. The emphasis is on the ideas and how the student translates and develops them into the reality of professional illustration for publication. Each phase of the progress in this picture making process will be discussed with a critique. The presentation of ideas for the assignment will be worked on in class, and outside of class. An average of one assignment every other week will be given.

A working studio environment with an emphasis on painting and media techniques. Acrylic, and watercolor painting for reproduction assignments will be taken through 4 stages. Sketch, finished drawing, painting, and finish painting. Use of reference and time saving tools will be discussed and stressed.

Reproduction methods will be discussed.

Students will work primarily with acrylic paint on canvas and will develop the use of glazing techniques. They will be taught first to achieve skill and quality with this technique and later to apply it to illustration problems as: book & magazine covers, page, article, poster, etc.... The main objective of this class is for students to develop a painterly technique towards their illustrations. The class time will be used as studio and critique session with emphasis on the individual problems.

This course will explore the role of today's illustrator in relationship to traditional and digital publication.

Materials list- Recommendations & Selections ALL NOT NEEDED:

To Paint in Acrylics:

Portable Desk Easel, clean water container, roll of paper towel, Tear-off palette or stay-wet palette. Acrylic Paints: 24 Acrylic set of paints in small tubes. Acrylic Synthetic Brushes: Long handle round 2, bright 4, filbert 6 and flat 8. Size 4 filbert, size 8 & 10. Small Rounds, Short Handle- Round size 0,1,2,3. Large Round, Short Handle- Rounds size 5,6,8, and 10 brushes; 16x20 water color paper, pad, or block.

To Paint in Watercolors:

Winsor & Newton® Cotman® Watercolor Painting Plus 12 Tube Set or equivalent: Watercolor Synthetic Brushes: Flats, Flat size 2,4,6, and 8 brushes. Small Rounds, Short Handle- Round size 0,1,2,3. Large Round, Short Handle- Rounds size 5, 6, 8, and 10 brushes. 16x20 watercolor paper, pad, or block.

\$165 ▪ 4:30-7:30pm ▪ Room 2311

Course #2101 ▪ Mon 2/5 - 4/8

No class on 2/19 & 3/25

Course #2102 ▪ Mon 4/15 - 6/10

No class on 5/27

Paint Like the Impressionists



Peter Dama, BFA, MFA

This course is a step-by-step Impressionist Acrylic Painting Workshop. The focus of the class is to guide the student in the working methods of the Impressionists Masters: Monet, Renoir, Pissaro and Degas. Understand how the Impressionists created their paintings and how to replicated their styles. Learn how they worked by copying in class their well-known paintings. The class will demonstrate a step-by-step method that will show the student exactly how to re-create an Impressionistic painting. Learn how the Impressionists constructed their art and how to achieve it in acrylics for today's artists.

Materials Needed for Class:

Portable Desk Easel, clean water container, tear-off palette or stay-wet palette, roll of paper towels.

ACRYLIC PAINTS: 24 Acrylic set of paints- small tubes OR Heavy body acrylic colors (Optional) in Titanium White, Cadmium Yellow, Cadmium Red Light, Permanent Alizarin Crimson, Cobalt Blue Hue, Permanent Green Light, Viridian, Ultramarine Blue, cobalt Violet Hue, Heavy Gel Medium.

BRUSHES: Size 4 filbert, Size 8 or 10 round synthetic brush, Size 3 round synthetic.

CANVAS: 12x12 square pre-primed.

\$165 ▪ 5-8pm ▪ Room 2311

Course #2201 ▪ Tue 2/6 - 4/9

(No class on 2/20 & 3/26)

Course #2202 ▪ Tue 4/16 - 6/4

Editorial Design & Publication



Peter Dama, BFA, MFA

Traditional & Digital Design & Illustration Portfolio Workshop for: Poster, Magazine, Newspaper, Book, and Event.

What you'll learn

This course will explore Graphic Design, and Illustration as it pertains to Editorial and Event Design.

This course will walk the student through the entire creative and publication process.

8 lessons in Concept to Execution:

Graphic Design, Illustration & Photography, Poster, Event, Article/ Page/ Cover Design, Typography, Composition & Color, Research, Thumbnails, Layout, Finished Comprehensives, Finals & Finishes.

The student will learn the importance of layout and design as a comprehensive process, using typography, color, illustration, and photography as design. The course breaks down the creative process using the instructor's real-life experiences and pulling advice from a wealth of knowledge from working in the industry for 30+ years and designing hundreds book covers, magazines, newsletters, posters, and promotional collateral.

Design and Illustration

Start on a creative journey into the world of conceptual design and Illustration that will guide you through the process of developing strong concepts and translating them into simple and impactful finished designs for Posters, Page, books/e-Books/e-Magazines, articles, or events of your choice.

Learn the importance of symbolism, and metaphor start to explore a step-by step approach to concept development. Start researching and generating potential symbols and motifs that progress to creating thumbnails by combining symbols to form unique concepts. Then distill the best ideas into prototypes and transform them into final designs, that are not just visually arresting, but also show meaning and impact.

Share your work with an in-class critique platform for a chance to interact with the instructor and other students taking the class.

Who is this course for?

This course is perfect for people interested in becoming designers, illustrators, and anyone interested in the

world of conceptual design. Whether you're a beginner looking to learn the fundamentals of design and illustration or an experienced artist seeking to refine your skills, this course offers valuable insights and practical techniques for taking your design abilities to new heights. No prior experience is necessary, making this course accessible to beginners and experienced creatives alike, including high school students.

Requirements and Materials

To take this course, you'll need an 11 x 14" sketchbook, Mechanical pencils, or a laptop for in class, traditional painting mediums, or Adobe illustrator, Photoshop, or a graphics program of your choice to complete final illustrations and designs in class or at home to bring to class for critiques.

\$125 ▪ 5:30-7:30pm ▪ Room 2311

Course #2324 ▪ Wed 2/7 - 4/10

No class on 3/27

Drawing Basics



Peter Dama, BFA, MFA

This course is appropriate for beginner through experienced students. Learn drawing basics, such as the use of value to create form, perspective, and composition, and drawing from life and imagination. The instructor will individualize instruction to meet the needs of each student. Supplies to bring: 8 x 10 or a larger drawing pad with a spiral binding, HB or number two pencil, Willow medium charcoal, Kneaded eraser, and a handheld pencil sharpener.

\$156 ▪ 11:45am - 1:45pm ▪ Room 2311

Course #2601 ▪ Sat 2/3 - 4/6

No class on 3/23 & 3/30

Course #2602 ▪ Sat 4/13 - 6/8

No class on 5/25

Watercolors and Acrylic Washes



Peter Dama, BFA, MFA

Geared to all experience levels: Novice, Intermediate, Advanced, Learn the fine art of painting with watercolors or acrylic washes using photos and the works of old and contemporary masters while learning various brush techniques to express your own creativity. Acrylic washes look exactly like traditional watercolor paints when diluted with water into a transparent wash.

If you love watercolor, but have experienced some disappointments, give diluted acrylics a try. Both applications of these mediums will be taught which you may find as a good alternative!

Supplies needed:

Winsor & Newton® Cotman®

Watercolor Painting PLUS 12 Tube Set or equivalent; for Acrylic Washes: Liquitex BASICS® Acrylic Color Set, 12 Count or equivalent; for both: a palette tray for paints and mixing.

Brushes for both mediums:

Watercolor Synthetic Brushes- Flats, 2,4,6,8; Small Rounds, short handle 0,1,2,3; Large Round, short handle 5,8; 7.0, 4.0 and 2.0 round watercolor brushes, plastic container (for water), and 11 x 14" watercolor paper.

\$156 ▪ 9:30 - 11:30am ▪ Room 2311

Course #2603 ▪ Sat 2/3 - 4/6

No class on 3/23 & 3/30

Course #2604 ▪ Sat 4/13 - 6/8

No class on 5/25



Chalk Paint

® Intro to Annie

Sloan Method Workshop

Caryn Morales *of Knot too Shabby*

Want to learn how to rehab furniture or update your kitchen cabinets?

Be inspired by Annie Sloan's practical approach to painting and gain the confidence to achieve a range of professional quality finishes without the fuss. This Annie Sloan Chalk Paint® hands-on workshop hosted by Caryn of Knot Too Shabby, will cover the basics of the Annie Sloan Method. You will learn a two-color distressed finish, an ultra-smooth modern finish, a textured finish, basic waxing, colored wax effects, and gilding wax effects.

\$80 ▪ 6:30pm - 8:30pm ▪ Rm 1142

Course #2203 ▪ Tues 2/20

Course #2204 ▪ Tues 4/9

Chalk Paint

® Annie Sloan Method 2.0

Technique Workshop

Caryn Morales *of Knot too Shabby*

Fall in Love even more with Annie Sloan Chalk Paint and take your next furniture project to the next level.

In this hands-on workshop hosted by Caryn of Knot Too Shabby you will learn a Craquelure Finish, how to apply Gold Leaf, Decoupage, and Frottage. It is highly recommended that you have completed the Intro to Annie Sloan Method before signing up for this workshop.

\$85 ▪ 6:30pm - 8:30pm ▪ Rm 1142

Course #2205 ▪ Tues 3/5

Course #2206 ▪ Tues 4/23

Chalk Paint

Murano Glass Vase

Workshop

Caryn Morales *of Knot too Shabby*

Just in Time for your Valentine's Day Roses!

A Make & Take hands-on workshop hosted by Caryn of Knot Too Shabby where you will create your own beautiful Murano Inspired Glass Vase using Annie Sloan's beautiful jewel tone in Chalk Paint.

\$80 ▪ 6:30pm - 8:pm ▪ Rm 1142

Course #2207 ▪ Tues 2/6

Chalk Paint

Murano Glass Vase

Workshop

Caryn Morales *of Knot too Shabby*

Mother's Day Make & Take hands-on Workshop

Hosted by Caryn of Knot Too Shabby, you will create your own beautiful Murano Inspired Glass Vase using Annie Sloan's beautiful jewel tone in Chalk Paint.

\$80 ▪ 6:30pm - 8:pm ▪ Rm 1142

Course #2208 ▪ Tues 4/30

Crochet



Beginners Class

Tina Baglione

Learn the fundamental stitches of crocheting. Class is geared to all levels. Using a variety of stitches, students will complete a scarf by the end of the session. Bring 2 skeins of acrylic #4 yarn and a set of crochet hooks to include F, G, H, I, J, K

\$84 ▪ 6:30 - 8:30pm ▪ Rm 1119

Course #2306 ▪ Wed 2/7 - 4/3

No class on 3/27

Course #2307 ▪ Wed 4/17 - 6/5

Crochet

Intermediate Class

Tina Baglione



For those who have taken Crochet I or have some experience, learn additional stitches and patterns. Bring 2 skeins of acrylic #4 yarn and a set of crochet hooks to include F, G, H, I, J, K
\$84 ▪ 6:30 - 8:30pm ▪ Rm 1119

Course #2401 ▪ Thurs 2/8 – 4/11
No class on 2/22 & 3/28

Course #2402 ▪ Thurs 4/18 – 6/6



Fresh Flower Basket Arrangement Workshop

Anna Konys *of Always in Bloom*

Come join us for some floral therapy and take home your own beautiful creations, plus a handful of knowledge! You will create a basket with fresh spring flowers perfect for your holiday table.

-Hands-on experience and step-by-step guidance

-Suitable for beginners

-All Course Materials will be provided (you will need to bring a pair of clippers and gloves if desired)

-Bring home your masterpiece!

\$65 Course #2403 ▪ Rm 1214

Thurs ▪ 3/28 ▪ 6:30 - 8:30pm

Pottery: Clayworks Workshop

Elena Yess

This course will give people who have not wheel thrown the opportunity to create functional wares on the pottery wheel. We will learn the basics of clay and ceramic and get into more complex processes as the course progresses. As a result, each person will be able to walk out with functional objects to be used in an everyday setting.

All materials, tools and clay will be included in the course fee.

\$175 Course #2308 ▪ Rm 2310
Wed 3:30-5:30pm ▪ 2/7- 3/13

Creating with Watercolors for all levels

Rebecca Paul Smith



This introductory course explores the basics of watercolor experimentation. Bring your own materials such as a 9x12 watercolor pad and brushes. What color supplies can be used: watercolor pencils, watercolor tubes, or even a watercolor palette.

No experience necessary.

\$65 ▪ Room TBD ▪ 4-6pm

Course #2209 ▪ Tues 2/6 – 3/5
No class on 2/20

Digital Photography and Photoshop for Beginners

Rebecca Smith-Paul

Got a new camera? Learn the basics of how to use a digital camera and software, and how to download and upload pictures using Photoshop 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 #2210 ▪ Wed 2/7 - 3/26
\$144 ▪ 6:30 - 8:30pm ▪ Room 1222



Photoshop for Beginners

Rebecca Smith-Paul

Get ready to be creative! We will be exploring topics ranging from learning the basic layout of the program and the standard tools of Photoshop to getting creative by editing old photographs, creating collages, painting our own landscapes, making our own logos and much more! We will learn how to create files for the web and for sharing as well as learning how to print as well. Students will send pictures to be developed to a retail outlet of their choice at their expense. By the end of the course, you will produce a small portfolio for yourself of all of your best finished pieces.

Course #2211 ▪ Tue 4/16 - 6/4
\$144 ▪ 6:30 - 8:30pm ▪ Room 1222

PERFORMING ARTS

The Metropolitan Opera

Lincoln Center

CHARLES GOUNOD

Romeo et Juliette

World premiere: Théâtre Lyrique, Paris, 1867. *Perhaps the most enduringly successful of the many operatic settings of the world's consummate love story, Roméo et Juliette is an excellent example of French Romanticism, a tradition that values subtlety, sensuality, and graceful vocal delivery over showy effects. In the opera there is a slight shift of focus away from the word games of the original play and a greater focus on the two lovers, who are given four irresistible duets, including a brief final reunion in the tomb scene that does not appear in the play.*

Two singers at the height of their powers—radiant soprano Nadine Sierra and tenor sensation Benjamin Bernheim—come together as the star-crossed lovers in Gounod's sumptuous Shakespeare adaptation, with Met Music Director Yannick Nézet-Séguin on the podium to conduct one of the repertoire's most romantic scores. Bartlett Sher's towering staging also features baritone Will Liverman and tenor Frederick Ballentine as the archrivals Mercutio and Tybalt, mezzo-soprano Samantha Hankey as the mischievous pageboy Stéphano, and bass-baritone Alfred Walker as Frère Laurent.

Estimated Run Time 3 HR, 10 MINS
Prime Balcony Seats

We will take a charter bus from Arlington High School to Lincoln Center, leaving at 9:30am with estimated return time of 6:30pm. There will be snacks available for purchase at the theater. Packing food for the bus ride is recommended since we will not have time to get lunch or dinner.

\$145 (sorry no discounts)
Course #2605

Saturday 3/30 ▪ 9am - 6:30pm

Intro to Guitar

Marc Ouimet

This course is designed for beginner students. We will cover chords, scales, strumming patterns, tablature, and basic music theory.

\$98 ■ 6:30 – 7:30pm ■ Room 1508

Course #2212 ■ Tue 2/6 – 4/2

no class on 3/26

Belly Dancing

AYLEEZA (Lisa Quattrochi)

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. All levels Welcome!

\$96 ■ 7 - 8pm ■ Dance Room

Course #2404 ■ Thurs 3/7 – 4/25



Line Dancing



Dance away the stress & worry of the week during ACSD's Thursday Night Dance Parties with Line Dance Duo,

Colleen Axelrod & Aisha Phillips.
Classes will be taught in the Café C/D and Online You may choose either location.

\$125 ■ Thu 2/1 – 4/25

12 weeks (no class on 3/28)

Beginner Line Dance Party

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

Course #2405 ■ 6 - 7:15pm

Improver Line Dance Party

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

Course #2406 ■ 7:30 - 8:45pm

Social Dancing

Esther Odescalchi

Introduction to Social Dancing (Ballroom, Swing, Latin)



Learn the joy of dancing with a partner whether you are preparing for your wedding dance or just want to have fun. Studies show

that social dancing makes you smart. No other activity integrates so many brain functions at once — kinesthetic, rational, musical, and emotional. Social Dancing encompasses music, motion, rhythm, and mathematics and is an excellent exercise in a pleasurable atmosphere offering social interaction, romance, memory training and fun.

\$98 per course

Course #2213

Tues ■ 1/23 – 3/12 ■ Cafe B

6 - 7pm

Course #2214

Tues 3/19 – 5/14 ■ Cafe B

6 - 7pm (no class on 3/26)

Intermediate/advanced Social Dancing (Ballroom, Swing, Latin)

This class is for experienced dancers. Continue to enjoy the benefits of social dancing as described above and learn new patterns and new dances. Any dance of your choice.

\$98 per course

Course #2215

Tues 1/23 – 3/12 ■ Cafe B

7 - 8pm

Course #2216

Tues 3/19 – 5/14 ■ Cafe B

7 - 8pm (no class on 3/26)

Latin and Swing Special

This class concentrates on swing dancing. You learn several fun movements in this popular dance in the single and triple swings. For basic and experienced dancers. Enjoy the benefits of social dancing as described above and have fun!

\$98 per course

Course #2217

Tues 1/23 – 3/12 ■ Cafe B

8 - 9pm

Course #2218

Tues 3/19 – 5/14 ■ Cafe B

8 - 9pm (no class on 3/26)

WICKED

Gershwin Theater NYC

CELEBRATE 20 YEARS OF DEFYING GRAVITY

THERE'S NO PLACE LIKE OZ, AND
AFTER TWO DECADES ON
BROADWAY, THERE'S STILL NO
SHOW LIKE WICKED.

*Wicked looks at what happened
in the Land of Oz –
but from a different angle.
There is a young woman, born
with Emerald-Green Skin
Smart, Fiery, Misunderstood
and Possessing an
Extraordinary Talent.
When she meets a bubbly
blonde who is exceptionally
Popular... their initial
RIVALRY turns into the
Unlikeliest of
FRIENDSHIPS...*

Orchestra seats for a 2pm Matinee
show at the Gershwin Theater, NYC.

We will take a Charter Bus from
Arlington High School at 10am and will
return immediately after the show which
is 2 hours and 45 minutes with one
intermission. Recommended for ages
8 and up, children under the
age of 5 are not permitted.

All children must be accompanied by
an adult. Wheelchair seating is available
in the rear Orchestra, please let me
know asap if you will need
accommodations.

It is recommended to bring
snacks/lunch for bus ride and extra
money for snacks and souvenirs.

\$155 (sorry no discounts)

Course #2623

Saturday 3/23 ■ 10:30am - 7pm

CULINARY ARTS

Charcuterie Board Workshops

Kaela Serino of *Boards by Kae*

Join us for a “Boards by Kae” Charcuterie Board Workshop, where all you need to bring is yourself. We'll supply everything required for the workshop. Check out the workshops we have available:

Beginner Workshop

Kaela from Boards by Kae is here to teach you step-by-step how to make a presentable and delicious charcuterie board. You'll learn how to make a salami rose, how to style and slice a variety of cheeses, and so much more. Plus, you'll have the opportunity to take home your very own 7x7 charcuterie board to share with your loved ones.

Course #2407 ▪ Thurs ▪ 2/15/24
\$65 ▪ 6 – 8pm ▪ Room TBD

Course #2408 ▪ Thurs ▪ 4/18/24
\$65 ▪ 6 – 8pm ▪ Room TBD

Advanced Workshop

Want to step up your charcuterie game even MORE?! In this workshop, you'll learn how to make prosciutto ribbons, fruit carvings, style and slice three types of cheeses, how to make a salami rose and so much more. You'll get to showcase your newfound expertise on a stunning 12-inch round palm leaf board, which can feed up to 4 people. Plus, there's no need to have completed the beginner's workshop to attend – all skill levels are welcome!

Course #2409 ▪ Thurs ▪ 3/21/24
\$95 ▪ 6 – 8pm ▪ Room TBD

Course #2410 ▪ Thurs ▪ 5/9/24
\$95 ▪ 6 – 8pm ▪ Room TBD

Cookie Decorating Workshops

Jessica Flynn of *Jessica's Sweets Shop*



Come and enjoy a fun evening with Jessica's Sweets Spot, learning how to decorate sugar cookies. No

decorating experience is necessary! There will be guided instruction as you learn the techniques to decorate beautiful cookies! We will be decorating (6) cookies; all supplies needed will be provided for use during the class, including boxes to take your cookies home in.

Winter Wonderland Cookies

You will decorate winter wonderland themed cookies.

\$55 ▪ Course #2309
Weds 1/24 ▪ 6-8pm ▪ Room 1120

Valentine's Day Cookies

You will decorate Valentine's themed cookies.

\$55 ▪ Course #2219
Tues 2/13 ▪ 6-8pm ▪ Room 1120

St. Patrick's Day Cookies

You will decorate St. Patrick's Day themed cookies.

\$55 ▪ Course #2501
Fri 3/15 ▪ 6-8pm ▪ Room 1120

Spring Cookies

You will decorate Spring themed cookies.

\$55 ▪ Course #2220
Tues 4/23 ▪ 6-8pm ▪ Room 1120

Mother's Day Cookies

Mommy & Me Workshop

This class is perfect for children ages nine and up who want to learn how to decorate cookies. Students should be respectful, eager to learn, and able to pay attention to instruction. All students must be accompanied by their mother or guardian. This class includes six cookies, icing, and other needed supplies for each adult and child (12 cookies total). Adults should stay with the child for the entire class duration.

\$85 ▪ Course #2502
Fri ▪ 5/10 ▪ 6-8pm ▪ Room 1120
\$30/each for additional children.

Culinary Classes with Chef Gina

Chef Gina of Personal Plates, LLC

Personal Plates, LLC is a woman-owned small business providing cooking classes in Dutchess County, NY.

Recipes will be beginner friendly with the only requirement of a desire for learning culinary life skills. Students will be able to eat the food they prepare or

take home.

Classes will run about 2-2.5 hours to include student clean-up of their station and dishes.

All supplies and ingredients are included in the registration fee.



Chef & Chef Jr

Cooking class series for younger chefs, ages 6 and older, to cook alongside their adult guardian.

Valentine's Special

Heart Shaped Pizza from Scratch
\$125 ▪ Course #2606
Sat 2/10 ▪ 12-2:30pm ▪ Room 1429

Homemade Pasta from Scratch

Spaghetti & Meatballs
\$125 ▪ Course #2607
Sat 2/24 ▪ 12-2:30pm ▪ Room 1429

Wrapped Fillings

Pan Fried Chicken Gyozas
\$125 ▪ Course #2608
Sat 3/9 ▪ 12-2:30pm ▪ Room 1429

Intro to Knife Skills

Fresh Fruit Spring Rolls
GF/Vegan/Nut free
\$125 ▪ Course #2609
Sat 3/23 ▪ 12-2:30pm ▪ Room 1429

Multicultural Tour

Shrimp Tacos with Charred Corn Salad
GF/Chicken available upon request
\$125 ▪ Course #2610
Sat 4/27 ▪ 12-2:30pm ▪ Room 1429

Let's Bake!

Chocolate Lava Cake with Ice Cream
\$125 ▪ Course #2611
Sat 5/11 ▪ 12-2:30pm ▪ Room 1429

Chef Jr Teens

Cooking class series for students ages 13-18.

Valentine's Special

Berries & Cream Heart Tarts
\$65 ▪ Course #2612
Sat 2/10 ▪ 3-5:30pm ▪ Room 1429

Homemade Pasta from Scratch

Fettuccini Alfredo with Chicken Tenders
\$65 ▪ Course #2613
Sat 2/24 3-5:30pm ▪ Room 1429

Wrapped Fillings

Cheese Empanadas
\$65 ▪ Course #2614
Sat 3/9 ▪ 3-5:30pm ▪ Room 1429

Intro to Knife Skills

Rainbow Spring Rolls
GF/Vegan/Nut free
\$65 ▪ Course #2615
Sat 3/23 ▪ 3-5:30pm ▪ Room 1429

Multicultural Tour

Falafel with Garlic Hummus
GF/Vegan
\$65 ▪ Course #2616
Sat 4/27 ▪ 3-5:30pm ▪ Room 1429

Let's Bake!

Strawberry Rhubarb Crisps
\$65 ▪ Course #2617
Sat 5/11 ▪ 3-5:30pm ▪ Room 1429

Chef Sr: Adult Cooking Classes

Bring a friend or make a friend while learning to cook from scratch.

This cooking class series is geared to adults looking to learn new skills and techniques. Some experience in the kitchen is recommended

Homemade Pasta from Scratch

Seared Chicken Thighs & Arugula
Pappardelle with Caesar Salad
Fresh made pasta course!
\$75 ▪ Course #2618
Sat 2/24 ▪ 6:30-9pm ▪ Room 1429

Intro to Knife Skills

Vegetable Spring Rolls with Asian Salad
GF/Vegan/Nut free
\$75 ▪ Course #2623
Sat 3/23 ▪ 6:30 - 9pm ▪ Room 1429

The Cakery: Decorating Workshops

Ashley Russell of *The Cakery*

Come learn decorating techniques from Ashley, owner of *The Cakery* in Fishkill!

All classes are decorating based, meaning no baking is involved, all items are prepared in advance of the class and together we turn your treats into masterpieces! All supplies are included in course fee. Just bring your creativity!

Valentine's Day Cupcakes



In this class we'll each core and fill 12 cupcakes with the filling of your choice (Cookies and Cream, Chocolate Ganache, Raspberry Jam or Buttercream) and decorate the cupcakes with different types of buttercream flowers, chocolate candies, and fondant pieces we will make by hand!
12 Cupcakes Each (half vanilla and half chocolate)
\$75 ▪ Course #2239
Sat 2/10 2-4pm ▪ Room 1120

Leap Frog Day Cookies

In this course we'll decorate 6 frog themed cookies each, with royal icing, fondant and other fun decorating tools and tricks!
\$55 ▪ Course #2411
Thurs 2/29 ▪ 5-7pm ▪ Room 1120

Easter Bunny Cake

In this class we'll each carve a 6" cake into an Easter bunny and decorate him! The Cake will be a Carrot Cake with 50/50 Cream Cheese and Buttercream filling.
\$95 ▪ Course #2412
Thurs 3/28 ▪ 5-7pm ▪ Room 1120

Spring Cupcakes

In this class we'll each core and fill 12 cupcakes with the filling of your choice (Cookies and Cream, Chocolate Ganache, Raspberry Jam or Buttercream) and decorate the cupcakes with different types of buttercream flowers!
12 Cupcakes Each (half chocolate & half vanilla)
\$75 ▪ Course #2503
Fri 4/12 ▪ 5-7pm ▪ Room 1120

Earth Day Cookies

In this course we'll decorate 6 Earth Day themed cookies each, with royal icing, fondant and other fun decorating tools and tricks!

\$55 ▪ Course #2103
Mon 4/22 ▪ 5-7pm ▪ Room 1120

Summer Kick Off Cookies!

In this course we'll decorate 6 fun summer themed cookies each, with royal icing, fondant and other fun decorating tools and tricks!
\$55 ▪ Course #2413
Thurs 6/20 ▪ 5-7pm ▪ Room 1120

S.T.E.M.



**S.T.E.M. & ROBOTICS
After School Program**
Inspiring the Next Generation of Engineers

STEM concepts and Creativity are combined together in this action-packed program where kids learn real-life skills while having real-kid FUN! Kids will be engaged in project based learning using STEM activities and DASH & DOT Robo that are smart to respond to voices and sound and can be programmed to sing and dance! Kids will be encouraged to design, build and program their creations embedding Creativity, Critical Thinking, Collaborations and Communication!
Please note: there is no transportation available for this after school program, a parent/guardian must pick up their student at 4:30pm.

There is a limit of 15 students per course.

No class on

\$180 ▪ 3:30 – 4:30pm ▪ Grades K-2

Beekman Elementary School

Course #3201 ▪ Library
Tue 1/30 – 3/12 ▪ *no class on 2/20*

Course #3202 ▪ Library
Tue 4/9 – 5/14

Noxon Road Elementary School
Course #3103 ▪ Art Room
Mon 1/29 - 3/11 ▪ *no class on 2/19*

Course #3104 ▪ Art Room
Mon 4/8 – 5/13

Overlook Primary School

Course #3101 ▪ Room TBD
Mon 1/29 - 3/11 ▪ *no class on 2/19*

Course #3102 ▪ Room TBD
Mon 4/8 – 5/13

Vail Farm Elementary

Course #3203 ▪ Room TBD
Tue 1/30 – 3/12 ▪ *no class on 2/20*

Course #3204 ▪ Room TBD
Tue 4/9 – 5/14

LEGO TINKER CLUB

After School Program

Experience the Power of Play –
One Brick at a Time

Unique Theme-focused and STEM-based fun Lego Activities Each Week

Calling all LEGO Enthusiasts to join us for our super engaging 6 week Lego Tinker Club. We INSPIRE curious minds to build engineering models, we help you MODEL your idea, we ENABLE you to have an enriching experience; we ENCOURAGE you to practice Lego building and team working skills, we CHALLENGE you to use your knowledge, cognitive and technical skills while creating and playing with fun LEGO Models!

Please note: there is no transportation available for this after school program, a parent/guardian must pick up their student at 4:30pm.

There is a limit of 15 students per course.

No class on

\$115 ▪ 3:30 – 4:30pm ▪ Grades K-2

Beekman Elementary School

Course #3401 ▪ Library

Thurs 2/1 – 3/7

Course #3402 ▪ Library

Thurs 4/11 – 5/16

Noxon Road Elementary School

Course #3403 ▪ Art Room

Thurs 2/1 – 3/7

Course #3404 ▪ Art Room

Thurs 4/11 – 5/16

Overlook Primary School

Course #3305 ▪ Room TBD

Wed 1/31 – 3/6

Course #3306 ▪ Room TBD

Wed 4/17 – 6/5

Vail Farm Elementary

Course #3303 ▪ Room TBD

Wed 1/31 – 3/6

Course #3304 ▪ Room TBD

Wed 4/17 – 6/5



CONTENDER eSPORTS



All Courses are offered at:
Contender eSports Gaming Center
1557 US-9, Wappingers Falls
No transportation provided



MINECRAFT MANIA

This workshop, designed for students in grades 1-6, focuses on fun-filled STEM lesson plans from Minecraft Education modules. Students will also become familiar with keyboard shortcuts and learn to code in the wonderful world of Minecraft! No district transportation is provided. Parents must drop off and pick up their student at Contender eSports Gaming Center, 1557 US-9, Wappingers Falls. Three sessions to choose from! No class on 3/25 or 3/26. Limit 12 Students/Session.

Course # 3105 ▪ Mon ▪ 3/4 – 5/13
\$255 ▪ 4-5pm ▪ 10 sessions .

Course # 3207 ▪ Tue ▪ 3/5 – 5/14
\$255 ▪ 4-5pm ▪ 10 sessions.

Course # 3208 ▪ Tue ▪ 3/5 – 5/14
\$255 ▪ 5:30 – 6:30pm ▪ 10 sessions.

SCRATCH CODING

With Scratch, students in grades 3-8 will learn to code using drag-and-drop or block-based coding, allowing them to explore fundamental concepts and create animated games and stories! Scratch offers bright visuals and engaging design, making it a good option for young coders. No district transportation is provided.

Parents must drop off and pick up their student at Contender eSports Gaming Center, 1557 US-9, Wappingers Falls.
Contender eSports Gaming Center

Course # 3106 ▪ Mon ▪ 3/4 – 5/13
\$255 ▪ 5:30-6:30pm ▪ 10 sessions.

PYTHON CODING

Programming is an art and a science. Whether the child is interested in building simple games, creating art, or solving puzzles, Python is a good-to-start programming language and provides a solid foundation for their coding journey in this workshop for students in grades 3-8. No district transportation is provided. Parents must drop off and pick up their student at Contender eSports Gaming Center, 1557 US-9, Wappingers Falls (next to Starbucks.) Two sessions to choose from! No class 3/27.

Limit 12 Students/Session.

Contender eSports Gaming Center

Course # 3307 ▪ Wed ▪ 3/6 – 5/15
\$255 ▪ 4-5pm ▪ 10 sessions

Course # 3308 ▪ Wed ▪ 3/6 – 5/15
\$255 ▪ 5:30 – 6:30pm ▪ 10 Sessions

ROBLOX GAME DESIGN

From building avatars for their own Roblox games to creating interactive components, young coders will learn about game design to build 3D objects and be able to use those objects in dimensional gaming environments in this workshop for students in grades 3-8. No district transportation is provided. Parents must drop off and pick up their student at Contender eSports Gaming Center, 1557 US-9, Wappingers Falls (next to Starbucks.) Two sessions to choose from! No class 3/28.

Limit 10 Students/Session.

Contender eSports Gaming Center

Course # 3405 ▪ Thurs ▪ 3/7 – 5/16
\$255 ▪ 4-5pm ▪ 10 Sessions

Course # 3406 ▪ Thurs ▪ 3/7 – 5/16
\$255 ▪ 5:30 – 6:30pm ▪ 10 Sessions



PERSONAL ENRICHMENT

Planning to travel or have a desire to familiarize yourself with the language? Classes are designed to teach basic language skills through light reading, conversing and simulated situations. Bring a notebook and pen to class. Textbook included

Conversational Spanish

Aimee Licari

Course #2310 ▪ Wed 2/21 – 4/17

\$158 ▪ 4 – 6pm ▪ Room 2154

no class on 3/27

Conversational German

Linda Coombs

Course #2418 ▪ Thurs 2/1 – 3/21

\$158 ▪ 6:30 – 8:30pm ▪ Room 1112

Course #2419 ▪ Thurs - 4/25 – 6/13

\$158 ▪ 6:30 – 8:30pm ▪ Room 1112

Tech Savvy Seniors

Kristy O'Connell

Welcome to our "Tech Savvy Seniors" computer class! In this warm and friendly environment, we're dedicated to providing older adults with little or no prior experience in the digital world the opportunity to embrace technology confidently. Our goal is to empower you to navigate computers with ease, opening doors to a whole new world of possibilities. Whether you're a complete beginner or someone who wants to enhance your existing knowledge, our patient and understanding instructor will guide you every step of the way.

Course Overview:

Unlock the Digital World: Join our tech-savvy seniors course designed for beginners and intermediates alike. Whether you're just starting your digital journey or looking to enhance your tech skills, this course is tailored to meet your needs. Discover the fundamentals of smartphones, computers, and more. Explore social media, messaging, the ins and outs of the internet, and learn to be productive while staying safe in the digital realm. Embrace the power of technology with confidence and connect with your loved ones, access information, and explore new horizons. It's never too late to become a tech-savvy senior.

Key Learning Areas:

Computer Basics, Introduction to the Internet, Communication Tools and Google Suite.

No prior computer experience is necessary to join our "Tech Savvy Seniors" class. All you need is a willingness to learn and an open mind. We'll provide the computers and equipment required for the class, so you don't need to worry about bringing anything but yourself.

Course #2414 ▪ Thurs 4/12 – 5/17
\$48 ▪ 4:30-5:30pm ▪ Room 1126

IRA Planning and Strategies

Jean Riordan, CFP

IRA planning is a complex process, and the decisions you make today can tremendously impact your overall retirement plan. Attend, and you will learn about the following:

- Strategies for IRA planning
- Rollover options for your retirement plan funds

- Common required minimum distribution mistakes

- The difference between indirect and direct rollovers

- How to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security, and financial plans

- Various options for spousal IRA beneficiaries

And much more!

No Fee ▪ 6 - 8pm ▪ Room LGI

Course #2221 ▪ Tues 3/19

Investing in Today's Markets

Jean Riordan, CFP

Have you ever wondered if your portfolio was properly invested?

With all the uncertainty today and the volatility of the markets, most people are concerned about investing risk. Unlike generations prior, we are solely responsible for providing ourselves with an income stream that will be needed for decades – a daunting task! Attend and you'll learn the following

- Basics of Investing

- Different types of investments available today

- How proper asset allocation can help reduce risk in your portfolio

- Types of strategies to reduce market timing

- Tax strategies to help increase investment returns

- Types of retirement accounts

- Rebalancing and Risk

And much more!

Course #2222 ▪ Tue 4/9

No Fee ▪ 6 - 8:pm ▪ Room LGI

Retirement Planning Boot Camp (3 nights)

Jean Riordan, CFP

Did you know that most people spend more time planning a week-long vacation than they do their retirement? This boot camp series aims to change that and better position you for your golden years.

Upon completion of our 3-class series, you'll have a good understanding of some of the most common challenges pre-retirees (and many retirees) encounter. Our series will cover five key areas; investing (including how to provide an income stream that outlives you), IRA strategies (rollover options and common RMD mistakes), tax planning (knowing the actions you should be taking throughout each stage of retirement), healthcare (managing expenses, transitioning to Medicare, and long-term care), and estate planning (how to prepare for a smooth transition of your assets). We encourage everyone to attend all three sessions to get the most out of boot camp. However, you can participate in individual classes if your schedule doesn't permit.

Course #2223 ▪ Module 1 ▪ Tue 4/16
No Fee ▪ 6 - 8pm ▪ Room LGI

Course #2224 ▪ Module 2 ▪ Tue 4/23
No Fee ▪ 6 - 8pm ▪ Room LGI

Course #2225 ▪ Module 3 ▪ Tue 4/30
No Fee ▪ 6 - 8pm ▪ Room LGI

COLLEGE 101 FINANCIAL PLANNING

Mastering Financial Aid: Essential Insights on the New FAFSA & College Funding

Stephanie Mauro

This is an informative and comprehensive seminar designed to equip students, parents, and educators with crucial knowledge and strategies to navigate the complex world of financial aid. This seminar provides a deep dive into the intricacies of college funding, focusing on the latest information and updates in realm of financial aid. Participants will gain a solid understanding of the financial aid process, enabling them to make decisions and maximize their opportunities for securing financial assistance.

Led by Stephanie Mauro, this seminar combines expert guidance, interactive discussions, and real-world examples to provide attendees with actionable knowledge and resources. This seminar will provide you with the essential insights needed to navigate the complex landscape of college funding successfully.

No Fee

Tues ▪ 6:30 - 7:30pm ▪ Room 1114

Course #2226 ▪ Tue 1/30

Course #2227 ▪ Tue 2/20

Weds or Thurs ▪ 6:30 - 7:30pm ▪ Room 1114

Course #2311 ▪ Weds 3/6

Course #2415 ▪ Thurs 4/4



COLLEGE ENTRANCE EXAM REVIEW CLASSES

*Our **online SAT Review** classes are designed to be completed in time to take the June 1st and future SAT exams. Students will receive one text book to use for both classes. Bring notebook, pen, pencils, eraser, highlighters and calculator (for Math only).*

SAT Verbal Prep Class

Ms. Lori Tse

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

\$165 3:30 - 5:30pm

Course #2228 ▪ Room 2134

Thurs 2/8 - 4/11 ▪ no class on 3/28

Course #2229 ▪ Room 2134

Thurs 4/18 - 6/6

Math SAT Review Class

Alexandria Cropley

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

\$165 3:30 - 5:30pm

Course #2104 ▪ Room 2108

Mon 3/4 - 5/6 (no class on 3/25, 4/1)

NYBG

NEW YORK BOTANICAL GARDEN

THE ORCHID SHOW: FLORALS IN FASHION

Featuring 250 breathtaking acres of curated gardens and displays, NYBG is the perfect destination in any season.

Trip includes entrance to special exhibitions and the narrated Garden Tram Tour.

The 21st edition of NYBG's iconic Orchid Show is a fashion inspired celebration of all things orchids!

The historic Enid A. Haupt Conservatory serves as the runway for dramatic installations created by designers who are inspired by the natural world.

We will take a charter bus from Arlington High School to NYBG, leaving at 9am with estimated return time of 7:30pm. We will explore the gardens from 11-3 and then take the bus to Arthur's Avenue where you will have a few hours to eat and shop before heading back. It is recommended to make a reservation if you have a favorite restaurant in mind.

Feel free to pack food/snacks for the bus ride as well.

This is a rain or shine trip; the Orchid show will be moved inside if there is inclement weather.

\$75 (sorry no discounts)

Course #2624

Saturday 4/20 ▪

9am - 7pm



NOTARY PUBLIC REVIEW WORKSHOP

Victor Bujanow, CIC

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

Course #2238 ▪ Tue 3/28

\$54 ▪ 6 - 9:30pm ▪ Online

CERTIFICATION COURSES



Robert Parrinello CFSHM, EMT,
PlumSafety.Net

Adult and Pediatric CPR/AED/FIRST AID CERTIFICATION

This course will prepare you to recognize and care for breathing and cardiac emergencies involving adults, children, and infants. It will also prepare you for basic First Aid emergencies.

Cardiopulmonary resuscitation (CPR) can help save a life during a cardiac or breathing emergency.

Expert training. OSHA compliant.

Upon successful completion of this course, you will receive a digital certificate for CPR/AED; First Aid valid for two years from American Red Cross.

Course includes 180 page (eBook), First Aid/CPR/AED Participant's Manual
Course Duration 6 hours
Certification Valid 2 Years

Course #2619 ▪ Sat 2/3
\$129 ▪ 9am-3pm ▪ Library Classroom
Course #2620 ▪ Sat 3/2
\$129 ▪ 9am-3pm ▪ Library Classroom
Course #2621 ▪ Sat 4/6
\$129 ▪ 9am-3pm ▪ Library Classroom
Course #2622 ▪ Sat 5/4
\$129 ▪ 9am-3pm ▪ Library Classroom

ALLERTRAIN™ ALLERGY & GLUTEN FREE CERTIFICATION

Robert Parrinello CFSHM, EMT,
PlumSafety.Net

AllerTrain™ is the leading food allergy and gluten-free training program for the food service industry and accredited by the American National Standards Institute (ANSI)

This course will cover: Food Allergies, Gluten Free and Food Intolerances, Sensitivities & Emergencies.

Following the successful completion of the course final exam, each participant will be issued an AllerTrain™ Certificate of Achievement that is accredited by ANSI. Certificate is valid for 3 years.

Includes AllerTrain™ workbook with exam answer key, Classroom Instruction, & Certification Exam.
Course Duration 4 Hours

Course #2235 ▪ Tues 4/9
\$109 ▪ 5-9pm ▪
Room Library Classroom



SERVSAFE® FOOD SAFETY MANAGER CERTIFICATION

Robert Parrinello CFSHM, EMT,
PlumSafety.Net

Become a Certified Food Protection Manager.

Successful completion of the course and final exam will provide you with a Certified Food Protection Manager (CFPM) Certification valid for 5 years. This is a 2-part course and you must attend both sessions.

Participants will receive SERVSAFE® eBook study guide and practice tests.

Course #2236 ▪ Tue 2/20 & 2/27
\$215 ▪ 5-9pm ▪ Library Classroom

Course #2237 ▪ Tue 5/7 & 5/14
\$215 ▪ 5-9pm ▪ Library Classroom

HEALTH, FITNESS & WELL-BEING

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

YOGA



These 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.

Yoga for all Levels

Gina Luna-Maserjian

This 90-minute class will cover yoga basics and essentials for a full yoga practice. Each class will consist of meditation, pranayama (breath work), asana (yoga poses, stretching and toning) and relaxation.

This practice will help increase flexibility, mobility and strength, both physically and emotionally. Please bring: sticky mat, 2 yoga blocks, towel, and yoga strap

\$96 4 – 5:30pm Dance Room
Course #2312 Wed 1/31 – 3/20
Course #2313 Wed 4/10 – 5/29

Yoga for all Levels

Sandi Grafmuller

This 90-minute course will cover yoga basics and essentials for a full yoga practice consisting of: meditation, stretching, toning & strengthening, yoga asana and relaxation while increasing your flexibility and strength, both emotionally and physically. Bring a sticky mat, 2 yoga blocks, and a belt.

\$96 6 - 7:30pm Dance Room
Course #2314 Wed 1/31 – 3/20
Course #2315 Wed 4/10 – 5/29

Chair Yoga

Gina Luna-Maserjian

Chair yoga is a gentle way to improve mobility, strength, flexibility, and balance. A folding chair is used as a supportive prop to modify the poses so they are accessible to just about everyone. This helps deepen your understanding of the poses and enhances your yoga experience. This class is suitable for students of all levels and abilities as well as students working through injuries. Please bring: sticky mat, 2 yoga blocks, towel, and yoga strap.

\$96 4 – 5:30pm Room 1422
Course #2416 Thurs 2/1 – 3/21
Course #2417 Thurs 4/11 – 5/30

The mind and body are not separate. What effects one, affects the other.

Barre/Pilates Fusion

Rebekah Tse

Low impact strength workout that will take the basic foundations of Pilates and combine them with ballet inspired moves as well as incorporating elements of dance, yoga and strength training. This class is designed to increase core strength as well as lengthen your muscles through isometric moves performed at the barre designed to help tone the muscles. All you need to bring is a yoga mat, a yoga block, a pair or light had weights and a resistance or theraband. All fitness levels are welcome.

\$100 6:30 - 7:30pm Dance Room
Course #2325 Mon 1/31 – 3/18



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.

Joe Bracero

Course #2316 ▪ Wed 1/24 – 2/28
\$60 ▪ 6:30 - 7:30pm ▪ Room 1422
(6-week session)

Stephanie Paniccio Vito

Course #2317 ▪ Wed 3/6 – 5/1
\$80 ▪ 6:30 - 7:30pm ▪ Room 1422
(8-week session) *No class on 3/27*

Course #2318 ▪ Wed 5/8 - 6/12
\$60 ▪ 6:30 - 7:30pm ▪ Room 1422
(6-week session)

Bodyweight & Beyond

Mary Beth Neils

This class is an hour-long full body workout. It will tone and tighten your body while also increasing functionality and mobility. Equipment is optional but recommended: thigh bands (optional) and hand weights.

▪ Dance Room

\$96 ▪ 5:30 – 6:30pm

Course# 2230 ▪ Tue 1/23 – 3/19

No class on 2/20

Course# 2231 ▪ Tue 4/2 - 5/21

No class on 3/26

Kickbox Circuit

Mary Beth Neils

Come join this fun drill and skill-based class of kickboxing intervals that will increase your muscle strength and endurance while unleashing your inner beast. Light weights are optional (1-3 Lbs.)

▪ Dance Room

\$96 ▪ 6:35 – 7:35pm

Course# 2232 ▪ Tue 1/23 – 3/19

No class on 2/20

Course# 2233 ▪ Tue 4/2 - 5/21

No class on 3/26

Walking - Natural Fitness

Pam Strauss

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 sneakers. 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 hand weights for more of a workout.

\$64 ▪ 6 - 7 pm ▪ Main Lobby

Course #2810

Tue & Thu ▪ 2/6 – 5/16

no class 2/20, 3/26 & 3/28

A New Reflection

Mary Beth Neils

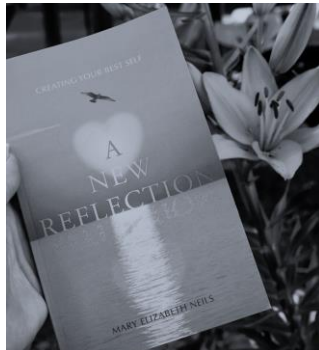
Change is beautiful

During this two-night session you will learn and practice effective skills and strategies to help you create your best self. Bring a notebook and a picture of yourself. Mary Beth Neils, local author M.S. Ed, M.S. SP

\$30 ▪ Wed ▪ 6:30 – 7:30pm ▪

Room 1114

Course #2319 ▪ 3/6 & 3/13



SPORTS



Baton Twirling (5 - 12 yrs old)

Allison Stuart



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

Twirling is the fun and unique sport that enhances coordination and fine motor skills and fosters

sportsmanship, goal setting, memory skills and exercise. In addition to learning various twirling techniques, students will participate in a few competitions through the course of this full year program. Orientation day will be held on October 10 to meet with instructor to be measured for a baton and costume. *A \$25 fee is payable to instructor for student's baton on October 10.* Course fee is \$85 for the fall semester and is due with registration.

\$85 ▪ 6 - 8pm ▪ Union Vale MS Gym

Course #2234 ▪ Tues 2/5 – 5/7

Pickleball

Dave Gatta

Participate in the fastest growing sport in America. During this one-hour session there will be warm up activities and game play. Please bring a pickleball paddle and dress for physical activity- active clothing and sneakers.

Vail Farm Elementary School Gym



Pickleball Clinics for Adults

\$80 ▪ 6 - 7pm (per course)

Course #2320 ▪ Weds

1/17/24 - 2/28/24

No class on 2/14/24

Course #2321 ▪ Weds

3/13/24 – 4/24/24

No class on 3/27/24

Pickleball for Elementary Students Grades 3-5



Introduce your child to the fastest growing sport in America. During this one-hour session kids in grades 3-5 will be introduced to ball striking, game fundamentals, court etiquette. Dress for physical activity- active clothing and sneakers. Pickleball paddle will be provided if needed. Vail Farm Elementary School Gym

\$80 ▪ 6 - 7pm (per course)

Course #2322 ▪ Weds

1/17/24 - 2/28/24

No class on 2/14/24

Course #2323 ▪ Weds

3/13/24 – 4/24/24

No class on 3/27/24



Yankees vs Braves Baseball Game

Yankees take on the
Braves in the Bronx!

Leave your car at Arlington HS and
head down to
Yankee Stadium via coach bus.

Enjoy a \$30 food voucher that can
be used at any food vendor in the
stadium and Field Level Seats to
watch the game.

We will leave the high school at
3:30pm to ensure we arrive to the
stadium on time and can have a
little time to walk around the
stadium. Bring money for extra
drinks, food, souvenirs, etc.

Tickets are limited, be sure to
register early to guarantee your
seat.

*Arlington HS music parking lot – from
main entrance, first parking lot on the
right.*

Friday, June 21

3:30pm – 11pm

(depending on length of game)

Course #2504 ▪ \$180

An adult must accompany minors
(sorry - no discounts)

FAMILY FUN!



Bronx Zoo

The Bronx Zoo spans more
than 265 acres and over 10,000
animals, which means there
are plenty of opportunities for
you to connect with the
animals you love.

Your trip will include the
following experiences:

SCAVENGER HUNT: giving
you an exciting way to go on a
self-guided science adventure of
the Bronx Zoo.

BUDGIE LANDING: enjoy up-
close interactions with
boisterous and colorful birds.
Hang on to your complimentary
seed stick- the budgies will fly
freely around the habitat, and
may choose to come to you for a
little snack!

BUG CAROUSEL: Our favorite
insects are all here-a long-
legged praying mantis, a bright
green grasshopper, even a dung
beetle. A spin on the carousel is
a great stop in the middle of the
park.

NATURE TREK: Get a bird's
eye view of the park! Navigate
across bridges and over
balancing beams. Weave
between obstacles for a safe and
challenging adventure. Note:
this experience is for children
ages 3 & up.

ZOO SHUTTLE: This trolley
will take you from Wild Asia at
one end of the park to Zoo
Center at the other, with a stop
by Tiger Mountain in between.

SEA LION FEEDINGS: Sea
Lions are curious and
intelligent. Feeding/Training
sessions help stimulate them.

(Check times offered that day)

PENGUIN FEEDINGS: When
it is time to eat, our Magellanic
penguins come out of their dens
or up from the deep and bob for
fish.

(Check times offered that day)

BUTTERFLY GARDEN:

Encounter over a dozen species
of butterflies fluttering through
the greenhouse and meadow of
this exhibit. It's a place to
witness the fascinating life-cycle
of these brilliantly colored
insects, and learn about the
birds and fish that share their
exhibit.

WILD ASIA MONORAIL: A
ride on our seasonal monorail
takes you into the heart of the
Asian wilderness. Tour guides
are quick to point out the
animals along the way,
including red panda, elephants,
and rhinos.

A charter bus will take us from
Arlington High School, picking up
in the South parking lot at 8:15am
and returning us around 6:30pm
depending on traffic. You will have
all day to explore the zoo and
mentioned activities on your own.
There are several cafes to choose
from or you can pack a lunch.
Bring snacks for the bus ride and
money for food and souvenirs.
We will arrive around 10am and
depart at 4:30pm. This is a rain or
shine event; no refunds will be
given due to inclement weather.

Course #2625 ▪ \$85

Saturday - May 4, 2024

Minors must be accompanied by
an adult. *(sorry - no discounts)*

DRIVER SAFETY

5-hour Pre-Licensing Course

Mr. Jan Stark

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 Course will result in the issuance of MV-278 form, which is needed for road test appointment. This course is being taught **ONLINE** and student is required to have a Zoom compatible computer, laptop, or Chromebook to participate. 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

Saturday Classes ▪ 9am - 2pm ▪ Online

Course #26551 ▪ 1/20/24
Course #26552 ▪ 2/24/24
Course #26553 ▪ 3/16/24
Course #26554 ▪ 4/20/24
Course #26555 ▪ 5/18/24
Course #26556 ▪ 6/15/24

\$35

Monday Classes ▪ 4 - 9pm ▪ Online

Course #21551 ▪ 1/8/24
Course #21552 ▪ 2/5/24
Course #21553 ▪ 3/4/24
Course #21554 ▪ 4/8/24
Course #21555 ▪ 5/6/24
Course #21556 ▪ 6/3/24

DRIVER EDUCATION:

2024 Winter/Spring Driver Education Program at Arlington High School

There will be a **MANDATORY** informational meeting on **Thursday, February 1st from 5:30-6:30pm in the LGI. All students interested in taking driver education must attend this meeting accompanied by a parent or guardian.**

Course Start Date:

Tuesday, February 6th, 2024

Course End Date:

Saturday, June 1st, 2024

(End date may extend due to weather, or unforeseen closures. No classes will be held during Spring Break)

Registration Opens:

Friday, December 29th, 2023

Registration Closes:

Friday, January 26th, 2024

Lecture:

(90-minute session per week)

You will choose one timeslot for Lecture:

Tuesday or Thursday:

2:30 -4:00 pm
or
4:00 - 5:30 pm

In Car Behind-the-Wheel

Instruction:

(90-minute session per week)

You will choose one timeslot for In-Car Behind-the-Wheel

Instruction:

Tuesday or Thursday

4 Students Per Car

You will choose one timeslot.

There are limited spaces so once one fills up that timeslot will be closed.

2:30 - 4:00 pm

4:00 - 5:30 pm

5:30 - 7:00 pm

7:00 - 8:30 pm

Saturday

Session will be added as needed – Times to be Announced

First come - First seating choices for

in-car time. Space is limited.

It is recommended that you register prior to the Mandatory Meeting on January to guarantee placement in the program.

Students MUST:

- ❖ Be at least 16 years old by 2/2/24
- ❖ Have a valid NYS DMV Permit or Driver's License by 2/2/24
- ❖ All Lecture and In-car driving MUST be attended to complete the course and receive an MV-285 certificate.

Register Online at:

<https://arlingtonschools.revtrak.net>

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 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:*** *Classes will not be held: 2/19, 2/20, 3/25, 3/26, 3/27, 3/29, 4/1, 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.***

Register and pay online 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 (below) 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			\$



ARLINGTON CENTRAL
SCHOOL DISTRICT

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

Non-Profit Organization

US Postage

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Deposit, NY 13754

Permit 9

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