



ARLINGTON CENTRAL  
SCHOOL DISTRICT

# ARLINGTON

## Continuing Adult/Community Education Program Fall 2023 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. Fall classes are being offered as follows:

- a) 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.
- b) Students taking classes offered online will be sent a Zoom link to join once class is established.
- c) If a student is not feeling well, they must not attend in school 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**

**“You can't use up  
creativity.  
The more you use, the  
more you have.”**

**Maya Angelou**



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

*Parents/Guardians must escort students to and from classroom but are not required to stay.*

### **ARTS and CRAFTS**

*Arts and craft classes are designed for all levels. Novice, beginner, and experienced artisans are welcome and all will work at their own pace*

#### **Candle Making**

with Sonia, the Candle Lady

Learn the basics of candle making! You will learn about containers, fragrance oils, labels, wax and wicks. They make excellent gifts or just to treat yourself. The course fee includes all supplies and you take the candle you make home!  
\$42 (each class) ▪ 6:30 - 8:30pm ▪ Rm 1142

#### **Sweater Weather is Candle Weather**

Caramel Apple & Crackling Birch Scents  
Course #1310 ▪ Wed 10/4

#### **Make Halloween Candles**

Pumpkin & Mulled Cider Scents  
Course #1311 ▪ Wed 10/25

#### **Make Holiday Candles**

Cinnamon & White Fir Scents  
Course #1312 ▪ Wed 11/29



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

#### **Craft Night Paint Party**

Maureen Canevari

Create your own holiday decor that you will be proud to display. Perfect for beginners and the most experienced crafters. *Material Fee to be paid to the instructor the night of class \$30 for each class*  
Tuesdays 6:30 - 8:30pm Rm 1142

#### **Halloween/Fall Theme Wood Sign**

You will paint a wood cut out, personalizing it with your choice of stencils or vinyl. All supplies are provided so you leave with a finished project. We will use Chalk and acrylic paints on a ready to paint board. Each class will have a choice of the current seasons stencil.

**Material Fee to be paid to the instructor the night of class \$30**  
\$18 Course #1227 ▪ Tue 10/10

#### **Paint & Nosh Workshop**

New Paint and Nosh Workshop: You will paint an 11"14 canvas with a pumpkin theme. Beginner friendly and no experience needed. Refreshments will be provided. **Material Fee to be paid to the instructor the night of class \$30**

\$24 Course #1228 ▪ Tue 10/24

#### **Autumn Wood Sign Workshop**

You will have a choice of creating a shelf sitter set or a hanging wood sign focused on an Autumn theme.

**Material Fee to be paid to the instructor the night of class \$30**  
\$18 Course #1229 ▪ Tue 11/7

#### **Holiday or Winter Sign Workshop**

You will have a choice of painting a hanging 12" 3D sled or decorating wood ornaments in this fun filled class. Many stencils and designs to choose from.

**Material Fee to be paid to the instructor the night of class \$30**  
\$18 Course #1230 ▪ Tue 11/28

## 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.

\$128 ▪ 11:45am – 1:45pm ▪ Room 2311  
Course #1610 ▪ Sat 9/30 - 12/2

## Watercolors and Acrylic Washes

Peter Dama, BFA, MFA



Geared to all experience levels, 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 to bring for Watercolors: 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, 7.0, 4.0 and 2.0 round watercolor brushes plastic container (for water), and 11 x 14" watercolor paper.

\$128 ▪ 9:30 - 11:30am ▪ Room 2311  
Course #1611 ▪ Sat 9/30 - 12/2



## Chalk Paint® Intro to Annie Sloan Method Workshop

Caryn Morales

*Want to learn how to rehab furniture or 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.

\$65 ▪ 7pm - 8:30pm ▪ Rm 1142  
Course #1232 ▪ Tues 10/17

## Chalk Paint

The Big Paint Tray Workshop

Caryn Morales

Create a beautiful tea-tray with Annie Sloan Chalk Paint® You will receive hands-on instruction in applying Chalk Paint®, stenciling and waxing your tray. The workshop will be hosted by your Hudson Valley Annie Sloan Stockist, Caryn of Knot Too Shabby. The workshop will include everything needed to transform an authentic tea-tray. Be inspired by Annie's practical approach to painting.

\$75 ▪ 7pm - 8:30pm ▪ Rm 1142  
Course #1233 ▪ Tues 11/14

## Crochet

Tina Baglione



Learn the fundamental stitches of crocheting. Class is geared to all levels. Using a variety of stitches, students will complete a scarf by the end of the session. Bring 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 #1313 ▪ Wed 10/4 – 11/29  
\*No class on 11/22

## Crochet II

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 #1409 ▪ Thurs 10/5 – 11/30  
\*No class on 11/23

## Holiday Wreath Workshop

Anna Konys

Learn how to make a holiday wreath that will stand out with this evergreen arranging class.

*In this wreath-making class*, you will learn how to make a stunning wreath using natural elements such as fragrant evergreens, pine, cedar and eucalyptus. Your expert florist will teach you basic arranging techniques to create your DIY project. After this class, you'll be ready with the skills to make handmade seasonal decor that will impress all your friends and family.

Learning a new hobby is great for your mental wellbeing, and this class will allow you to try a new creative activity in an easy going and informative environment. All supplies and decorations will be provided and included in the fee. If you would like to bring items to match your décor feel free to do so.

You will make and take your wreath home with you just in time for holiday decorating. Please bring a wire cutter and garden sheers to class.

\$68 Course #1210

Tue 11/28 ▪ 6:30 - 8:30pm ▪ Rm 1214



## Holiday Boxwood Tree Workshop

Anna Konys

Learn to create a botanical decoration and add some handmade flair to your holiday season. In this class you will assemble a tree using fresh boxwood and decorate it with both natural elements and other decorations to create a new alternative to the more traditional evergreen tabletop tree. Boxwood trees can last long after the holidays with some attention and care. You will learn how to maintain your tree so it can be enjoyed for months to come.

\$68 Course #1211

Tue 12/12 ▪ 6:30 - 8:30pm ▪ Rm 1214

## Pottery: Clayworks Workshop

Elena Yess

In this 6-week course, each person will have the opportunity to creatively explore clay through different methods of construction. Clay is a material that is chemically changed by heat into ceramic and it is an ideal material to create functional objects. This is a beginner course and will explore more complex processes and techniques as time goes on through the creation of functional forms. All materials are included.  
\$125 Course #1320 ▪ Rm 2310  
Wed 4-6pm ▪ 10/11 - 11/15

## 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 (per course) Rm 2311  
Course #1212 ▪ Tues 10/3 – 10/24  
6:30 - 8:30pm  
Course #1213 ▪ Tues 11/7 – 11/28  
4pm - 6pm

## PERFORMING ARTS



Kick off the holiday season and join us on Saturday, November 18, to see the Christmas Spectacular at Radio City Music Hall. The charter bus will leave Arlington High School @8:30am and leave us right by the theatre. We have Orchestra seats. After the performance, you will have the opportunity to visit Rockefeller Center, St Patrick's Cathedral and/or FAO Schwartz. Kids may attend but must be accompanied by a parent/guardian who will be going to the show as well. Bring a bagged lunch or money to purchase lunch and/or souvenirs.  
Course #1141 ▪ 8:30am - 6:30pm  
\$145 (sorry no discounts) ▪ Sat 11/18

## Line Dancing



Dance away the stress & worry of the week during ACS'D's Thursday Night Dance Parties with Line Dance Duo, Colleen Axelrod & Aisha Phillips.  
*Classes will be taught in the*

*Café B and Online* You may choose either location. \$100 ▪ Thu 10/5 - 12/7  
(no class on 11/16 or 11/23)

### 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 #1410 ▪ 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 #1411 ▪ 7:30 - 8:45pm

## Social Dancing

Esther Odescalchi

Tues 10/3 – 12/5 ▪ Cafe B ▪ \$112/class  
(9 weeks, No class on 11/21)

### 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.  
Course #1214 ▪ 6 - 7pm

### 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.

Course #1215 ▪ 7 - 8pm

## 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!

Course #1216 ▪ 8 - 9pm

## West Coast Swing

Christopher Bledsoe

West Coast Swing is one of the most popular dances in the world. It is a fun slotted dance accompanied by the most popular current music of all genres. West Coast Swing is a magnificent marvel that explores the wonderful world of structure and improv dance body movement. You will learn how to dance with proper posture, grace, divinity, and motion. Learn the fundamentals all the way to pro level series. In essence when it comes to dance, we will teach you the stroke of genius. No Partner Required, all we need is you!

### Master Level Dancer Christopher Bledsoe's Bio

A CELEBRATED DANCE INSTRUCTOR  
In 1993, I discovered my passion when I began my career as a professional Dance Instructor, and I haven't once looked back. I really enjoy working with people, especially children, and love the thrill of understanding when something difficult "clicks" for the first time. I am a Master Level Hip Hop Instructor and a West Coast Swing Instructor. I have a gentle approach that brings great results and believe that learning should be fun and pressure-free. I am highly recommended and will teach you how to have fun while enjoying the true art of dance.

Mondays 10/2 – 11/27

(8 weeks, no class 10/9) Dance Room

### Beginner Class

\$98 Course #1110 ▪ 6 - 7pm

### Intermediate/Advanced Class

\$98 Course #1111 ▪ 7 - 8pm

### Beginner/Intermediate/Advanced Guided Practice

\$98 Course #1112 ▪ 8 - 9pm

## 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 ■ 6:15 - 7:30pm ■ Dance Room  
Course #1417 ■ Thurs 10/5 – 11/16

## 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 Italian - Level I

Luisa Paone

Course #1231 ■ Tue 10/10 – 11/28  
\$158 ■ 6:30 – 8:30pm ■ Room 2152

### Conversational Italian - Level II

Luisa Paone

Course #1418 ■ Thur 10/12 - 12/7  
\$158 ■ 6:30 – 8:30pm ■ Room 2152



### Conversational German - Level I

Linda Coombs Room 1120

Course #1418 ■ Thur 10/12 - 12/7  
\$158 ■ 6:30 – 8:30pm ■ Room 1120

## 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:

The "Tech Savvy Seniors" computer class is specifically designed for older individuals who may feel a bit overwhelmed or hesitant about using computers and other digital devices. Our curriculum is tailored to meet the unique needs and learning styles of older adults, ensuring a comfortable and engaging learning experience.

### 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 #1413 ■ Thur 10/12 – 11/16  
\$48 ■ 4:30-5:30pm ■ Room 1130

## Social Security

Jean Riordan

Prepare for your retirement and learn how to get the most out of your social security benefits; how to navigate the decisions surrounding the program, including understanding your options, how to get started, how to maximize your benefits and more. And, your Medicare decisions can have a big impact on your finances. We will explain what the parts of Medicare are, what each covers, which Medicare plans may best meet your needs, and the eligibility and enrollment process. Classes are separated into two evenings to provide more extensive information.  
No Fee ■ 6:30 - 8:30pm ■ Room LGI  
Course #1218 ■ Tues 9/19

## Tax Planning in the Four Stages of Retirement

Jean Riordan

Do you know how tax planning changes through different stages of retirement? In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for expenses. Applying the tax code in an organized and efficient way is essential. Attend, and you will learn the following: • Critical tax questions to answer before retirement • Surprises that often make retirement more expensive •

Four stages of retirement and necessary tax actions in each stage, including tricky IRA challenges • Mistakes to avoid when it comes to investments, health care, and estate planning And much more!  
Course #1219 ■ Tue 10/10  
No Fee ■ 6:30 - 8:30pm ■ Room LGI

## Managing Health Care Expenses in Retirement

Jean Riordan

Do you have a firm handle on Medicare and healthcare costs in retirement? Fifty-seven percent of people said they had a "poor understanding", (31%) knew "almost nothing" about Medicare, according to a recent survey by Bankers Life and Casualty Company. Three-quarters of folks (72%) did not know that most Americans on Medicare pay premiums, copays, and deductibles. One in seven thought Medicare was free. Only 14% knew that Medicare does not cover long-term care. Attend, and you'll learn:

- \* How Medicare enrollment periods work and what you need to do to avoid late-enrollment penalties
  - \* How much you can expect to pay in health care costs after enrolling in Medicare
  - \* How Medicare works with private insurance to provide comprehensive coverage
  - \* Why most people pay too much for private insurance, and how can you avoid excess costs
  - \* Why you must plan for higher health care costs in retirement — including the possibility of needing long-term care
- Course #1220 ■ Tue 10/17  
No Fee ■ 6:30 - 8:30pm ■ Room LGI

## IRA Planning and Strategies

Jean Riordan

IRA planning is a complex process, and your daily decisions can tremendously impact your overall retirement plan. Attend, and you will learn about the following: Strategies for IRA planning; How to incorporate Roth IRAs into your retirement plan; 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. Whether

you're already retired or nearing retirement, this course will help you answer all your IRA questions.  
Course #1221 ▪ Tue 10/24  
No Fee ▪ 6:30 - 8:30pm ▪ Room LG1

### **Secrets That Wall Street Does Not Want You to Know When Investing Your Money**

Richard Nathan

Have you just come into some money or have some money to invest? This lively, fact packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. This class will cover investing with or without financial planners, investing in mutual funds, buying or leasing cars, buying insurance and more. After taking this course, you will have the confidence to invest on your own, learn how to stretch and save your hard earned money. IT IS TIME TO TAKE CHARGE OF YOUR MONEY!

**\$48** Course #1419

Thur 10/26 ▪ 6:30 - 8:30pm ▪ Rm 1114

### **Getting Great Deals When Buying or Selling Real Estate**

Richard Nathan

Because of difficult times in the economy, there are some excellent deals in real estate. Rich Nathan is strictly a consumer advocate and is not a real estate agent. He will teach you how to get great deals, the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Also, he will show you how to wisely buy or sell investment property, primary homes, multi-families, and vacation homes. Instructor- Richard Nathan has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in Massachusetts, Connecticut, New York, Pennsylvania and New Jersey for the past 20 years.

**\$48** Course #1317

Wed 11/1 ▪ 6:30 - 8:30pm ▪ Rm 1114

### **Entrepreneurship: Starting Your Own Business with Little Money Down**

Beverly Nathan

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business. With little money down, you will learn how to decide on a business or product to sell and discuss franchising. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. Bev Nathan is a successful business person for over 20 years. She turned a part-time home-based business into a successful full time one and can teach you how to do this too.

**\$48** Course #1318

Wed 10/11 ▪ 6:30 - 8:30pm ▪ Rm 1112

### **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.

Course #1414 ▪ Thur 9/28

No Fee ▪ 6:30 - 7:30pm · Room 1114

Course #1222 ▪ Tue 10/24

No Fee ▪ 6:30 - 7:30pm · Room 1114

### **How to Go Through College Without Going Broke**

Richard Nathan

Richard Nathan, strictly a consumer advocate, will teach how the student, the parent, and the grandparent can avoid large college loans. To be discussed in FAFSA, different types of grants, loans, scholarship sources, work study programs, federal vs. private loans, problems of parent plus loans, refinancing of loans, 529 plans, and Navient lawsuit. Also, help websites and books on this matter will be discussed.

**\$48** Course #1319

Wed 10/11 ▪ 6:30 - 8:30pm ▪ Rm 1114



### **COLLEGE ENTRANCE EXAM REVIEW CLASSES**

*Our online SAT Review classes are designed to be completed in time to take the December 2 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** ▪ Choose:

Course #1223 ▪ Room 2134

Tue 10/10 - 11/28 ▪ 4 - 6pm

or

Course #1415 (online)

Thu 10/12-12/7 ▪ \$165 ▪ 6 - 8pm

#### **Math SAT Review Class**

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

Course #1420 (online)

Thu 10/12-12/7 ▪ \$165 ▪ 6 - 8pm

***“The beautiful thing about learning is nobody can take it away from you”***

**B.B. King**

## 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 Course #1314 Wed 9/27 – 11/15  
4 – 5:30pm Dance Room

#### 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 Course #1315 Wed 9/27 – 11/15  
6 – 7:30pm Dance Room

#### 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 Course #1416  
Thur 9/28 – 11/16  
4 – 5:30pm Dance Room



#### 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 #1316 ▪ Wed 9/27 – 11/15  
\$80 ▪ 6:30 - 7:30pm ▪ Gym 7

#### 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.

\$75 Course #1224  
Tue 10/3 – 11/14 (no class on 10/31)  
5:30 – 6:30pm Dance Room

#### Cardio Kickboxing

Mary Beth Neils

This cardio pumping, energetic style class will help you burn calories while punching and kicking to choreographed moves set to motivating music.

\$75 Course #1225  
Tue 10/3 – 11/14 (no class on 10/31)  
6:30 – 7:30pm Dance Room

#### Walking - Natural Fitness

Pam Straus

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 Course #1810 ▪ Main Lobby  
Tue & Thu 10/3-11/30 ▪ 6 - 7 pm  
(no class 11/7 & 11/23)

## 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. *Payment for the spring session will be due in January.*

Course #1226 ▪ Tues 10/17/23 - 1/30/24  
\$85 ▪ 6 - 8pm ▪ Union Vale MS Gym

### Arlington Wrestling Club

Jason Nesbitt and Dan Plunkett

*LaGrange Middle School Wrestling Room located at 110 Stringham Road, 8/10-mile south of Route 55 in LaGrangeville.*

Students to wear T-shirt, shorts, and sneakers and to bring water bottles and a towel. Mon & Wed ▪ 11/6 - 1/10  
(No class on 11/22)

### Instructional Wrestling Program K-6

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

Course #1701 ▪ 6 - 7pm ▪ \$88



## Competitive Wrestling Program

This class is for experienced wrestlers who are currently in a wrestling program or compete in tournaments. Wrestlers will sharpen their skills with a balance of specialized techniques, competitive games, and live wrestling. Wrestling shoes and headgear are recommended.  
Course #1702 ▪ 7 - 8pm ▪ \$88

## 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.

### Saturday Classes ▪ 9am - 2pm ▪ \$35

Course #16551 ▪ 9/23/23  
Course #16553 ▪ 11/4/23  
Course #16554 ▪ 12/9/23  
Course #26551 ▪ 1/20/24

### Monday Classes ▪ 4:30 - 9:30pm ▪ \$35

Course #11552 ▪ 10/16/23  
Course #11553 ▪ 11/27/23  
Course #21551 ▪ 1/8/24

## Driver Education

There will be a **MANDATORY** informational meeting on Wednesday, September 20<sup>th</sup> from 6-7pm in the LGI. All students interested in taking driver education in the fall must attend this meeting accompanied by a parent or guardian. Driver Education will run from Sept. 25 – Feb 3. All information can be found on the Arlington webstore under Driver Education.

<https://arlingtonschools.revtrak.net>

## 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 #1612 ▪ Sat 11/4  
\$119 ▪ 9am-3pm ▪ Room TBD



Robert Parrinello CFSHM, EMT,  
PlumSafety.Net

### Adult and Pediatric CPR/AED CERTIFICATION

This course will prepare you to recognize and care for breathing and cardiac emergencies involving adults, children, and infants.

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 valid for two years from American Red Cross.

Course includes 180 page (eBook), First Aid/CPR/AED Participant's Manual  
Course Duration 4 hours Certification Valid 2 Years

Course #1235 ▪ Tue 10/17  
Course #1236 ▪ Tue 11/14  
\$99 ▪ 4-9pm ▪ Room TBD

## 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 #1613 ▪ Sat 11/11  
\$99 ▪ 9am-1pm ▪ Room TBD



## 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 #1234 ▪ Tue 10/3 & 10/11  
\$175 ▪ 4-9pm ▪ Room TBD



ARLINGTON CENTRAL  
SCHOOL DISTRICT

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



## POSTAL PATRON

### 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](http://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: 11/10, 11/22-11/24, 12/22-1/2.*
- 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						
			<b>TOTAL</b>			<b>\$</b>