



ARLINGTON CENTRAL  
SCHOOL DISTRICT

# ARLINGTON

## Continuing Adult/Community Education Program Fall 2025 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:

- 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 Google/Zoom link to join once class is established.
- All are welcome to take our courses! You do not have to be in the Arlington School District to register.
- Register at:  
<https://arlingtonschools.revtrak.net/Continuing-Education/>
- There are no refunds once a class has started. We can offer a credit towards a future class if you cancel prior to the start of a class.

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 no 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

#### Late Summer Blooms

##### Flower 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 fresh flower arrangement of Late Summer Blooms and Lush Greenery in a Glass Vase to enjoy or gift to someone you love. 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).

**\$65 Course #1301 ▪ Café B**  
**Weds ▪ 9/24 ▪ 6:30 - 8pm**

#### Spooktacular!

##### Flower 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 flower arrangement in a fresh pumpkin using harvest blooms and lush greenery. 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 #1302 ▪ Café B**  
**Wed ▪ 10/29 ▪ 6:30 - 8pm**

#### Thanksgiving Flower 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 beautiful flower arrangement using long-lasting flowers and other botanicals to adorn 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 own masterpiece!

**\$65 Course #1303 ▪ Café B**  
**TH ▪ 11/20 ▪ 6:30 - 8pm**

#### Winter Wreath 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 winter themed Evergreen wreath using fresh herbs, greenery, and décor just in time for the holidays. 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!

**\$75 Course #1304 ▪ Café B**  
**Wed ▪ 12/3 ▪ 6:30 - 8pm**

#### Reindeer Sled Holiday Arrangement Workshop

Anna Konys *of Always in Bloom*

You will create a lovely arrangement in a rustic reindeer sled using evergreen, holiday flowers and other botanicals to adorn your holiday table.

**6:30 - 8pm ▪ Rm 1214**  
**\$70 Course #1305 ▪ Wed ▪ 12/10**

#### Holiday Boxwood Tree Workshop

Anna Konys *of Always in Bloom*

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.

**\$70 Course #1210 ▪ Tue ▪ 12/9**

**6:30 - 8:30pm ▪ Rm 1214**

### **Candle Making**

with Sonia, the Candle Lady

Learn the basics of candle making!

They make excellent gifts or just to treat yourself. You will learn about containers, fragrance oils, labels, wax, 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 wax melt you make home!

#### **Learn to make Votives!**

Learn to make votive candles! Each candle is 2 oz. in 2 different fall themed scents. You will take home 2 votive candles (each burns for 20 hours). You will also receive the candle holders to light your votives in!

**\$42 ▪ 6:30 - 8:30pm**

**Course #1306 ▪ Wed 9/10 ▪ Rm 1214**

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

Learn to make a container candle! You will have the choice to pick from two fall themed fragrances and take home your creation.

**\$42 ▪ 6:30 - 8:30pm**

**Course #1307 ▪ Wed 9/24 ▪ Rm 1214**

### **Learn to Make: Wax Melt Class**

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 select from two holiday themed fragrance oils and add your choice of dried flowers.

You'll leave with an 8- Cavity Melt.

**\$42 ▪ 6:30 - 8:30pm**

**Course #1308 ▪ Wed 10/8 ▪ Rm 1214**

### **In Celebration of Halloween! Candle Class**

We will be making a container candle using orange candle dye and you will choose from a cider or pumpkin fragrance oil to scent your candle. You'll leave with a 6oz container candle.

**\$42 ▪ 6:30 - 8:30pm**

**Course #1309 ▪ Wed 10/22 ▪ Rm 1214**

#### **Learn to make Votives!**

Learn to make votive candles! Each candle is 2 oz. in 2 different fall themed scents. You will take home 2 votive candles (each burns for 20 hours). You will also receive the candle holders to light your votives in!

**\$42 ▪ 6:30 - 8:30pm**

**Course #1310 ▪ Wed 11/5 ▪ Rm 1214**

### **Learn to Make Beeswax Taper Candles**

Learn to make Beeswax Taper Candles (Unscented) just in time for Thanksgiving! Make your own Beeswax Honeycomb 8x8 Taper Candles- You'll learn how to trim the wick; decorate the candle and tie it with lace edge and hemp rope.

**\$46 ▪ 6:30 - 8:30pm**

**Course #1311 ▪ Wed 11/19 ▪ Rm 1214**

### **Learn to Make: Wax Melt Class**

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 select from two holiday themed fragrance oils and add your choice of dried flowers.

You'll leave with an 8- Cavity Melt.

**\$42 ▪ 6:30 - 8:30pm**

**Course #1312 ▪ Wed 12/3 ▪ Rm 1214**

### **Make a Holiday Themed Candle!**

Learn to make a single wick container candle. You will select from two holiday themed fragrance oils. You will receive a box and ribbon for gift giving.

**\$42 ▪ 6:30 - 8:30pm**

**Course #1313 ▪ Wed 12/17 ▪ Rm 1214**

### **Cricut Design Lab**

Hailey Meyer

Learn to use a Cricut today! If you are ready to jump start your Cricut journey, this class is perfect for you. Your new Cricut machine may appear rather intimidating at first, however, with the proper training, you can learn more about Cricut machines and use that knowledge to your advantage to create unique items. It doesn't matter whether you are brand new to the concept or familiar with die-cutting; this class can teach you new ways to utilize your machine and create things safely and efficiently, for beginners and experienced Cricut users alike. If you do not have a Cricut but always wanted to try one before purchasing, this class is for you!

#### **Supplies Required for class:**

Laptop or tablet with Cricut Design App/Software downloaded (create a FREE account before arriving).

Cricut Basic Tool Set

Cricut True Control Weeding Kit

Cricut Standard Grip Mat

The following items can be Cricut or Sister brand:

Black and White HTV Iron- On Vinyl

Black and White Permanent Vinyl

1 Roll of Transfer Tape

Printable Sticker Paper

Any items you would like to customize! (shirts, cups, anything really!)

If you own a Cricut machine, feel free to bring yours! If not, we will have our own that you can use. This material supply list will be items we will use throughout the class, but you will likely need to purchase additional materials depending on what projects you want to create!

**\$75 ▪ Room 1140 ▪ 6-8pm**

**Course #1350 ▪ Wed 10/8 - 11/12**

### **Markers Workshop**

Peter P. Dama *BFA, MFA*

Those new to art of markers who want to learn the fundamentals. Artists in Other Mediums: Artists looking to expand their skill set and incorporate markers into their work. Hobbyists: Anyone interested in drawing, doodling, or coloring for enjoyment. Designers /Illustrators: Professionals looking to refine their marker rendering skills for faster concepts or finished art. The "Markers Workshop" is a hands-on class or session dedicated to teaching students how to use various types of markers as an art medium. This work-shop is popular because markers are versatile, relatively accessible, and can produce vibrant, precise, or even painterly results.

#### **What You'll Learn/Do in a Markers Workshop:**

Understanding Marker Types: A basic overview of the different kinds of markers, their properties (alcohol, water-based, opaque), and their best uses.

Basic Techniques: Color Charts, Blending, Layering, Mark Making, Creating Gradients. Drawing & Illustration Skills: Form and Dimension, Texture, Composition, &

Conceptualization. Specific Applications: Illustration, Product Rendering, Mixed Media, & Paper Selection. Practice Projects: Hands-on exercises and guided projects to apply the learned techniques.

#### **Materials Needed and Not Included!**

Student choice of Markers, Markers recommended\* \*Water-based Markers (e.g., Tombow Dual Brush Pens, Crayola Super Tips): Can be used like watercolors, allowing for blending with water, layering, and soft effects. Popular for lettering, illustration, and journaling.

\*Acrylic Markers (e.g., Posca, Molotow): Opaque, paint-like markers that work on various surfaces like paper, canvas, wood, metal, and glass. Great for bold lines, opaque fills, and mixed media.

\*Fine-liner Markers (e.g., Micron, Staedtler): Excellent for detailed linework, outlining, cross-hatching, and adding texture. Alcohol Markers (e.g., Copic, Ohuhu, Blick Art Markers): Known for their smooth, blendable color, ability to create seamless gradients, and vibrant results. Often used for illustration, manga, fashion design, and rendering. \*Marker Paper Pad: Designed especially for Markers Smooth Surface  
**\$135 ▪ 6-8pm ▪ Room 2311**

**Course #1101 ▪ Mon 10/20-12/8 (date change)**

### **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.

**\$45 ▪ Room 1214 ▪ 4-6pm**

**Course #1102 ▪ Mon 10/6 – 11/3**

**No class on 10/13**

### **Acrylic Masters of Painting Workshop**

Peter P. Dama BFA, MFA

This course is designed for the beginner/novice/intermediate/advanced student over 18 years of age. **Student Painting Genres Choices:** Impressionism, Expressionism, Cubism, Surrealism, Pop Art, Realism, Modernism, Abstract Expressionism. The student will choose what genre of painting they would like to learn. Learn the techniques and styles of the Great Masters of American & European Painting and how they worked by analyzing their well-known paintings. Each lesson will show the student exactly how to re-create these Master's painting details in the appropriate style and how their techniques might be replicated in Acrylics. Acrylics are famous for their versatility. They can be used straight from the tube to look like oil paints. They can be thinned with water or painting medium and used like traditional watercolors. Instructive and inspirational, this course brings together the diverse styles of the American Painters and Impressionists painters to illustrate the versatility and creative excitement of acrylics. You'll learn their tips, tricks, and techniques in step-by-step instructions. This class covers all the basic, and some not-so-basic acrylic techniques. The class explores various techniques for applying underpainting and working glazes on top.

The class introduces various painting mediums to increase the brilliance and depth of the painting. Students will explore the possibilities of combining heavy impasto with transparent glazes and varnishing techniques.

#### **Materials Needed and Not Included!**

Acrylic Paints: \*Recommended: Winsor & Newton Galeria Acrylic Paint, 10 x 60ml (2--oz) Tube Paint Set Or separate tubes of: White, Red, Yellow, Orange, Dark Blue, light Blue, Crimson, light Brown, Dark Brown Green, Black, Purple. Disposable palette paper, paper towels, water container, small spray bottle for water Sable & Bristol Brushes 4-5 Acrylic Paint Brushes- Pre-set packages of various thicknesses a variety of 4 Stretched Canvas: 12" x 12"

Liquitex Acrylic Gloss Medium

**\$135 ▪ 6-8pm ▪ Room 2311**

**Course #1201 ▪ Tue 10/14-12/16**

**(date change) ) no class on 11/11**

### **Basic Ceramics: Foundations in Clay and Wheel Throwing**

Julianna Fernandez

Discover the fundamentals of ceramics in this hands-on introductory course designed for adult learners with a little to no prior experience. Over eight weeks, students will explore basic hand-building techniques, clay preparation, and introductory wheel throwing. You'll learn how to shape, trim, and glaze your own ceramic pieces while developing a solid understanding of studio practices and clay processes. Clay types and handling; pinch, coil and slab construction techniques; centering and basic forms on the pottery wheel; trimming and finishing techniques; glazing and surface decoration basics and studio safety and cleanup procedures will be the focus of this course. Whether you're interested in making functional pottery or simply exploring a new creative outlet, this course offers a supportive and relaxed environment to get your hands dirty and start creating. Students should purchase a basic pottery tool kit for the first day of class (Amazon or art store), all other supplies are included in the course fee.

**\$160 Course #1401 ▪ Rm 2311**

**Th 4-5:45pm ▪ 10/16- 12/11**

### **Digital Photography 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 #1103 ▪ Mon 11/10 – 12/15**

**\$85 ▪ 6:30 - 8:30pm ▪ Room 1222**

### **Woodworking 101:**

#### **Charcuterie/Cutting Board**

#### **Workshop**

Alec Cerrato

Join this class and make your own custom cutting board!

Real wood always looks so stunning, and in this class, you'll be able to arrange your own blend of walnut, maple, and cherry to create your own beautiful cutting board. You will receive a great introduction to woodworking and take home your masterpiece! In the first class, we will prepare material and cutting boards to size. Shop safety will also be covered in depth. We'll then arrange and glue up our boards. In the second class, the chips will fly as we work on routing the sides of the cutting boards and sand the boards. In the final class we will finish up the boards and apply the oil and beeswax finish.

**\$148 ▪ 6:30-8:30pm ▪ Room 1315**

**Course #1202 ▪ Tue ▪ 9/30 – 10/21**

### **Chess Board Workshop**

Alec Cerrato

Create your very own chess board in this hands-on woodworking class!

Using beautiful woods like cherry, maple and walnut, you'll learn essential techniques like cutting, joining, and finishing to craft a beautiful, functional board. This project-oriented class is designed for both beginners and experienced woodworkers and can be tailored to your skill level. A handmade chess board would make a perfect gift or can be enjoyed by family and friends for generations! Chess board materials are included. (Chess pieces not included).

**\$175 ▪ 6:30-8:30pm ▪ Room 1315**

**Course #1314 ▪ Wed ▪ 10/15 – 11/12**

### **Holiday Nesting Tree Workshop**

Alec Cerrato

You will create your very own holiday décor in this hands-on woodworking class. Using pine, you will make 3 nesting Holiday Trees, the largest at 21" tall. You will learn essential techniques like cutting, joining, and finishing by either painting, staining or leaving them natural. This project-oriented class is designed for both beginners and experienced woodworkers and can be tailored to your skill level. Materials are included.



**\$65 ▪ 6:30-8pm ▪ Room 1315**  
**Course #1207 ▪ Tue ▪ 11/4 – 11/18**  
**Course #1315 ▪ Wed ▪ 12/3 - 12/10**

### **Subject Matter Workshop**

Peter P. Dama *BFA, MFA*

This course is designed for the beginner/novice/intermediate/advanced student over 18 years of age. Portrait, Figurative, Landscape, Still Life, Animal Drawing or Painting **Student Choice of Mediums:** Pencil, Pen and Ink, Charcoal, Chalk Pastels, Watercolors or Acrylics **Student Choice of Subject Matter:** Portrait, Figurative, Landscape, Still Life, Animal. This course will cover the student's choice of Medium and Subject Matter. The class will cover the concepts of color, color mixing, value, and design. As it pertains to the subject matter chosen by student. Students will be taught how to focus on learning to see in terms of mass, form, detail and line. From these art fundamentals, students will proceed to work on their own painting choices. Source visuals will be available for reference material or work from their own source visuals. This class is perfect for artist who want to learn more about these specific different subject categories of painting and drawing, or beginners who want to start learning about these subject categories. **Materials needed and Not Included!** Students' choice of Art Material recommendations:

**Pencil:** 6 Prismacolor Ebony Pencils Jet Black Extra Smooth and Drawing Paper.  
**Ink:** TWOHANDS Art Pens, Fine liner Ink Pens, Set of 12 Technical Drawing pen, Pigment Pen, Fine Point, Black, Waterproof, for Art Watercolor, Sketching, and Water Color or Marker Paper

**Acrylics:** Winsor & Newton Galeria Acrylic Paint, 10 x 60ml (2--oz) Tube Paint Set, Canvas and Brushes

**Water Color:** Winsor & Newton Cotman Watercolor Paint Set, 20 Colors, 5ml (0.17-oz) Tube Paint

Watercolor Paper and Brushes

**Pastels:** A Set of Hard and soft Chalk Pastels, Pad of Grey Pastel Paper 16 x20"

**\$135 ▪ 6-8pm ▪ Room 2311**  
**Course #1316 ▪ Wed 10/15 – 12/3**  
**(date change)**

### **Drawing Workshop**

Peter P. Dama *BFA, MFA*

This class is designed for the beginner/novice/intermediate/advanced student over the age of 18.

This class is designed to give a beginning student all the integral techniques they need to draw confidently. Learn how to sketch competently in a positive, encouraging environment that will give you the skills you've always wanted to bring your work to the next level. The class is designed to introduce all the basic aspects of successful drawing—rendering simple shapes, understanding light and shadow, creating volume and measuring proportion, sophisticated shading techniques—building on each step exponentially while introducing the figure, still-life, and landscape motifs. Exercises that stress constraining value and tonal control will further refine the student's basic knowledge until they can confidently produce solid imagery, enabling them to concentrate more on the fluid expression of their marks on paper whether it be drawing from life, still-life, landscape, or their own imaginations. This class encourages individuality of expression through an exact and complete analysis of the basic elements of drawing: Gesture, proportion, light and shade, anatomy, perspective, mass, planes, and design. This class is for beginning, intermediate, and advanced students. Along with lecture demonstrations the instructor works with students individually.

### **Materials Needed and Not Included!**

6 Prismacolor Ebony Pencils Jet Black Extra Smooth, 1 kneaded eraser, and a quality pencil sharpener. 11"x14" or 16 x 20" Drawing sketch pad

**\$135 ▪ 11:45-1:45pm ▪ Room 2311**  
**Course #1602 ▪ Sat 10/11-12/6**  
**(date change)**

### **Watercolor Workshop**

Peter P. Dama, *BFA, MFA*

This course is designed for the beginner /novice/intermediate/advanced students over 18 years of age. The instructor will give step by step demonstrations and students will complete weekly works while learning basic into advanced watercolor tech-niques such as wet-in-wet, wet-on-dry, scumbling and drybrush which all will be demonstrated. At the end of the workshop, along with completed paintings, student will gain confidence to tackle their own project. Watercolor is one of the most convenient and versatile mediums in the fine arts. This workshop is for those interested in trying watercolors for the first time or those who have tried watercolors and would like to improve their skills.

Through demonstrations and exercises, students will learn the techniques and properties of working in watercolor, including materials needed, color, and drying time. Students will be guided step-by-step toward completing finished paintings. This workshop will give students a solid foundation in watercolors to build upon and enjoy for years to come.

### **Materials Needed & Not included!**

A pad/block of watercolor paper 9" x 12" or 11"X 14"

Graphite pencils 2H, 1 Kneaded Eraser, A color mixing palette (Plastic or ceramic).

Paint brushes. Sable Rounds #2, #4, #6, #8, #10 & #12

\*Watercolor Paints a selection based on the Six Color Palette for beginners /Novices students.

\*Winsor & Newton Cotman Watercolor Paint Studio Set half pan with brush, or similar brands can be used but recommend they be "Artist Quality" intermediates/advanced students.

Roll of paper towels, Container for water, and Masking tape

**\$135 ▪ 9:30 - 11:30am ▪ Room 2311**  
**Course #1601 ▪ Sat 10/11-12/6**  
**(date change)**

### **Learn the Art of Needle Felting**

Luanne Donnadio *Ages 16+*

This course is designed to teach students what felting is- the history of felting and how to master the technique of using a felting needle. Whether for a beginner or someone more advanced this course will provide basic instruction for someone to achieve the necessary skill in completing a small soft sculptured figure. All supplies are provided for this class: (\$30 fee for supply kit to be paid directly to instructor on the first night of class; if you take more than one class and bring your needles and foam to class the fee will be \$15 – discuss with instructor) If you have wool allergies, this class is not good for you since we will be felting wool!

### **Pumpkin Pin Cushion**

\$25 Course #1430

TH ▪ 9/25 & Tue ▪ 9/30 ▪ 6-8pm  
+Supplies Fee: \$30 cash or check for kit-payable directly to the instructor on the first night of class. Room 1214

### **Halloween 6 ½" Witch Figurine with Large Hat**

\$35 Course #1431 ▪ TH ▪ 10/16 -10/30  
+Supplies Fee: \$30 cash or check for kit-payable directly to the instructor on the first night of class. Room 1214 ▪ 6-8pm

### **Needle Felted Wearable Art:**

#### **Holiday Poinsettia Corsage/Pin**

\$25 Course #1432 ▪ TH ▪ 11/6 -11/13  
+Supplies Fee: \$30 cash or check for kit-payable directly to the instructor on the first night of class. Room 1214 ▪ 6-8pm

#### **Angel with Bell Holiday Ornament**

\$25 Course #1433 ▪ TH ▪ 12/4- 12/11  
+Supplies Fee: \$30 cash or check for kit-payable directly to the instructor on the first night of class. Room 1214 ▪ 6-8pm

### **Crochet for All Levels**

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 #1317 ▪ Wed 10/8 – 12/3**

*No class on 11/26*

## **PERFORMING ARTS**

### **Introduction to Guitar**

Pat Horgan 18 +

Learn how to play complete songs on the guitar and also how to “jam” with other musicians. You’ll learn two dozen “everyday” chords that will enable you to play hundreds of popular songs. You will learn basic scales that will enable you to improvise your own solos.

You will need a guitar (acoustic or electric), an extra set of strings, electronic tuner and some guitar picks.

Pat Horgan has been teaching for 20 plus years, has shared the stage with The Charlies Daniels Band, The Smithereens, Monkees and many others.

**\$120 ▪ 6 - 8pm ▪ Room 1214**

**Course #1404 ▪ Thur 10/16 – 12/11**

*no class on 11/27*

### **Intermediate Guitar**

Pat Horgan 18 +

Available to students who completed the intro guitar class. Taught by Pat Horgan, professional guitarist, recording artist and record producer. This class will study movable chords, barre chords, scales, soloing and blues progressions. This class is also available to students that have not taken the intro guitar class providing they know the following open chords : A, Am, E , Em, D, C and G. Students must provide an electric or acoustic guitar , a guitar tuner, guitar picks and an additional set of strings.

**\$120 ▪ 6:30 – 8:30pm ▪ Room 1214**

### **Course #1530 ▪ Fri 10/10 – 12/19**

*no class on 10/24, 10/31, 11/28*

### **Basic Songwriting for Beginners**

Pat Horgan 18 +

Learn how to write your own songs with published BMI songwriter, Pat Horgan. Pat has published dozens of songs and produced over 20 albums for major record companies. He has also worked with major recording starts.

Learn how to structure songs, write lyrics, subject matter that sells, intros, and more. We will discuss strategies on getting a record deal and things to avoid in the music business. Bring a notebook and pen to class.

**\$80 ▪ 5:30-6:30pm ▪ Room 1214**

**Course #1410 ▪ Th 10/10 – 12/19**

*no class on 10/24, 10/31, 11/28*

### **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.

### **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. **TH ▪ 9/18-11/20**

**\$140 ▪ Course #1405 ▪ 6 - 7:15pm**

**(10 weeks)** no class on 10/2 & 10/9;

Class will be held on Wed 10/1 & 10/8

### **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!

**Prerequisite: Must take Beginner Line Dance for a minimum of one continuous year, and have a basic comprehension of country line dance steps and terminology.**

**\$140 ▪ Course #1406 ▪ 7:30 - 8:45pm**

**TH ▪ 9/18-11/20 (10 weeks)**

no class on 10/2, 10/9; Class will be held on Wed 10/1 & 10/8

### **Belly Dancing**



**AYLEEZA (Lisa Quattrochi)**

In Belly Dance Style by Ayleeza you have a chance to evolve in a more organic way. Through fun class interactions and dancing combinations we will

create a bridge into our powerful dancing self. \*All Levels Welcome; belly dance music, pop and country music will also be used. (7 weeks) **7 - 8pm ▪ Dance Room \$96 ▪ Course #1104 ▪ Mon 10/6-11/24**  
No class on 10/13

### **Social Dancing**

Esther Odescalchi



### **Introduction to Ballroom, Swing and 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. Singles and couple’s welcome!

**\$98 ▪ Course #1203**

**Tues ▪ 10/7 –12/2 ▪ 6 - 7pm**

**Cafe B ▪ No class on 11/11**

### **Intermediate/Advanced Ballroom: Swing and Latin**

This class is for experienced dancers.

Continue to enjoy the benefits of social dancing as described in the introductory class and learn new patterns and new dances. Any dance of your choice.

Singles and couple’s welcome!

**\$98 ▪ Course #1204**

**Tues ▪ 10/7 –12/2 ▪ 7 - 8pm**

**Cafe B No class on 11/11**

### **Go Latin! Bachata, Salsa, Merengue**

The Dominican Republic provided us with the Bachata and Merengue, both easy-to-learn, fun dances. The Salsa originated in Cuba, deriving from the famous Mambo. The course is for basic and intermediate dancers. Come and learn to move your feet and your hips with a partner! Singles and couples welcome!

**\$98 ▪ Course #1205**

**Tues ▪ 10/7 –12/2 ▪ 8 - 9pm**

**Cafe B No class on 11/11**

## **CULINARY ARTS**

### **Cookie Decorating Workshops**

Jessica Flynn of Jessica’s Sweets Shop



Spend an evening with Jessica’s Sweets Spot, learning to decorate sugar cookies! Our step-by-step instruction makes it easy for even a beginner to learn the basics of cookie decorating. Each class will involve decorating 6 cookies, and all of the necessary materials will be provided. Just come as you are and be ready for some

fun! \*\*Adults are welcome to attend as long as they don't mind there being kids.

### Harry Potter Themed Cookies

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Join us for a magical evening at our Harry Potter-themed cookie decorating class! Whether you're a *Gryffindor, Slytherin, Hufflepuff, or Ravenclaw*, you'll have the chance to conjure your creativity as you decorate six cookies inspired by the wizarding world. All materials will be provided, and no experience necessary—this class is perfect for witches and wizards ages 10+

**\$55 ▪ Course #1206 ▪ Ages 10 +  
Fri 9/26 ▪ 6-8pm ▪ Room 1120**

### I Put a Spell on You

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Get ready to brew up some magic at our "I Put a Spell on You" cookie decorating class! Embrace the enchanting spirit of Halloween as you decorate six bewitching cookies that will cast a spell on anyone who sees them. With all materials provided and no experience required, this class is perfect for witches and warlocks ages 10+. Bring your cauldron of friends and enjoy a spell-binding evening filled with creativity, laughter, and a touch of Halloween mischief!

**\$55 ▪ Course #1407 ▪ Ages 10+  
Fri 10/24 ▪ 6-8pm ▪ Room 1120**

### Peek a Boo

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Join us for a ghoulishly fun evening at our "Peek-a-boo" cookie decorating class! In this class you will craft six delightfully spooky cookies that are sure to give everyone a delightful fright. All materials will be provided, and no experience is needed. This spooktacular event is perfect for Halloween lovers ages 7+ (13 and younger must be accompanied by an adult. If adult would like to participate with child guest an additional ticket will be required) So grab your fellow ghosts and goblins and prepare for a night of wicked fun, where you'll unleash your creativity and conjure up some fang-tastic treats!

**\$55 ▪ Course #1408 ▪ Ages 7-16  
Tue 10/28 ▪ 6-8pm ▪ Room 1120**

### Sweet as Pie

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Join us for a delightful night at our "Sweet as Pie" cookie decorating class, where you'll create six irresistible cookies inspired by classic fall flavors! This cozy event is perfect for anyone looking to embrace the spirit of the season. All materials will be provided, so you can focus on crafting your delicious designs without any fuss. Come see just how sweet your creations can be!

**\$55 ▪ Course #1409 ▪ Ages 13+  
TH 11/20 ▪ 6-8pm ▪ Room 1120**

### Santa's Slumber Party

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Wear your PJ's and Get ready to have a blast at our Slumber Party Cookie Decorating Class, where the fun never sleeps! Join us for a night filled with giggles, creativity, and, of course, cookies! You'll decorate six fabulous cookies that embody the cozy vibes of a sleepover—think dreamy designs and whimsical treats. All materials will be provided, so all you need to bring is your enthusiasm and your besties! Don't miss out on this cookie adventure—it's going to be a night that you won't forget!

**\$55 ▪ Course #1511 ▪ Ages 13+  
Fri 12/5 ▪ 6-8pm ▪ Room 1120**

### Santa's Sleighin' in Paradise

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Get ready to deck the halls with a tropical twist at our "Santa's Sleighin' in Paradise" cookie decorating class! Join us for a sunny soirée where you'll whip up six festive cookies that bring the warmth of the beach to the Christmas table. All materials will be provided—no need to be a cookie connoisseur! Just bring your holiday cheer and a few friends for a night packed with laughter, creativity, and tropical vibes. Together, we'll sleigh the traditional and create cookies that will make Santa himself say, "Ho, ho, how sweet!" Don't miss out on this merry and bright adventure in cookie decorating!

**\$55 ▪ Course #1449 ▪ Ages 13+  
TH 12/18 ▪ 6-8pm ▪ Room 1120**



### Gingerbread House Decorating Workshop

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Get ready to deck the halls and ginger up your holiday spirit! Join us for a fun night of decorating gingerbread houses. All supplies will be provided, so just bring yourself and a sprinkle of creativity. Let's enjoy some festive fun together and make this holiday season truly sweet! Fun for all ages, however not a drop off event for younger kids, 10 and older may join unaccompanied. Each enrollment will include one gingerbread house, a board, icing, and lots of decorations, along with a cup of hot cocoa!

**\$64 ▪ Course #1512 ▪ Ages 13+  
Fri 12/12 ▪ 6-8:30pm ▪ Room 1120**

### Culinary Classes with Chef Gina

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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

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

#### Pasta from Scratch

Homemade Cheese Ravioli with Marinara Sauce: A beginner friendly recipe young chefs enjoy  
**\$145/pair ▪ Course #1603  
Sat 10/11 ▪ 1-3:30pm ▪ Room 1119**

#### National Greasy Food Day!

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Mini Sliders, French Fries, and Milkshakes (choice of strawberry, chocolate, vanilla, or Oreo)  
**\$145/pair ▪ Course #1604  
Sat 10/25 ▪ 1-3:30pm ▪ Room 1119**

#### National Bundt Day

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Wicked Good Bundt Cakes Choice of Mini Funfetti Bundt Cakes with Pink Vanilla Glaze or Chocolate Cake with Green Vanilla Glaze - two cakes p/pair  
**\$145/pair ▪ Course #1605  
Sat 11/15 ▪ 1-3:30pm ▪ Room 1119**

#### Let's Bake!

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**Chocolate Lava Cake with Fresh Ice Cream** -Individual Chocolate Cakes with melted chocolate center pair with Ziploc-style soft ice cream  
**\$145/pair ▪ Course #1606  
Sat 12/13 ▪ 1-3:30pm ▪ Room 1119**

#### Winter Wonderland

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**Snowman Surprise Cake** A multilayered vanilla cake topped with winter decor and a sprinkle surprise middle  
**\$145/pair ▪ Course #1607  
Sat 12/20 ▪ 1-3:30pm ▪ Room 1119**

### Adult Night Out Cooking Classes

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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.

#### Pasta from Scratch

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Fall Flavors: Roasted Butternut Squash Tortellini Tossed with Pancetta, Sage & Walnut Brown Butter Sauce  
**\$95/person ▪ Course #1608  
Sat 10/11 ▪ 4-7pm ▪ Room 1119**



## National Greasy Food Day!

Burgers, Fries & Milkshakes Elevate these classic Greasy Food favorites: Smothered Mushroom, Swiss & Arugula Burgers, Truffle & Chive Fries, and Oreo Milkshakes

**\$95/person ▪ Course #1609**

**Sat 10/25 ▪ 4-7pm ▪ Room 1119**

## Bundt Bake Off!

Choose your favorite of Chef Gina's cake recipes and turn it into a Bundt cake.

After it cools, select your choice of topping. Photos will be taken and posted online for voting. Taste test then take home the rest.

**\$95/person ▪ Course #1610**

**Sat 11/15 ▪ 4-7pm ▪ Room 1119**

## Let's Bake!

Coquito Inspired Tres Leche Cake  
The classic tres leche (three milks) cake with a coconut twist.

**\$95/person ▪ Course #1611**

**Sat 12/13 ▪ 4-7pm ▪ Room 1119**

## PERSONAL ENRICHMENT

### 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. 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. Key Learning Areas:

Computer Basics, Introduction to the Internet, Communication Tools and Google Suite. It's never too late to become a tech-savvy senior.

No prior computer experience is necessary. 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 ▪ Thurs 10/30 - 11/20  
\$42 ▪ 4:30-5:30pm ▪ Room 1126**

## Tax Planning Through the Four Stages of Retirement

Jean Riordan

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 your living expenses. You want to apply the tax code in an organized and efficient way. Attend and you'll learn the following: • Address how taxes impact Social Security and Medicare • Surprises that often make retirement more expensive • What the Social Security "tax trap" is and how you can avoid it • Why tapping assets in the wrong order can trigger higher Medicare premiums • Why you need to manage taxes even before you retire • Mistakes to avoid when it comes to your investment portfolio, health care.

**No Fee ▪ 6:15 - 8pm ▪ Room LGI**

**Course #1208 ▪ Tues 9/16**

## 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.

**6:15 - 8pm ▪ Room LGI**

**No Fee ▪ Course #1209**

**▪ Module 1 ▪ Tue 9/30**

**▪ Module 2 ▪ Tue 10/7**

**▪ Module 3 ▪ Tue 10/14**

Planning, Advice & Fiduciary Investment Services offered through Vision Retirement LLC, a registered investment advisor.

## COLLEGE 101

### How to Pay for College without Going Broke



Stephanie Mauro

Are you worried about how you'll afford college tuition without breaking the bank? Don't stress – we've got you covered! Come to this seminar where we'll dive into expert tips and strategies on how to finance your college education without sacrificing your financial stability. Whether you're a high school student, a parent, or an adult considering going back to school, this webinar is for you! Here's what you can expect to learn:

**Navigating Financial Aid:** Learn about the different types of financial aid available, including scholarships, grants, loans, and work-study programs. Discover how to maximize your eligibility for each.

**Strategic Planning:** Understand the importance of early financial planning for college expenses. We'll share actionable steps you can take to prepare financially for higher education.

**Reducing College Costs:** Explore innovative ways to cut down on college expenses, from choosing the right school to leveraging resources like community college and online courses.

**Avoiding Common Pitfalls:** Get insights into common mistakes students and parents make when it comes to paying for college – and how to avoid them.

**Q&A Session:** Have burning questions about financing college? There will be a Q&A at the end of the presentation.

**Don't miss out on this invaluable opportunity to gain financial peace of mind while pursuing your student's educational dreams.**

Register now and take the first step toward a brighter, more affordable future!

**No Fee ▪ 6:30 - 7:30pm ▪ Room 1112**

**Course #1415 ▪ TH 9/25**

**Course #1416 ▪ Wed 10/15**

## COLLEGE ENTRANCE EXAM REVIEW CLASSES

### SAT Verbal Prep Class

Ms. Lori Tse

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

**\$165 ▪ Course #1231 ▪ Room 2134**

**Tue 10/7 – 12/9 ▪ 2:30 – 4:30pm**

**No class on 11/4 & 11/11**

### Math SAT Review Class

Review the math curriculum, including word problems, fractions, decimals, and equations in preparation for the SAT exam. **Course** ▪ TBD

## 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 #1417 ▪ Thu 10/23**  
**\$54 ▪ 5:30 – 9:30pm ▪ Online**

## CERTIFICATION COURSES



**American Red Cross**  
Training Services

### Babysitting and Child Care Training

Heidi Schlipmann RN (Nurse Heidi)

The American Red Cross is the nations' leader in babysitting classes and child care training- and will prepare you to become one of the most capable, trusted and confident caregivers in your community. In fact, 8 in 10 surveyed parents said they would pay more for a trained babysitter who holds Red Cross babysitting certifications. The updated Babysitter's This hands-on training course is an in-person comprehensive caregiving program that delivers real-life readiness babysitting skills to those ages 10-16. Our engaging, youth-centered training combines hands-on practice, engaging videos, and interactive group activities to

ensure participants are well-prepared for emergency situations.

This course will include topics such as choosing age-appropriate activities, basic child care, like feeding, child behavior, diapering, picking up a child safely, and more.

The Red Cross makes babysitting training and certification fast, simple and easy. With our digital certificates, you can access, print, share, and download your certificates anytime, anywhere. Each certificate includes a unique ID and QR code, meeting employment requirements and allowing employers to verify its validity.

**Course #3333 ▪ T & TH 10/14-10/30**  
**\$75 ▪ 3:30-4:30pm ▪ Noxon Elementary**

**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. It will teach you Cardiopulmonary Resuscitation (CPR) and can help you save a life during a cardiac or breathing emergency. Expert training and OSHA compliant. Upon successful completion of this course, you will receive a digital certificate for CPR and AED valid for two years from American Red Cross. Course includes First Aid/CPR/AED eBook Participant's Manual. Course Duration 4 hours, Certification Valid 2 Years  
**Course #1222 ▪ Mon 10/20**  
**\$129 ▪ 5-9pm ▪ Library Classroom**  
**Course #1223 ▪ Mon 12/1**  
**\$129 ▪ 5-9pm ▪ Library Classroom**

### SERVSAFE® FOOD SAFETY MANAGER CERTIFICATION

**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 #1225 ▪ Mon 11/10 & 11/17**  
**\$215 ▪ 5-9pm ▪ Library Classroom**

## HEALTH, FITNESS & WELL-BEING

*Yoga classes include asana, pranayama, mediation, 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 – 5:15pm Dance Room**  
**Course #1320 Wed ▪ 10/1 – 11/19**

### 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 - 7:15pm Dance Room**  
**Course #1321 ▪ Wed ▪ 9/10 – 10/29**  
**Course #1322 ▪ Wed ▪ 11/5 – 1/14**  
**No class on 11/26, 12/24, 12/31**

### 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.

**\$72 4 – 5:15pm Room 1422**  
**Course #1420 Thurs 10/16 - 11/20**

### Unlock the Benefits of Tai Chi

Davy Ko

**Discover the Gentle Power of Tai Chi for Arthritis and Fall Prevention: A Class for Ages 18+.** Are you looking for a way to improve your physical well-being and cultivate inner calm? Ur 8-session beginner-level Tai Chi for Arthritis and Fall Prevention class offers a holistic approach to health, focusing on the powerful connection between mind, movement, and breath. This program is developed by DR. Paul Lam and the Tai Chi for Health Institute (TCH), is specially designed to be safe, gentle, and effective for everyone, regardless of age or current fitness level.

**\$96 9:30 – 10:30am Dance Room**  
**Course #1630 Sat 10/4-11/22**





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.

### **ZUMBA - Stephanie Paniccia Vito**

**\$65** ▪ 6:40 - 7:40pm ▪ Room 1422

**Course #1323** ▪ Wed 9/24 – 10/29

**\$65** ▪ 6:40 - 7:40pm ▪ Room 1422

**Course #1324** ▪ Wed 11/5 – 12/17

No class on 11/26

### **Strength and Conditioning**

Mary Beth Neils

AAFA Personal Trainer &

Fitness Instructor Ages 16 and up

Come join this 45-minute workout that will help you build lean muscle mass and muscle endurance. Weights and a mat are recommended. ▪ **Dance Room**

**\$100 (10-week session) ▪ 2:45-3:30pm**

**Course# 1427 ▪ TH 9/18 – 12/11**

No class on 10/2, 10/9, 11/27

### **POUND**

Stephanie Vito & Nicole Delia

Certified POUND Instructors Ages 16+



Channel your inner Rock-Star with this full-body 30-minute cardio jam session inspired by drumming using RIPSTIX., lightly weighted exercise drumsticks. Torch calories and tone while rocking out

to your favorite music. Students should bring a yoga mat. Your instructor will provide fitness sticks for use during the class or you can purchase RIPSTIX in advance at poundfit.com or Amazon.

### **POUND Demo Class**

**Free** ▪ 6 - 6:30pm ▪ Café C/D

**Course #1325** ▪ Mon 9/15

Register for this **free demo class** of POUND with instructors: Stephanie and Nicole.

### **POUND - Stephanie Paniccia Vito**

**\$60** ▪ 6 - 6:30pm ▪ Room 1422

**Course #1326** ▪ Wed 9/24 – 10/29

**\$60** ▪ 6 - 6:30pm ▪ Room 1422

**Course #1327** ▪ Wed 11/5 – 12/17

No class on 11/26

### **POUND with Nicole Delia**

**\$80** ▪ 6 - 6:30pm ▪ Room 1422

**Course #1328** ▪ Mon 9/29 – 11/24

No class on 10/13 (8-week session)

**\$80** ▪ 4:30 - 5pm ▪ Room 1422

**Course #1329** ▪ TH 10/16 – 12/11

No class on 11/27 (8-week session)

### **Tri-Zone Fitness**

Mary Beth Neils

AAFA Personal Trainer &

Fitness Instructor Ages 16 and up

Come join this 45-minute full body workout that is formatted with timed drills focusing on strength, conditioning and core moves. All levels are welcome. Dumbbells, mat and thigh band are recommended. ▪ **Dance Room**

**\$100 (10-week session) ▪ 5:30 – 6:15pm**

**Course# 1220 ▪ Tue ▪ 9/30 – 12/9**

No class on 10/13

### **Lower BODY BLAST!**

Mary Beth Neils

AAFA Personal Trainer &

Fitness Instructor Ages 16 and up

Lower BODY BLAST will be a 30-minute power packed class isolating the lower body to improve functionality, mobility, power and strength. This class will include exercises for the muscles of the legs, hips and thighs, core and glutes. All you need is a mat and elastic fabric thigh band. ▪ **Dance Room**

**\$85 (10-week session) ▪ 6:30-7pm**

**Course# 1221 ▪ Tue ▪ 9/30 – 12/9**

No class on 10/13

### **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.

**\$60 ▪ Course #1111 ▪ 10/7– 12/4**

**Main Lobby ▪ Tue & Thurs ▪ 6-7 pm**

No class on 10/9, 11/11, 11/27

### **EAT WHAT? ... YES, it Matters!**

Mary Beth Neils: Certified NASM Nutrition Coach; AFFA Certified Personal Trainer

### **Calories Matter!**

Come and learn what macronutrients are, their importance and purpose in our diet. Learn how to incorporate these in your diet to ensure you are eating well-balanced, quality foods that will help you live optimally. Handouts will be provided.

**\$20 ▪ Course #1215 ▪ Wed ▪ 10/15**

**6:30 – 8pm ▪ Room 1112**

### **Food as Medicine**

Padma Garvey, M.D.

This four-part series of lectures reviews the evidence behind the current dietary recommendations of the American College of Lifestyle Medicine, the American Diabetes Association, and the American Heart Association which all promote a low-fat whole foods plant-based diet. Learn how a low-fat whole foods plant-based diet can help with heart disease, stroke, high blood pressure, autoimmune problems, dementia, depression, osteoporosis, certain cancers, and many other medical conditions. Learn how to make meaningful changes in how you cook and eat that are doable and sustainable for everyone...and cause NO SIDE EFFECTS. The course is given by

Padma Garvey, M.D. who is certified in Lifestyle Medicine through the American College of Lifestyle Medicine.

**Course 1290 ▪ 10/7-10/28 ▪ no fee**

**Tue ▪ 7pm-8:30pm ▪ Arlington HS**

### **Martial Arts & Character Development**

Master Margerum of Lifetime Karate

This exciting Martial Arts program goes beyond just kicking and punching—our goal is to help students grow into confident, respectful, and responsible young leaders. Each class will include beginner-friendly martial arts training designed to build focus, coordination, and self-discipline. But the true heart of the program is our **character**

**curriculum**, which encourages growth at home as well as in class. ▪ **Dance Room**

**\$50 (4-week session) ▪ 4:30-5:15pm**

**Course# 2222 ▪ Tue ▪ 10/7 – 10/28**

## SPORTS

### Baton Twirling (5 - 12 yrs old)

Allison Labate of Silver Starlites



*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 14 to meet with instructor to be measured for a baton and costume. *A \$30 fee is payable to instructor for student's baton on October 14.* Course fee is \$85 for the fall semester and is due with registration. Register online:

<https://arlingtonschools.revtrak.net/Continuing-Education/>

or in-person on 10/14 at UVMS

No Class on 11/11, 12/30

**\$85 ▪ 6-7:30pm ▪ Union Vale MS Gym  
Course #1216 ▪ Tues 10/21 - 1/6**

### 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

**\$80 ▪ Course #1340 ▪ 5:30-6:45pm**

**Wed ▪ 10/29 - 12/17 -**

**no class on 11/26, 12/3**

**\$80 ▪ Course #1341 ▪ Wed ▪ 7-8:15pm**

**Wed ▪ 10/29 - 12/17 -**

**no class on 11/26, 12/3**

**\$80 ▪ Course #1342 ▪ 5:30-6:45pm**

**Wed ▪ 1/7 - 2/11**

**\$80 ▪ Course #1343 ▪ Wed ▪ 7-8:15pm**

**Wed ▪ 1/7 - 2/11**

### 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-shirts, shorts, and socks or

wrestling shoes and bring water bottles

and a towel. Mon & Wed ▪ 11/3 - 1/14

(No class on 11/26 12/24, 12/29, 12/31)

### 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.

**\$88 ▪ Course #1120 ▪ 6 - 7pm**

### 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.

**\$88 ▪ Course #1121 ▪ 7 - 8pm**

### Youth Baseball Coaching Clinics

Coaches John Biasotti & David Fendrich

Youth Baseball Coaches: come learn the practice structure and drills used at the high school level-designed to be easily adapted for players of all ages and skill levels. Arlington HS **(date change)**

Offensive Clinic: Wed ▪ 9/17 6-8pm

Defensive Clinic: TH ▪ 9/25 6-8pm

**\$70 ▪ Course #1440 ▪**

### Youth Baseball Winter Clinic

Coaches John Biasotti & David Fendrich

Players will learn fundamental techniques, including hitting, throwing, fielding, and base running, through interactive drills and games. Students should bring their glove, hat and helmet.

Arlington HS Gyms 5 and 6

**Sun ▪ 12/7 - 1/4 ▪ no class on 12/28**

**\$100 ▪ Course #1701 ▪ 8am-10am**

**Middle School Students (GR 6-8)**

**\$100 ▪ Course #1702 ▪ 10am-12pm**


**Elementary School Students (GR 2-5)**

## FAMILY FUN!

West Point's

Army Black Knights 

vs

Charlotte 49ers 

### BLACK KNIGHTS ALLEY OPENS:

Black Knights Alley is the Fan Fest that runs on Howze Field, between the Foley Center and Michie Stadium. Black Knights Alley features live music, inflatables for kids, face painting, tailgate show, as well as other vendors. Black Knights Alley is open until kickoff.

**CADET REVIEW:** One of the time-honored traditions of a West Point game day, a full-dress cadet parade takes place

on "The Plain" prior to kickoff (weather permitting) for every home game.

### BLACK KNIGHTS WALK:

At approximately 9:55am, the football players, Rabble Rousers, band and coaches will walk by Gate 7 of Michie Stadium (next to Black Knights Alley) down to the locker room. Line up along Black Knights Alley to cheer on the Black Knights as they enter the stadium for game day

### PARACHUTE DEMONSTRATION:

A fan favorite, look skyward as West Point Cadets jump from a helicopter and land minutes later on the field as they parachute in the official game ball approximately 15 minutes before kickoff (weather permitting).

Ticket in section U9 and charter bus to and from game. (Sorry, no discounts)

**\$95 ▪ Course #3003**

**Saturday 10/11 ▪ 7am - 5pm**



Kick off the holiday season and join us on Sunday, November 23, to see the Christmas Spectacular at Radio City Music Hall. The Leprechaun charter bus will leave Arlington High School at 8:30am and drop us at Radio City for our 11am show (Orchestra Seats). After the performance, you will have the opportunity to visit Rockefeller Center, St Patrick's Cathedral and/or FAO Schwartz or have some lunch before heading back at 4pm (weather permitted) Kids may attend but must be accompanied by a parent/guardian who will be going to the show as well. Food is permitted on the bus and there is a bathroom as well.

**\$155 ▪ Sunday 11/23 ▪ 11am show**

**Course #3002 ▪ 8:30am - 6pm**

(Sorry no discounts)

### DRIVER SAFETY

**5-hour Pre-Licensing Course**

Mr. David Gatta

**Information and Registration Link:**

<https://arlingtonschools.revtrak.net/Continuing-Education/>

### DRIVER EDUCATION:

**2025 Fall Driver Education Program**

**at Arlington High School**

**Information and Registration**

**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](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 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) unless noted in description.
- 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>





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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