

35 Ways
to Warm
Up Your Winter

Zumba ❄️ Chess
Digital Photography
Swing Dance
Spanish ❄️ Yoga
Indian Cooking
And so much more!

Warm up with us this winter!

Our winter 2014 mini-term features many of our most popular classes to enjoy again or try for the first time.

FEATURED CLASSES:

Master Your iPad, page 4.

Like many users, you may be just scratching the surface of possibilities with this fun device. Unleash its power!

Croissants, page 7.

You don't need fancy ingredients or equipment to make delicious croissants from scratch, you just need to learn the right technique.

Swing Dance, page 6.

Come with a partner, or come alone. Guaranteed to swing away the winter blahs!

**SHORTER CLASSES. LOWER PRICES.
REGISTER TODAY!**

About the Cover

Our cover was designed by Arlington-based Jan Streitburger; www.slideshare.net/cre8stuf

ALL CLASSES MEET AT ARLINGTON HIGH
SCHOOL UNLESS OTHERWISE NOTED.

Catalog design: Pehlke Design

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Registration Form	INSIDE BACK COVER

To Register for Classes:

Five Easy Ways: See page 14.

Daytime & Weekend Classes

We offer classes on weekdays and weekends. Look for this symbol:



Arlington Community Education...

is a program of the Arlington Public Schools that is completely supported by tuition received from our courses. ACE provides affordable education and enrichment opportunities for children and adults.

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CONVERSATIONS

Understanding Evangelicalism: Not What You've Seen on TV

David Whitford in Conversation with Pastor David Swaim of Highrock Church and David Hall, Bartlett Professor of New England Church History at Harvard University

The Evangelical Highrock Church on Mass. Ave. in Arlington is one of the fastest-growing faith communities in New England, yet many are confused or in the dark about what this church stands for. Most people see Evangelical and Fundamentalist as synonymous, an error often perpetuated by the media. In fact, these two strands of Protestantism stand in sharp contrast. Though most Fundamentalists are suspicious of secular higher education, secular government, social justice and modern science (especially around evolution), most Evangelicals share none of these positions. In Arlington and across America, misconceptions about who Evangelicals are often lead to missed opportunities for collaboration around the common good. Come join *Fortune* magazine editor-at-large David Whitford in conversation with Highrock Church pastor Dave Swaim & Harvard Professor David Hall to deepen your understanding of this burgeoning movement.

CODE: SE027 Wednesday, 2/12 7-8:30pm \$10

Build a Website—Quickly!

Margy Ryzdzyński

You don't need to know software programming to create a web site; all you need is a computer, an internet connection and an email address. This course will teach you how to create simple personal or business websites by using Weebly, a free, easy-to-use web-based software platform. You'll learn how to add text, photos, videos, music, a blog, e-commerce, maps, games and more. We'll also talk about ways to increase the visibility of your website in search engines. When you register, please note if you do not have an email account so that the instructor can help you set one up before the first class. Participants must have basic computer skills, including using a mouse, creating and saving to file folders and surfing the web. We work on PCs, but the skills taught apply to Macs as well; Mac users must be comfortable using PCs. Email instructor at margy@brave-new-web.com after registering to get a class account set up.

CODE: CU004 4 Wednesdays, 1/8-29 6:30-8:30pm \$75

The ABC's of Sustainable Time Management

Pam Kristan

Start the New Year right! Pam Kristan helps you dig down to the issues at the core of the "too much to do in too little time" dilemma. You'll gain new insights and learn new skills in this hands-on time management workshop to help you deal with distractions, priorities and procrastination. More than symptomatic relief from your distress, you'll find a sense of satisfaction that comes from managing time sustainably. Comments from clients and participants have included: "a godsend," "the catalyst for a major life change," "realistic approach, not pie-in-the-sky." Join us for this insightful evening with Pam Kristan, author of *Awakening In Time: Practical Time Management for Those on a Spiritual Path*. Pam has helped thousands improve their lives through retreats, workshops, talks and consultations. As a recognized expert, she moderated speak-outs for National Take Back Your Time Day events. Find more at www.pamelakristan.com.

CODE: SE025 Wednesday, 1/22 7-9pm \$15

Conquer Clutter

Jane Lawson

What better time to tackle all that "stuff" than the start of a new year? Does the thought of parting with things scare you? Can't figure out where to start? It can be overwhelming to try to organize without knowing how and it can be discouraging to see slow painful progress. Come join us for a fun and practical class. You will learn how to judge what you need and why you do not need something. You will gain confidence and leave with a plan of action that will work for you. We will cover papers, clothing, shoes, memorabilia, photos, toys, storage areas, and more. We will address your specific needs. It took you years to accumulate; give yourself a couple of months to clear it once and for all.

CODE: HG004 Wednesday, 1/15 6:30-9pm \$25

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SCHOOL UNLESS OTHERWISE NOTED.

Master Your iPad

Dick Dramstad

Enjoy your iPad? But like many users, you may be just scratching the surface of possibilities with this fun device. Your Apple tablet computer makes browsing the web, reading books, watching movies and sharing photos easy and portable. You can use this device to stay in touch with friends and family, get work done, play games and so much more. In fact, some people let their computers gather dust once they fully leverage their iPad. We'll explore how to use the iPad's touchscreen interface; go online; add apps to your system; customize your screen layouts and buy music, books and more using the iTunes store. The instructor will describe and demonstrate his selection of "must have" apps and peripherals. Our last session will be devoted to your "How do I?" questions. Bring an iPad, if you have one.

CODE: CU017 3 Wednesdays, 1/15-29 6:30-8pm \$45

Beyond Auto Setting: Photography & Your Digital Camera

Emily Belz

Many people stick to the most basic settings of their digital cameras because they never learn how to use the great options, buttons, and settings these cameras possess. Come discover the marvels of photography and your digital camera! In this introductory course, we explore the basics of photography and photographic composition and the settings common to most digital cameras. We use short assignments both in class and in between classes to help get you comfortable with your new skills, and we review your photographs as a group. Our discussions will focus on both photographic aesthetics as well as technical considerations. By the end of the course, you will have the confidence and knowledge to take your cameras off auto settings and use them to take strong, dynamic photographs. Please bring a digital camera and camera manual (if you have it) to the first class. Limited to 10.

CODE: AP007 6 Wednesdays, 1/8-2/12 7-9pm \$90

Watercolor Painting

Dan Moynihan

Watercolor is a versatile transparent painting medium enjoyed by artists at all levels. Popular with fine artists as well as illustrators, it can be spontaneous and free or carefully controlled. Through in-class painting exercises, you'll learn to mix colors and apply paint with techniques like wet-into-wet, glazing and dry-brush. From this foundation, you'll explore your interests and develop your own style, whether you prefer to paint from life, photo-reference or your imagination. As the course progresses, we'll cover composition, color theory and value studies to help improve your paintings. Each class will include demonstration, examples, painting time and individual instruction. No prior art experience is necessary, but basic drawing skills are helpful. A materials list will be sent to students before the first class.

CODE: AP003 6 Wednesdays, 1/8-2/12 7-9pm \$90

Anyone Can Draw: Drawing for Beginners

Celine Browning

Truly, drawing well is within your grasp! It's a skill we all can learn with practice and a little bit of patience. Using charcoal, ink, pastels and watercolor pencils, we will delve into the exciting world of representation. Together, we will learn the basics of line weight, composition, foreground and background, negative and positive space and shading. With a combination of group demos and individual instruction, we will tackle everything from still lifes to linear perspective. Unleash your inner artist. A materials list will be sent to students.

CODE: AP015 6 Wednesdays, 1/8-2/12 7-9pm \$90

Knitting Workshop

Joy Spadafora

Knitters of all levels will find a fun and welcoming atmosphere as well as a knowledgeable instructor at our knitting group. You may bring a project of your choice, or the instructor will offer several options. These may include a baby sweater, for those with experience, or smaller projects, including a handbag, hat, scarf or shawl, for those who want the basics. After registering, email joyspadafora@gmail.com for projects and supply list. Limited to 10.

CODE: CN008 6 Wednesdays, 1/8-2/12 7-9pm \$80

Get your catalog *first*

Subscribe to our mailing list and receive an email the moment our catalog is posted online!

Classes fill quickly, so don't miss the chance to reserve your spot.

Go to arlingtoncommunityed.org and sign up today!

Get to Know Your Sewing Machine

Mary Kenny

Whether you have no experience or just need a refresher, bring your sewing machine and thread to class and in one night we'll cover all the basics you need to know to start sewing: proper machine threading, changing out bobbins, figuring out those daunting dial settings and more. Gain the confidence to start sewing your own clothes or home decor accessories. Perfect intro to *On Your Mark, Get Set, Sew!*

CODE: **CN005** Wednesday, 1/8 7-9pm \$25

NEW On Your Mark, Get Set, Sew!

Mary Kenny

Face your fears and rediscover your creativity while learning to use the sewing machine you've had in the closet for years. In this short course, we will make a slipcover for a throw pillow. Learn to draft a simple pattern, cut out fabric and sew it together. If you're feeling very brave, we'll try a zipper or buttonholes. Must have a working sewing machine. Bring a *working* sewing machine, paper, pencil and dimensions of pillow you want to cover to the first class.

CODE: **CN017** 5 Wednesdays, 1/15-2/12 7-9pm \$75

Fabulous Zumba!

Jeny Lalchan

Zumba is based on the simple idea that a great workout should be effective and fun! Join one of our favorite instructors for an energizing and calorie-burning workout session moving to salsa, merengue, reggaeton, swing and more! This class is open to teens and adults; no experience is necessary. Wear comfortable clothing and sneakers; bring a hand towel and water.

CODE: **DE002.1** 8 Mondays, 1/6-2/24 6:45-7:45pm @ **St. John's Episcopal Church**, 74 Pleasant St., Arlington. Enter rear door and remain in lobby area until 6:45 please. \$90

CODE: **DE002.3** 8 Thursdays, 1/9-2/27 6:30-7:30pm @ **Park Ave. Congregational Church**, 50 Paul Revere Rd., Arlington. Enter side door on Paul Revere Road. \$90

Take Two Zumba Classes and Save!

CODE: **DE038** 8 Mondays and 8 Thursdays See description above for times and locations. \$160

Kickboxing

Brazilian Jiu-Jitsu Academy

Are you ready to sweat? Mix up your routine with flexibility and strength building moves in this beginner kickboxing class. You'll enjoy high-intensity drills while burning 400-600 calories. This class is a cardiovascular workout consisting of jabs, crosses, uppercuts and kicks designed to get you on your way to a leaner body and a healthier state of mind. Class consists of jumping rope, heavy bag work, pad work and technical instruction. There is no sparring and no experience required. All fitness levels are welcome! Students will receive a free pair of boxing gloves with this program. Please note that this class teaches the fundamentals of kickboxing, and is not high tempo cardio with music. This amazing workout focuses on kickboxing technique. **Meet at Mass Brazilian Jiu-Jitsu Academy**, 965 Mass. Ave., Arlington.

CODE: **DE032.1** 6 Mondays and 6 Wednesdays, 1/6-2/17 (no class 1/20) 6-7pm \$100

Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu Academy

Join the martial arts sensation that is sweeping the nation! This beginners program is a great way to get in shape while learning a practical approach to self-defense. The techniques of Brazilian Jiu-Jitsu allow for a smaller, weaker person to successfully defend against a larger, stronger assailant by using leverage and proper technique. Brazilian Jiu-Jitsu has proven so effective that it is being used by UFC fighters, the military and law enforcement as a staple of defensive training. Students will receive a free Gi (traditional martial arts uniform) with this program. **Meet at Mass Brazilian Jiu-Jitsu Academy**, 965 Mass. Ave., Arlington.

CODE: **DE033.1** 6 Tuesdays and 6 Thursdays, 1/7-2/13 6-7pm \$100

Would you like to teach?

We're always looking for enthusiastic teachers who want to share their expertise with members of the greater Arlington community.

Take a look through our catalog to be sure we aren't already offering the course you have in mind. If we aren't, go to arlingtoncommunityed.org and click on "Propose a Class."

PILATES AND MORE

The following courses meet at **Endurance Pilates**. Bring a mat and water bottle; all other equipment is provided. Pilates is an exercise regimen and is not a substitute for a yoga class. No injuries or pregnancies, please.

Barre Boston™ Basics

Endurance Pilates

Thanks to fans like Kelly Ripa and Madonna, Barre has become the workout du jour. A challenging, targeted workout that mixes strength building, toning and low-impact cardio with moves borrowed from Pilates and ballet, Barre Boston can change your shape -- building a long, lean leg and a round, tight derriere. It is a demanding and rigorous workout from start to finish, designed for healthy students; no injuries or pregnancies, please. Familiarity with Pilates will increase your enjoyment of this class. Bring a mat and water bottle; all other equipment is provided. **Meet at Endurance Pilates**, 446 Mass. Ave. in Arlington Center, directly across from Starbucks.

CODE: **DEoo6.3** 10 Mondays, 1/6-3/10 9-9:55am

\$120  DAYTIME CLASS

CODE: **DEoo6.2** 10 Mondays, 1/6-3/10 7:30-8:25pm \$120

CODE: **DEoo6.4** 10 Tuesdays, 1/7-3/11 6:30-7:25pm \$120

CODE: **DEoo6.5** 10 Thursdays, 1/9-3/13 7:30-8:25pm \$120

CODE: **DEoo6.1** 10 Saturdays, 1/4-3/8 10:15-11:10am

\$120  WEEKEND CLASS

Intro To Pilates Mat

Endurance Pilates

Pilates is intelligent exercise that can change the shape of your body through workouts that incorporate strength, stretch and control while focusing on the body's core. In this introductory class, those new to Pilates will learn basic yet challenging floor

exercises that strengthen your core and abdominal muscles while providing a full-body workout. Be prepared to work! Bring a mat and water bottle; all other equipment is provided. Group classes are rigorous and designed for healthy students; no injuries or pregnancies, please. **Meet at Endurance Pilates**, 446 Mass. Ave. in Arlington Center, directly across from Starbucks.

CODE: **DEo21.1** 10 Saturdays, 1/4-3/8 8:15-9:10am \$120

 WEEKEND CLASS

CODE: **DEo21.2** 10 Tuesdays, 1/7-3/11 5:30-6:25pm \$120

CODE: **DEo21.4** 10 Thursdays, 1/9-3/13 6:30-7:25pm \$120

Basic Pilates Mat

Endurance Pilates

Appropriate for those who already practice a regular exercise routine, this class uses basic Pilates mat exercises to focus on proper movement using Authentic Classical Pilates techniques. Classes work the muscles of the core and the abdominals and provide a full body workout. The moves are basic, the workout is demanding. Pilates is exercise designed to strengthen you from the inside out. Group classes are rigorous and designed for healthy students; no injuries or pregnancies, please. **Meet at Endurance Pilates**, 446 Mass. Ave. in Arlington Center, directly across from Starbucks

CODE: **DEo18.1** 10 Thursdays, 1/9-3/13 9-9:55am

\$120  DAYTIME CLASS

CODE: **DEo18.2** 10 Sundays, 1/5-3/9

10-10:55am \$120

Swing Dance

Julie Kaufmann

Swing is hot again, and as fun as ever. Learn triple rhythm and basic six-count moves, the foundation for all swing styles, including Lindy, Jitterbug, and Jive. Whether you like Big Band or Big Bad Voodoo Daddy, George Strait or Dire Straits, oldies or new generation, you can swing to them all. Come with a partner, or come alone. **Meet at Arlington High**, 869 Mass. Ave.

CODE: **DEo29** 6 Wednesdays, 1/8-2/12 6:30-7:45pm \$60

Swing Dance Plus

Julie Kaufmann

For those comfortable with the triple step, here's your chance to add to your repertoire and improve your swing style. We'll introduce 8-count moves, including a Lindy turn. Learn to become a better leader/follower. Come with a partner, or come alone. Add to your fun and get some terrific exercise! **Meet at Arlington High**, 869 Mass. Ave.

CODE: **DEo13** 6 Wednesdays, 1/8-2/12 7:45-9pm \$60

Tai Chi: Meditation in Motion

Judith King/ Zhantao Lin

The ultimate in no-impact aerobics, Tai Chi naturally relaxes the body, promoting calm and peace of mind while improving posture, balance and flexibility. The practice increases blood flow throughout the entire body, keeps joints flexible, and restores elasticity to muscles. It is a form of exercise that actually gets better for you as you age. This beginner class focuses on a series of short forms, each containing 10 steps or less. Through these forms, students learn fundamental skills such as stance, step patterns, basic blocking and whole body movement. Students in the daytime class will learn the first part of the Yang-style Tai Chi, one of the discipline's most popular routines. Wear loose comfortable clothing. NOTE: The 6pm class is for those acquainted with the Hwa Yu Short Form; the 7:10pm class is for those with little or no experience. Limited to 12.

CODE: **DE012.1** 6 Wednesdays, 1/8-2/12 6-7pm
with Judith @ **Arlington High** \$65


CODE: **DE012.2** 6 Wednesdays, 1/8-2/12 7:10-8:10pm with
Judith @ **Arlington High** \$65

CODE: **DE012.3** 8 Tuesdays, 1/7-2/25 9-10am with Zhantao
@ **Calvary Church**, 300 Mass. Ave., Arlington. Enter side door
and go up one flight. \$85 

Tai Chi: Level 2

Zhantao Lin

This course is for students who have experience with the first part of the Yang-style Tai Chi, and who are ready to move to the second part of this practice. We will focus on accuracy, consistency and fluency to further strengthen your body's balance. **Meet at Calvary Church**, 300 Mass. Ave., Arlington. Enter side door and go up one flight.

CODE: **DE035** 8 Tuesdays, 1/7-2/25 10-11am \$85 

Joyful Morning Yoga

Linda Del Monte

Start your day in a joyful way. Students of all ages, levels and abilities can enjoy this yoga class that focuses on practicing poses in a way that connects the mind, body and spirit. Under the expert direction of a skilled instructor, you will be guided through poses that strengthen your body and increase flexibility. Particular attention is given to helping each student find balance, distribute weight equally and properly align their body as they flow through poses. **Meet at Calvary Church**, 300 Mass. Ave., Arlington. Enter side door and go up one flight.

CODE: **DE010** 8 Wednesdays, 1/8-2/26 9-10:15am \$85

Hatha Yoga

Bettina Velona/ Ruth Lieberherr

This moderately paced yoga class encourages students to move with meditative awareness and attention to alignment and breathing. Class may include active and physically challenging poses as well as more passive, longer holds. Students are continually encouraged to explore their inner flow and turn within for guidance—on and off the mat. Regular practice of hatha yoga brings calm, focus, increased flexibility and strength to your life. Bring a yoga mat and a yoga strap or belt and wear comfortable clothing. Suitable for beginners as well as more experienced students.

CODE: **DE015.1** with Bettina 8 Mondays, 1/13-3/3
7:15-8:30pm Meet in **Community Room @ Fox Library**, 175
Mass. Ave., corner of Cleveland Street \$85

CODE: **DE015.2** with Ruth 6 Wednesdays, 1/8-2/12
7:30-9pm Meet @ **Arlington High**, 869 Mass. Ave. \$60

Yoga for Everyone

Ruth Lieberherr

For those who want to experience all the benefits of yoga in a gentle and relaxing way, this class is open to all, regardless of fitness, age, physical challenges or shape. This practice focuses on invigorating the mind, body and spirit and is a wonderful class for those just beginning or coming back to yoga. In addition to standing poses and mat exercises, the class includes modified yoga poses using a chair. The instructor is particularly adept at individualizing postures to suit all students. Wear comfortable clothing. Bring a yoga mat, a strap or belt and two yoga blocks. **Meet at Arlington High**, 869 Mass. Ave.

CODE: **DE014.1** 6 Wednesdays, 1/8-2/12 6-7:15pm \$60

Classic Croissants

Jeannette Pothier

Does it get any better than enjoying a fresh and fragrant croissant right out of your own oven? You don't need fancy ingredients or equipment to make delicious croissants from scratch, you just need to learn the right technique. In this workshop we'll learn to make basic croissants, step-by-step, and then turn them into decadent sweet and savory pastries. This two-hour class features both demonstration and hands-on participation. Bring a rolling pin, an apron and a smile. We will bake and enjoy croissants in class, and then take home a batch to finish and bake at home. Limited to 10. Food fee of \$8 is included in tuition.

CODE: **FD003** Wednesday, 1/15 7-9pm \$35

Coming Soon: Registration for



Kidzone

After-School Enrichment for Grades K–5 February–May, 2014

Arlington Community Education offers a great selection of after-school programs at elementary schools throughout town. Classes meet once a week for up to eight weeks, and you can register for programs at any school. These fun and engaging classes taught by Arlington Public School staff, parents, community members and other qualified professionals enable students to extend their learning beyond the classroom in a relaxed and fun environment.

LOOK FOR YOUR KIDZONE CATALOG IN JANUARY 2014.



After-School Language Classes for Grades K–5

GOLINGO! integrates music and movement into Spanish, French, Italian and Mandarin Chinese language classes. The program is based on the principles of child development and language learning, and offers 12 one-hour classes at elementary schools throughout town.

**LOOK FOR THE FEBRUARY–MAY GOLINGO! SCHEDULE
COMING SOON TO ArlingtonCommunityEd.org**

One-Pot Wonders

Robin Cohen

You may not know the cockles of your soul need warming, but what body part doesn't benefit from a little TLC during winter in New England? Braising is the most simple way to fill your home with wonderful, warm food and aromas. Join this hands-on evening where together we will prepare a fragrant cider-braised chicken stew, succulent fricassee and scrumptious and nutritious vegetarian entree. Food fee of \$12 is included in tuition. Bring containers to take any leftovers home.

CODE: **FD004** Wednesday, 1/22 6-9pm \$35

Tea for Two — or 22!

Jeannette Pothier

Afternoon tea, served in England for centuries, broke the long wait between breakfast and dinner. Today it can provide an elegant backdrop for celebrations such as bridal and baby showers, graduations, Mother's Day and other occasions. Come learn the history of the English tea; how to brew a "proper pot" and how to make scones, tea sandwiches, shortbreads and sweets and flavored butters. Leave your white gloves home, but bring an apron—and a teacup of your own—to class. Hats optional! Limited to 10. Food fee of \$8 is included in tuition.

CODE: **FD014** Wednesday, 1/29 7-9pm \$30

Indian Vegetarian Cooking

Shruti Mehta

Unravel the mystery behind Indian food under the skilled tutelage of a native of Mumbai. Learn about the colors and tastes of this flavorful cuisine and how just a few simple spices and ingredients can turn an ordinary dish into an exotic and colorful entree. The class will serve as an introduction to Indian cooking using basic ingredients and simple to follow directions. We will prepare three dishes, including a curry, a vegetable dish and rice with spices and nuts. We will also make a quick garlic Naan and sit down and have a meal. The class will end with sweet Lassi or Mango Lassi, a sweetened yogurt drink. Tuition includes \$12 food fee. Limited to 12.

CODE: **FD020** Wednesday, 2/5 6:30-9pm \$40

Beginner/Early Intermediate ESL

Betsy Singer

This course is for adults with little or no knowledge of English. The focus is on speaking and listening. Emphasis will be on language for everyday situations such as asking for directions, filling in forms, making appointments and communicating at work or at school. The goal is to have fun while practicing communication skills. A \$15 materials fee is payable to instructor at first class. Financial aid is available.

CODE: **LA017** 6 Wednesdays, 1/8-2/12 6-7:30pm \$65

Spanish for Beginners

Marielle Racicot

Come learn beginning Spanish in a dynamic classroom environment! Through fun activities you will learn and practice the alphabet, numbers, greetings, gender agreement, simple present tense of regular verbs, basic vocabulary, and more! No textbook is used in this course; handouts will be provided for use during class time and for practicing at home during the week.

CODE: **LA007** 6 Wednesdays, 1/8-2/12 7-8:30pm \$75

Daytime Spanish for Beginners I

Kiera Gordon

Aprende español in a relaxed and supportive atmosphere. Structured exercises from our textbook, emphasizing grammar, vocabulary, simple idioms and phrases, will help students develop basic conversation and comprehension skills. Periodicals, maps, children's books and artwork from the Latin world will provide relevant topics for simple discussions and help broaden our cultural understanding of the Spanish-speaking world. We will also work to refine our pronunciation and sound more authentic. The required textbook is *Berlitz Essential Spanish* (ISBN 9812684611); please be sure to purchase the edition that comes with a practice CD. Students should bring it to the first class. **Meet at Calvary Church, 300 Mass. Ave., Arlington.** Enter side door and go to Milne Room.

CODE: **LA015** 7 Wednesdays, 1/8-2/26 (no class 2/19) 10-11:30am \$85

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.

Coming Soon: Registration for SUMMERFUN! 2014

Creative and enriching learning adventures for kids entering grades 1–9

Choose from one to five weeks:

- June 30–July 3
- July 7–11
- July 14–18
- July 21–25
- July 28–August 1

Both half and full-day options

- 8:30am–noon
- 1pm–4pm

After-care from 4–6pm, Monday–Thursday

All courses designed and taught by professional educators

Popular classes include:

- Wacky Science
- Project Runway
- Recycled Art
- American Girl Doll’s in History
- Breathe In & Breathe Out Yoga
- Glee
- LEGO Bash ‘Em Bots
- Games Galore and many, many more!

“My children have taken part in these classes for several years and we are always very pleased. It is a great program.”

“Great class! Lucy did more crafts in a morning than I would have thought possible, and she really loved it!”

“My son was very excited about the Origami he learned and was eager to show his friends how to make them. A creative activity and also a good way to learn skills like following directions...and the teacher was good at connecting with the kids and making it fun.”

“Scientific Art is such a fun & appealing subject, and it’s meant a small break from unauthorized “science experiments” at home! Now we have instructions to recreate the fun on our own! Thank you!”

Insider’s Guide to Ottoson

For students entering Grade 6

June 25-27 OR Aug. 4-6, 9am-1pm @ Ottoson Middle School

Spy Ponders Volleyball Clinic

For students entering Grades 6-12

August 4-8, 9am-3pm

**LOOK FOR THE SUMMERFUN CATALOG IN YOUR CHILD’S BACKPACK OR
ONLINE AT ArlingtonCommunityEd.org IN EARLY FEBRUARY 2014.
REGISTRATION FOR THESE PROGRAMS BEGINS WHEN CATALOG IS POSTED ONLINE.**

Daytime Spanish for Beginners II

Kiera Gordon

A continuation of Spanish Beginning I or for students who have some familiarity with the Spanish language. Learn more conversation skills to enhance expressive language in Spanish. Students work with fellow students in teacher-led conversation groups to gain more confidence to speak and be understood. Each week we explore new concepts in grammar, pronunciation, and cultural awareness. Come join us in a relaxed environment to refine and build your language skills! The required textbook is *Berlitz Essential Spanish* (ISBN 9812684611); please be sure to purchase the edition that comes with a practice CD. Students should bring it to the first class. **Meet at Calvary Church**, 300 Mass. Ave., Arlington. Enter side door and go to Milne Room.

CODE: **LAo21** 7 Wednesdays, 1/8-2/26 (no class 2/19)
11:30am-1pm \$85

Italian for Beginners

Teresa Soccio

“Cominciamo con l'ABC!” – “Let's start with the ABC's!” This course, taught by a native speaker, is perfect for students with little or no previous experience with the Italian language. We will have lots of fun as we learn simple grammar including the alphabet, greetings, nouns, adjectives, pronouns, gender agreement and the present tense of verbs. Simple reading and conversation will be used to learn weekly vocabulary.

CODE: **LAo12** 6 Wednesdays, 1/8-2/12 6-7:30pm \$75

Social Bridge for Beginners

Sharon Slusher

Bridge is a competitive, complex and exciting game. This course is for beginners or those who need a refresher. You'll gain solid understanding of the basics of the game and meet a group of people who play at your level. We'll cover bidding and play, finessing and ruffing and the beginning elements of defense, and have loads of fun in the process.

CODE: **FGo12** 6 Wednesdays, 1/8-2/12 7:30-9pm \$75

Chess I

Eric Berger

Chess is a great game whose difficulty is greatly exaggerated. We'll eliminate the mystery as we learn how pieces move and discover basic, uncomplicated strategies that make the game even more fun. Get ready to make chess a life-long source of pleasure. Limited to 10.

CODE: **FGo13** 6 Wednesdays, 1/8-2/12 7:30-8:30pm \$55

Art & Soul: Six Intriguing Museums

Mary Hurley

Visit six “off the beaten track” museums in our area. We carpool from our different towns and meet for a docent-led tour of an intriguing variety of historic, artist and educational venues. Discover where we live through museums and what they tell us about our place in history. Docent tours add a new dimension to the museum-going experience. After registering, send an email to MaryHurley@comcast.net to receive a list of meeting places and directions.

CODE: **FGoo6** 6 Wednesdays, 2/12-3/26 (no class 2/19)
9:30am-1:30pm \$75

Cross-Country Ski

Weston Ski Track

This series of two 2-hour introductory lessons is the most effective way to learn cross-country skiing. Each week, as new skills are added, feedback from your instructor strengthens what you have learned. Through this series of lessons, combined with the benefit of unlimited practice time for three full weeks, you will emerge a more confident and capable skier. If you want a smooth graceful stride, efficient arm and leg action, proper pole use, and the ability to handle hills in control, this series is for you. Cost includes instruction and a complimentary trail pass valid anytime for three weeks; rentals are an additional \$45, payable at the start of the first class. Class meets on the lighted **Weston Ski Track**, 190 Park Road, Weston. Limited to 5.

CODE: **FGo10** 2 Wednesdays, 1/22 & 29 6:30-8:30pm \$99

Instructor Bios

Emily Belz has a BA in photography and history from Hampshire College and an MA in art and design education from the Rhode Island School of Design. She has taught at Boston University's Center for Digital Imaging Arts.

Eric Berger has played chess throughout his life and studied with Grandmaster Gregory Kaidanov, head coach of the US Chess School.

Celine Browning is an exhibiting artist with an MFA in metals. She has taught a variety of art classes at Suffolk University, SUNY New Paltz and the Eliot School.

Robin Cohen is an artisan jam maker who has won multiple awards for cooking and canning. She shares fun and easy recipes with a focus on local food on her popular food blog at dovesandfigs.wordpress.com.

Linda Del Monte is a 30-year yoga practitioner, with 14 years of teaching. She brings joy and spirituality into her classes.

Dick Dramstad is an experienced IT professional whose experience with Apple products began with the Apple II computer and extends through multiple Macintosh models to the Apple TV, Airport networking devices, iPods, iPhones and iPads.

Kiera Gordon has a master's degree to teach Spanish from Tufts University, and has been teaching adults, teens and elementary students for 15 years.

Mary Hurley inspires countless individuals through her walking, biking and museum-visiting adventures.

Julie Kaufmann offers a wide range of dance instruction programs, including group classes, private lessons, parties and events, wedding choreography, workplace exercise, senior programs, and movement class for cancer survivors. Visit jkdance.com.

Kate Kavanagh, MEd, has an extensive professional background coaching and training adults. Having been divorced for 6 years, actively dating for over a year, and the proud hostess of numerous "Singles Night Out" house parties, Kate is looking forward to sharing her hard-won wisdom with those about to venture forth on the scene—what she wishes someone had told her!

Mary Kenny is a sculptor and animator with an MFA from the California Institute of the Arts. She has been sewing for 20 years and has taught art at the college level and sewing at the Maud Morgan Center for the Arts in Cambridge.

Judith King originally took up Tai Chi to help alleviate the pain of a chronic illness. She has been teaching for four years.

Jeny Lalchan is a licensed Zumba® instructor and a member of the ZIN/ (Zumba Instructor Network) and teaches at local gyms; she is also a trained Bollywood and belly dancer.

Jane Lawson is a professional organizer and expert in efficiency in the home and office.

Ruth Lieberherr is registered with the Yoga Alliance as an experienced yoga teacher on the 200-hour level; view more information at www.ruth-yoga.com.

Zhantao Lin is a professional Tai Chi teacher, a sixth-generation disciple of Yang Style Tai Chi, and president of the Yang Style Tai Chi Association.

Shruti Mehta is a native of India and a cooking enthusiast. Shruti enjoys teaching others how to prepare Indian vegetarian dishes, and has taught cooking courses for several adult education programs.

Dan Moynihan is a graphic designer, illustrator, and cartoonist. He has a BA in art/semiotics from Brown University.

Jeannette Pothier earned her professional chef and culinary arts teaching diploma from Madeleine Kamman of Modern Gourmet and has taught classes in classic French foods, including French baking.

Marielle Racicot has been teaching Spanish in a community college setting for more than 14 years. She has previously lived in Spain.

Margy Rydzynski is a web marketing and communications consultant. She also conducts training sessions, webinars and seminars on social media, email marketing, writing, website design and business marketing topics.

Betsy Singer is an elementary school aid for Cambridge Public Schools.

Sharon Slusher is a retired teacher who has played bridge for more than 20 years.

Teresa Soccio is a licensed Italian teacher and a native Italian speaker. She is a public school teacher and has been teaching Italian for five years.

Joy Spadafora has more than 20 years of knitting experience. She designs scarves, mittens and hats and regularly donates knitwear to local charities.

Bettina Velona has been practicing yoga since 1994 and teaching since 2009. She continues to attend workshops to deepen her practice and inform her own teaching, and is a 500-hour level certified yoga instructor.



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- **Achieving Top Search Engine Positions**
Learn how to achieve top search engine positioning in this highly-interactive, six-week course. Discover how search engines work and how important events have shaped the entire Search Engine Optimization (SEO) industry. Learn which search engines are used the most frequently, and which ones you must absolutely get your site listed in.
- **Intro to SQL**
Learn the key concepts of Structured Query Language (SQL) and gain a solid working knowledge of this powerful and universal database programming language. You'll learn the basic structure of relational databases, how to read and write simple and complex SQL statements, and advanced data manipulation techniques.
- **Medical Terminology**
Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.
- **Intro to QuickBooks 2013**
Learn how to quickly and efficiently gain control over the financial aspects of your small business with this powerful accounting software program. In 12 lessons, you'll master the tools you need to set up a chart of accounts; reconcile your checking account; create and print invoices, receipts, and statements; track your payables, inventory, and receivables; create estimates; and generate reports.
- **Accounting Fundamentals**
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.
- **A to Z Grantmaking**
Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

....and many more

“The best online courses I have ever taken, bar none. I learned so much.”

Important Information

How to Register

Five Easy Ways:

1. **ONLINE** registration is available at arlingtoncommunityed.org.
2. **CALL** 781-316-3568 to register by phone. (Not available for youth classes.)
3. **MAIL** the registration form to Arlington Community Education, 869 Massachusetts Ave., Arlington, MA 02476. Include a personal check or money order (payable to Arlington Community Education), or provide your MasterCard or VISA information.
4. **FAX** your registration to us at 781-316-3381. Be sure to include your MasterCard or VISA info.
5. **VISIT** us at Arlington High School, 869 Massachusetts Ave, Arlington. Call 781-316-3568 for current office hours.

Who Can Enroll?

Both residents of Arlington and non-residents are welcome to enroll in our classes at the same low tuition. Registration opens as soon as the catalog of classes is posted online and continues until the first meeting of any class, as space permits. Under-enrolled classes are cancelled, so register early.

Confirmation

You are officially enrolled as soon as we receive your registration form and payment. If you provide us with your email address, you will receive a confirmation.

Registration Fee

A \$5 registration fee is charged once per person per term to help fund scholarships so that all can participate.

Scholarships and Discounts

Partial tuition scholarships are available for those in need of financial assistance. Disabled veterans and persons on Social Security Disability (SSDI) or receiving AFDC receive a 30% discount on tuition upon presenting a letter of verification or veterans' identification. Scholarships are available for students who receive free or reduced lunch. Please call 781-316-3568 for more information.

Handicapped Access

Arlington High School is handicapped accessible. If you need assistance with access to Community Education classes, please call our office 781-316-3568 at least 24 hours before your class to make arrangements.

Refund Policy

1. Full refunds are given when a class is cancelled due to low enrollment OR the course requested is already full.
2. Students withdrawing from a class at least five full business days before the start date will receive a voucher minus a \$5 processing fee.
3. No other refunds will be granted.

How Credit Card Charges Work

Credit card charges appear on statements as charges from *Town of Arlington*.

Our Location and Hours

ACE is at Arlington High School, 869 Massachusetts Ave., Arlington. Call 781-316-3568 for our current office hours. Classes meet at Arlington High unless noted otherwise. KidZone classes meet at elementary schools.

Parking

There is limited parking in the lighted parking area in front of the high school; all spaces are available to students during evening hours. Parking is also available on Mass. Ave, directly in front of the school.

Room Assignments

Assignments are posted in the high school's main lobby each class night.

Holidays & Closings

If the Arlington Public Schools are closed during the day due to holiday, school vacation or inclement weather, there will be no classes. If school is held and weather becomes inclement during the day, cancellations will be announced on major TV and radio stations.

Registration Form ▪ Arlington Community Education

PLEASE PRINT

First Name _____ Last Name _____
 Street Address _____
 Town or City _____ ZIP _____
 Email _____ Day Phone _____ Night Phone _____

COURSE CODE	COURSE TITLE	TUITION
Registration fee		\$5.00
TOTAL:		

You are officially enrolled upon payment.
 The charge will appear as "Town of Arlington" on your credit card statement.

Make checks payable to: Arlington Community Ed, 869 Mass. Ave., Arlington, MA 02476 • 781.316.3568 • Fax 781.316.3381

Please charge the following credit card: VISA MasterCard Amount to charge: \$ _____

Account Number _____ Exp. Date (Mo./Yr.) _____ CCV# (on back of card) _____
 /

Cardholder Name _____ Signature _____

FOR OFFICE USE ONLY

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The ABC's of Time Management

Start the new year right! Gain new insights and learn new skills in this hands-on workshop with Pam Kristan

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Tea for Two—or 22!

Come learn the history of the English tea; how to brew a “proper pot” and how to make scones, tea sandwiches, shortbreads and sweets and flavored butters.

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Zumba

Based on the simple idea that a great workout should be effective and fun, no experience is necessary.

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Understanding Evangelicalism: Not What You've Seen on TV

David Whitford in Conversation with Pastor David Swaim of Highrock Church and David Hall, Bartlett Professor of New England Church History at Harvard University