



## CLASSES for GRADES K-5

Register at [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) or use the Youth Registration form at the back of this catalog.

## BISHOP SCHOOL

### Yoga for Kids

Erin Carter  
Grades 3-5

A fun and nurturing series designed to help children learn how to care for their body, mind and spirit. Classes include group games and energetic play, followed by yoga postures, breathing techniques, mindfulness activities, art and guided relaxation. In this positive and playful environment, children will build self awareness, healthy leadership and social skills, strength, flexibility, confidence, self regulation skills—and have a lot of fun! Limited to 10. *Class will be taught by certified kids yoga instructor Erin Carter. Erin has been teaching yoga to children of all ages for the past ten years; more details at [strengthenconnectionyoga.com](http://strengthenconnectionyoga.com)*

CODE: **BP10** 8 Tuesdays, October 6 - November 24  
1:10 - 2:10 pm \$100

### Arlington Children's Theater

Matthew Lundeen  
Grades K-2

One of our most popular classes! We will explore an introduction to the dramatic arts. We will spend class time playing theater games that work on voice, movement, improvisation, character and confidence as we prepare a final production. Ensemble work is strongly encouraged as students add their ideas to everything, including scene creation. The class ends with a short performance. Limited to 12. *Matthew Lundeen is artistic director of ACT.*

CODE: **BP14** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 2:40 - 3:40 pm \$105

### Stop Motion Engineering

Empow Studios Staff  
Grades 3-5

Bring your story to life! Students develop their appreciation for great storytelling by developing and filming their own stop-motion movies. Children work in pairs to create their own stories using elements of plot, setting, rising action, conflict and resolution. Once characters and backgrounds are made with paper or clay, students use computers, webcams and special software to bring their stories to life! Movies are available to take home. A strict non-violence policy is enforced.

CODE: **BP12** 8 Thursdays, September 24 - November 12  
2:40 - 3:40 pm \$185

## BRACKETT SCHOOL

### Arlington Children's Theater

Matthew Lundeen  
Grades K-2

One of our most popular classes! We will explore an introduction to the dramatic arts. We will spend class time playing theater games that work on voice, movement, improvisation, character and confidence as we prepare a final production. Ensemble work is strongly encouraged as students add their ideas to everything, including scene creation. The class ends with a short performance. Limited to 12. *Matthew Lundeen is artistic director of ACT.*

CODE: **BR14** 8 Mondays, September 21 - November 23  
(no class 10/12 and 11/2) 2:40 - 3:40 pm \$105

### Boys on the Run!

Matt Curran  
Grades 4-5

Modeled on our hugely popular FitGirls program, Boys on the Run is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. Participants will meet twice per week for seven weeks for fun and energizing sessions that will prepare the boys for the culminating event: a 5K road race that they will run together. No experience necessary.

CODE: **BR19** 7 Mondays and 7 Wednesdays, September 21 - November 18 (no class 9/23, 11/2 and 11/11) 2:40 - 3:40 pm \$130

### LEGO® Engineering (Pre-Robotics)

Empow Studios Staff  
Grades 3-5

Think you know LEGO® building? Think again! Children work with specialty LEGO pieces and our building guides to construct a different project every class. Once they have the initial design, students can customize their creations and motorize their devices with hand-powered generators or direct drives. LEGO models will not be taken home but photos from the class will be available for download. A strict non-violence policy is enforced.

CODE: **BR15** 8 Tuesdays, September 22 - November 10  
1:10 - 2:20 pm \$185

CHECK OUT OUR EVENING ADULT/TEEN COOKING CLASSES, PAGE 18.

## Cartoon Workshop

*Sue Funk*  
*Grades 3-5*

This class is designed for the beginner cartoonist as well as the experienced artist and focuses on assisting students with their individual concerns and interests. For those wanting to learn the “how to’s” of cartooning, come learn. For those who want to enhance previously developed characters or stories, let’s work on your cartoon. For those with exciting ideas but unsure of what to do next, let’s explore! Supplies required: #2 pencils, erasers, 8 x 10 sketchbook, fine point black marker and something to color in cartoons with. Limited to 12. *Sue Funk is a Massachusetts certified teacher and has taught Basic Drawing and Cartooning and many other classes at numerous locations around the state.*

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CODE: **BR16** 6 Wednesdays, September 30 - November 4  
 2:40 - 3:40 pm \$90

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## Design & Build Club

*Wicked Cool for Kids Staff*  
*Grades 1-3*

Create, design, build: it’s engineering in action! Be an inventor and design a water filter that really works, and create a contraption to keep an egg from crashing. Make your own balance toy, create a creature that will sink and float and construct a craft stick catapult. Limited to 14.

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CODE: **BR17** 6 Fridays, October 2 - November 6  
 2:40 - 3:40 pm \$135

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## DALLIN SCHOOL

### Design & Build Club

*Wicked Cool for Kids Staff*  
*Grades K-2*

Create, design, build: it’s engineering in action! Be an inventor and design a water filter that really works, and create a contraption to keep an egg from crashing. Make your own balance toy, create a creature that will sink and float and construct a craft stick catapult. Limited to 14.

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CODE: **DA17** 6 Mondays, September 28 - November 16  
 (no class 10/12 and 11/2) 2:40 - 3:40 pm \$135

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## Club Hatch:

### Think, Design & Make Your Own Hideaway

*Caitlin Sweeney*  
*Grades 3-5*

Have you ever wished you had your own hideaway at home such as a fort, rocket or tent? Join us for this fun Design-Thinking workshop where you will invent and create your own unique hideaway that can be easily set up (and put away) at home. Use it as a reading nook, a place to do projects or just daydream. We will use all kinds of materials—plastic tubes, cardboard, paper, fabric, ropes, magnets—and make our own material from recycled t-shirts and plastic bags. Tuition includes all materials. This is a 1.5 hour class, limited to 12. Learn more at [ClubHatch.com](http://ClubHatch.com). *Caitlin Sweeney is an architectural designer in Boston and has worked with children and young adults in several community-based non-profit organizations. In her free time she loves helping her children make toys and unique spaces out of items from the recycling bin.*

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CODE: **DA18** 8 Tuesdays, September 22 - November 10  
 1:15 - 2:45 pm \$180

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## Boys on the Run!

*Patrick Burke*  
*Grades 4-5*

Modeled on our hugely popular FitGirls program, Boys on the Run is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. Participants will meet once per week for seven weeks for fun and energizing sessions that will prepare the boys for the culminating event: a 5K road race that they will run together. No experience necessary.

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CODE: **DA19** 7 Wednesdays, September 30 - November 18  
 (no class 11/11) 2:40 - 3:40 pm \$70

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“This was my child’s favorite after-school activity ever.”

*Lego Engineering*

## Brazilian Jiu-Jitsu

*Mass Brazilian Jiu-Jitsu Academy Staff*  
*Grades 3-5*

This kids' program is an introduction to 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 grappling for leverage with 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. BJJ is also a fun sport. *Mike Pellegrino is a 2nd-degree black belt in BJJ and has a doctor of physical therapy degree. Visit [massbjj.com](http://massbjj.com).*

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CODE: **DA2o** 6 Thursdays, September 24 - October 29  
 2:40 - 3:40 pm \$120

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“My son seemed to enjoy the class and shared new things he learned each week. Teachers were friendly and knowledgeable.”

*Habitat Nature Detectives*

## Video Game Design

*Empow Learning Staff*  
*Grades 3-5*

Kids have fun playing video games, but they have even more fun playing games they make themselves! Students learn the fundamentals of object-oriented programming through video game design while creating their own game. All students work at their own pace, making this a great workshop for both new and more experienced game makers. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic and object-oriented programming. Games can be played at home (MS-Windows-only) and software used in class is available for free download (Mac and PC) for those who want to continue working on their games at home. A strict non-violence policy is enforced.

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CODE: **DA26** 8 Fridays, September 25 - November 13  
 2:40 - 3:40 pm \$185

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## HARDY SCHOOL

### Habitat's Nature Detectives: Fall Fun!

*Mass Audubon Habitat Educators*  
*Grades K-2*

Does nature seem busy in the fall? You bet! Fruits and nuts have ripened, squirrels are scurrying, insects are singing, birds are flocking—find out what's going on! Join Mass Audubon Habitat educators for active fun as we investigate the mysteries of wildlife—sometimes right in your schoolyard! Plan to go outside, weather permitting, as we discover more about the nature of Massachusetts. By registering for this class, parent/guardian gives permission for their child to leave the school grounds and use nearby Minuteman Bike Path with Mass Audubon Habitat educators to explore plant and animal themes in that location. Note: *If your child has allergies or asthma, put this information on the registration form; we will be touching plant and animal specimens (possible pollen, animal fur, and feather exposure) and could encounter bees.* Limited to 12.

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CODE: **HA21** 8 Tuesdays, September 22 - November 10  
 2:40 - 3:40 pm \$125

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### LEGO® Engineering (Pre-Robotics)

*Empow Studios Staff*  
*Grades 3-5*

Think you know LEGO® building? Think again! Children work with specialty LEGO pieces and our building guides to construct a different project every class. Once they have the initial design, students can customize their creations and motorize their devices with hand-powered generators or direct drives. LEGO models will not be taken home but photos from the class will be available for download. A strict non-violence policy is enforced.

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CODE: **HA15** 8 Wednesdays, September 30 - December 2  
 (no class 11/11 and 11/25) 2:40 - 3:40 pm \$185

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“Awesome class, my kids loved it! Sensei Nathan is always great for kids!”

*Nathan's Ninjas*

**Print It!**

*Deb Bermudes @ Ann de Cifuentes*  
*Grades 1 @ 2*

Does your child need some printing practice? Join us for just a few hours this fall for some focused fine motor fun! This course is designed to meet the needs of first and second graders and will focus on printed letter formation with hand strengthening and fun practice opportunities built in. Limited to 10. For more information contact [handwritingmadesimple@gmail.com](mailto:handwritingmadesimple@gmail.com). *Deb Bermudes is an occupational therapist at Hardy; Ann de Cifuentes teaches grade 2 at Hardy.*

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CODE: **HA32** 8 Wednesdays, September 30 - December 2  
 (no class 11/11 and 11/25) 2:40 - 4:10 pm \$145

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**P.E. Plus**

*Linda Flynn*  
*Grades 1-2 @ Grades 3-5*

P.E. Plus is designed to encourage children to be physically active before school, while having fun with friends in a positive atmosphere. Research has shown that exercise improves executive function and concentration in kids. P.E. Plus will get their blood pumping and send them off to class primed to learn. Limited to 20.

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CODE: **HA22.1** Grades 1-2 8 Tuesdays, September 29 - November 17  
 7:30 - 8:10 am \$70

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CODE: **HA22.2** Grades 3-5 8 Wednesdays, September 30 - December 2 (no class 11/11 and 11/25)  
 7:30 - 8:10 am \$65

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**Study Zone**

*Jaime Sliney*  
*Grades K-2*

Homework is an important part of bridging our school learning to home. This program will provide a place for students to complete their homework while receiving extra academic support. The instructor will ensure that homework expectations are met and that individual student needs are identified and worked on during this time. Kindergarteners without homework will work on early reading and writing skills. Limited to 12. *Jaime Sliney teaches first grade at Hardy.*

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CODE: **HA23** 6 Thursdays, October 8 - November 12  
 2:40 - 3:40 pm \$75

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**Glee, Jr: Introduction to Show Choir**

*Sylvia Stevens*  
*Grades 3-5*

If you love to sing and perform, you'll really love our show choir. We will sing all kinds of music, learn simple dance moves and have lots of performing fun! We'll work on music and movement in class, and then you can practice at home with cd's and lyrics that will be provided. Our last class on Thursday, December 3, will be a show for families. Bring a folder to hold your lyrics on the first day of class. You do not need to read music to enjoy this great group. Limited to 12. *Sylvia Stevens is a MA certified teacher at both the early childhood and elementary levels. She has taught "Glee For Grown Ups" through Arlington Community Education since 2011.*

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CODE: **HA24** 10 Thursdays, September 24 - December 3  
 (no class 11/26) 2:40 - 4:10 pm \$180

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**PEIRCE SCHOOL****Habitat's Nature Detectives: Fall Fun!**

*Mass Audubon Habitat Educators*  
*Grades K-2*

Does nature seem busy in the fall? You bet! Fruits and nuts have ripened, squirrels are scurrying, insects are singing, birds are flocking—find out what's going on! Join Mass Audubon Habitat educators for active fun as we investigate the mysteries of wildlife—sometimes right in your schoolyard! Plan to go outside, weather permitting, as we discover more about the nature of Massachusetts. Note: *If your child has allergies or asthma, put this information on the registration form; we will be touching plant and animal specimens (possible pollen, animal fur, and feather exposure) and could encounter bees.* Limited to 12.

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CODE: **PR21** 8 Mondays, September 21 - November 23  
 (no class 10/12 and 11/2) 2:40 - 3:40 pm \$125

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“My child loved the course  
 and wished it was held  
 every day after school.”

*Video Game Design*

## Needle Felting Fun

Anastasia Semash

Grades 3-5

Needle felting is a fun and calming fiber arts activity that will exercise students' fine motor skills, creativity and concentration. We will learn how to properly use needles to poke wool fibers together to create just about anything—animals that fit in your pocket, finger puppets, small flowers, gifts for the holidays and more. Once you get your hands on the beautiful wool, you won't want to stop! Tuition includes a \$12 materials fee. *Anastasia Semash is a local artist and a teacher with over 10 years of experience.*

CODE: **PR25** 6 Tuesdays, September 22 - October 27  
1:10 - 2:10 pm \$85

## Arlington Children's Theater

Matthew Lundeen

Grades K-2

One of our most popular classes! We will explore an introduction to the dramatic arts. We will spend class time playing theater games that work on voice, movement, improvisation, character and confidence as we prepare a final production. Ensemble work is strongly encouraged as students add their ideas to everything, including scene creation. The class ends with a short performance. Limited to 12. *Matthew Lundeen is artistic director of ACT.*

CODE: **PR14** 8 Thursdays, September 24 - November 12  
2:40 - 3:40 pm \$105

## Stop Motion Engineering

Empow Studios Staff

Grades 3-5

Bring your story to life! Students develop their appreciation for great storytelling by developing and filming their own stop-motion movies. Children work in pairs to create their own stories using elements of plot, setting, rising action, conflict and resolution. Once characters and backgrounds are made with paper or clay, students use computers, webcams and special software to bring their stories to life! Movies are available to take home. A strict non-violence policy is enforced.

CODE: **PR12** 8 Fridays, September 25 - November 13  
2:40 - 3:40 pm \$185

## STRATTON SCHOOL

### Video Game Design

Empow Learning Staff

Grades 3-5

Kids have fun playing video games, but they have even more fun playing games they make themselves! Students learn the fundamentals of object-oriented programming through video game design while creating their own game. All students work at their own pace, making this a great workshop for both new and more experienced game makers. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic and object-oriented programming. Games can be played at home (MS-Windows-only) and software used in class is available for free download (Mac and PC) for those who want to continue working on their games at home. A strict non-violence policy is enforced.

CODE: **ST26** 8 Mondays, September 21 - November 23  
(no class 10/12 and 11/2) 2:40 - 3:40 pm \$185

### Cooking With Chef!

Chelsea Ekenseair

Grades K-3

Eat your homework! Cooking with Chef brings fun and nutritious cooking projects that expand culinary horizons. In this hands-on class, students learn real techniques and skills to make food with recipes to bring home. Tuition includes a \$15 food fee. *Chelsea Ekenseair has taught cooking and nutrition to children and has been in the hospitality industry for over a decade.*

CODE: **ST27.1** 6 Tuesdays, September 22 - October 27  
1:10 - 2:10 pm \$105

CODE: **ST27.2** 6 Tuesdays, September 22 - October 27  
2:20 - 3:20 pm \$105

### Irish Step

Rebecca McGowan

Grades 3-5

Get your feet moving with quick footwork danced to lively jigs and reels! Irish dancing is energetic, graceful, precise and fun. Learn basic solo steps and dance with friends in group ceili ("Kay-lee") dances. This program focuses on non-competitive Irish dance. We'll play lots of dance games, build technique and have fun exploring Irish music and dance! *Rebecca McGowan is a dancer who has taught sean-nos dance for children at Shannon Dunne Dance and teaches step dancing classes in after-school programs and for adults.*

CODE: **ST28** 9 Wednesdays September 30 - December 9  
(no class 11/11 and 11/25) 2:40 - 3:40 pm \$135

## Nathan's Ninjas

*Nathan Porter*  
Grades K-5

This dynamic class is known for its fun games and teamwork-oriented environment. You will learn a mix of traditional Kempo Karate with elements of sport karate, tumbling and grappling. This class will give you a true self-defense perspective, all while you're having fun and building confidence. New students will receive a belt at the beginning of the class. Tuition includes a \$10 fee for belt. *Nathan Porter is a certified black belt and runs New England Movement Arts, voted Best of Burlington 2015. Visit [nemovementarts.com](http://nemovementarts.com)*

CODE: **ST29.1** 10 Fridays, September 25 - December 4  
(no class 11/27) 2:40 - 3:40 pm \$165

CODE: **ST29.2** 10 Fridays, September 25 - December 4  
(no class 11/27) 3:50 - 4:50 pm \$165

## THOMPSON SCHOOL

### Design & Build Club

*Wicked Cool for Kids Staff*  
Grades K-2

Create, design, build: it's engineering in action! Be an inventor and design a water filter that really works, and create a contraption to keep an egg from crashing. Make your own balance toy, create a creature that will sink and float, and construct a craft stick catapult. Limited to 14.

CODE: **TH17** 6 Mondays, September 28 - November 16  
(no class 10/12 and 11/2) 2:40 - 3:40 pm \$135

### Engineering FUNDamentals: Mine, Craft, Build using LEGO®

*Play-Well Tek staff*  
Grades 3-5

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO or a seasoned veteran, you'll be hooked on the endless creative possibilities. A strict non-violence policy is enforced. Limited to 16.

CODE: **TH31** 8 Thursdays, September 24 - November 12  
2:40 - 3:40 pm \$195

## Nathan's Ninjas

*Nathan Porter*  
Grades K-5

New for Thompson and hugely popular at other schools! This dynamic class is known for its fun games and teamwork-oriented environment. You will learn a mix of traditional Kempo Karate with elements of sport karate, tumbling and grappling. This class will give you a true self-defense perspective, all while you're having fun and building confidence. New students will receive a belt at the beginning of the class. Tuition includes a \$10 fee for belt. *Nathan Porter is a certified black belt and runs New England Movement Arts, voted Best of Burlington 2015. Visit [nemovementarts.com](http://nemovementarts.com)*

CODE: **TH29** 10 Tuesdays, September 22 - November 24  
1:10 - 2:10 pm \$165

## Yarn Play

*Hui Ru Liang @ Tanya Serrao*  
Grades 2-4

Want to play with string, sticks and hooks? This class will teach you a bunch of yarny crafts including dyeing yarn, knitting, crochet, weaving, making tassels and pompoms. Projects will be small and easy to complete, using tools and materials that students will keep. We hope to give you lots of inspiration and new skills. If you have a project in mind, we will help you figure out the best way to make it. No experience necessary. Tuition includes a \$10 materials fee; limited to 10. *Hui Ru Liang and Tanya Serrao are Thompson teaching assistants with the desire to share their great love of fiber arts.*

CODE: **TH30** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 2:40 - 3:40 pm \$110

“My daughter LOVED the class. Great age-appropriate recipes and the chef was very accommodating to her dairy allergies. Couldn't be happier!!!”

*Cooking with Chef*



## Youth (K-8) Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

Parent Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Cell \_\_\_\_\_ Home Phone \_\_\_\_\_

☐ I authorize my child to walk home alone.

CLASS CODE	CLASS TITLE	DAY & SCHOOL	FEE
Registration Fee			\$6.00
Donation to Scholarship Fund			
<b>TOTAL</b>			

Are there special considerations we should know about so that your child will have a positive experience in their class? Please describe any special needs, including medical, emotional, behavioral and/or allergies that we should be aware of. **Note: there is no nurse on duty during classes and staff do not have access to medications.**

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I/We, the parents/guardians of \_\_\_\_\_ a minor, hereby consent to his/her participation in the Arlington Community Education Youth program, the taking of photos of my/our child for promotion of the program via print and web, and to his/her use of the Arlington Public Schools facilities and equipment. I/We further agree to release and hold harmless the Town of Arlington, Arlington Public Schools and the employees, agents and assigns from all liability or expenses arising out of any incident involving, or any account of any injury to the above named minor in connection with this program. I/We further consent to treatment by emergency personnel in the event of injury to, or illness of our child during his/her participation in this program. I/We accept full responsibility for all costs for any such emergency treatment. I/We agree to abide by APS policies.

Parent/Guardian Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

### To Register:

- Pay by Check:** Please make payable to Arlington Community Education and mail with this registration form to **Arlington Community Education**, 869 Mass. Ave., Arlington, MA 02476
- Pay by Charge:** at [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org), by fax 781-316-3381, or by mail. Charge will appear on your credit card statement as "Town of Arlington."  
Sorry, no phone registrations accepted for youth programs.

**Charge:** ☐ VISA ☐ MasterCard

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Cardholder Signature \_\_\_\_\_