



# YOUTH CLASSES



## KidZone and TeenZone classes

are open to elementary and middle school students from Arlington and surrounding communities. Classes meet after the end of the school day. Specific class times and dates are listed below each course offering.

**KidZone:** Classes are offered at all seven elementary schools and students can take classes at any school. Most classes are limited to between 8 and 12 students; Nathan's Ninjas and morning P.E. are limited to 20; running programs are 25+. Coordinators at each site meet children in designated waiting area, take attendance and ensure students find their classes. Students are dismissed by their instructors according to the pick-up plan you identify on the registration form.

**TeenZone:** All classes meet at Ottoson Middle School unless otherwise noted. Room numbers will be emailed to students before start date of class. Most classes are limited to between 8 and 16 students; running program is 30+.

## To Register for KidZone & TeenZone:

Go to [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) or use the YOUTH Registration form at the back of this catalog. Please call 781-316-3568 for more information.

Scholarship assistance is available for some classes to students who receive free or reduced lunch. Call 781-316-3568 for more information.



## HIGH SCHOOL & COLLEGE PREP

### Our Whole Lives (OWL) • GRADES 8-9

Arlington Community Education is proud to offer Our Whole Lives (OWL), a comprehensive sexuality education class. See page 44 for details.

### **NEW** HiSet Test Prep

Joe Green

The Massachusetts State Department of Education has begun using a test called HiSET, which stands for high school equivalency testing, as an alternative to the GED. If you left high school before graduation, the HiSET exam is another avenue to secure a high school diploma. This course is designed to prepare you for the HiSET examination. You will work on five required areas of study: reading, writing, math, social studies, and science. Instruction will cover the main topics in each study area, and will be individualized where possible. You will have the opportunity to take practice tests in each area of study. Please bring a Casio fx-260 calculator. Note: We highly recommend you purchase *The Official Guide to the HiSET Exam, 2nd Edition* by McGraw Hill; please bring to first class.

CODE: **HS001** 6 Tuesdays & 6 Thursdays, October 3 - November 9 6:30 - 9:00 pm \$229

### College Admissions Demystified

Sue Wachter

Join a former admissions officer at NYU and BU for a behind-the-scenes perspective on the college admissions process. As you embark on this journey, this timely seminar will provide an overview of the complex college admissions process. We will discuss how to choose an appropriate list of schools, the value of college visits and interviews, and the pros and cons of Early Decision, Early Action, and Priority Application deadlines. With this information you will be able to create a timetable that makes sense for your student. Students are encouraged to attend with their parents.

CODE: **CS006** Wednesday, November 1 7:00 - 9:00 pm \$29

## Bike Repair at Quad Cycles October 17

See page 43.

### You Can Afford College

Don Anderson, *College Funding Advisors, Inc.*

Financial aid goes to families who plan and act in advance—before December of the child's sophomore year of high school. Learn how to maximize your financial aid by understanding the process and why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information, please visit [collegefundingadvisors.com](http://collegefundingadvisors.com)

CODE: **CS003** Wednesday, October 4 6:30 - 8:30 pm \$35

### **NEW** ACT Test Prep

Summit Educational Group

Test preparation is an essential part of the college admissions process. By enrolling in Summit's ACT Preparation Class, you are taking the first step down the road to achieving success in the competitive world of higher education. This course has been specifically designed to give you all the academic skills and strategies you will need on test day. This class includes 4 three-hour instructional sessions and 2 full-length practice tests. Classes on 10/25 and 11/15 will run 3.5 hours. Limited to 16 students.

CODE: **CS009** 6 Wednesdays, October 25 - December 6 (no class 11/22) 6:00 - 9:00 pm \$575

Arlington teachers lead the following two SAT Verbal and Math Review courses that end in time for the October 7th test. These top-rated SAT prep courses are popular, so please register early. Limited to 25.

### SAT Math Review

Clayton Jones/Reina Stillman, *AHS Math Teachers*

This course familiarizes students with the math section of the SAT, and now includes a pre-test, with individual analysis of where improvement is needed for each student, and a post-test to measure progress. Learn how to approach the new SAT math section. Become familiar with the types of questions and effective methods to handle them. Students will also practice test-taking under time constraints and simulated conditions. Students MUST come to the first class with a CALCULATOR, the *Official SAT Study Guide (2018 Edition)*, the official study guide for the new SAT, AND a College Board ID and password. The guide is available at a discount at The Book Rack, 13 Medford Street, Arlington.

CODE: **CS002.2** 3 Tuesdays, September 12, 26, October 3 and Wednesday, September 20 3:00 - 6:00 pm \$175

CODE: **CS002.1** 4 Wednesdays, September 13 - October 4 5:00 - 8:00 pm \$175

## SAT Verbal Review

Trenton Selness/Erin Bradley, AHS Teachers

This course familiarizes students with the verbal section of the SAT, and includes a pre-test, with analysis of where improvement is needed for each student, and a post-test to measure progress. Learn how to approach the new SAT, particularly the new reading comprehension, embedded vocabulary, and writing sections. Become familiar with the types of questions and effective methods to handle them. Students will also practice test-taking under time constraints and simulated conditions. Students MUST come to the first class with the *Official SAT Study Guide (2018 Edition)*, the official study guide for the new SAT, AND a College Board ID and password. The guide is available at a discount at The Book Rack, 13 Medford Street, Arlington. Meet in AHS Room 305 for Mr. Bourassa.

---

CODE: **CS001.2** 4 Mondays, September 11 - October 2  
6:00 - 9:00 pm \$175

---

CODE: **CS001.1** 4 Thursdays, September 7 - October 5  
(no class 9/21) 3:00 - 6:00 pm \$175

---

## In-Control: Crash Prevention Training

In-Control Crash Prevention is a non-profit training program committed to helping reduce automobile crashes through hands-on training. Motor vehicle crashes are the number one killer of teens in the nation and the main causes are speed and inexperience. Students and their families can learn safety skills that can only be taught at In-Control's unique closed course environment. Learn how to handle skidding, panic stops, tailgating, and emergency lane changes. This 4.5-hour course has been highly recommended to us by CS Driving School as a way to better learn how to handle unexpected driving situations. Visit this link for a special Arlington Community Ed discount, class details, as well as insurance discounts for graduates of the class: [driveincontrol.org/ArlCommEd](http://driveincontrol.org/ArlCommEd).

## Driver's Education

CS Driving School Waltham

CS Driving School has contracted with Arlington Community Education to offer Driver Education to students wishing to obtain their Certificate of Driver Education. The Complete Driver Education Program consists of 30 hours of Classroom Instruction, 12 hours of Behind-the-Wheel Instruction, 6 hours of In-Car Observation, and a 2-hour Parent/Guardian Class which is mandated by the Registry of Motor Vehicles. Classroom Instruction is for students who have reached the minimum age of 15 years, nine months (15.9) by the first day of class. Once a student is 16 years old and has a Massachusetts Learner's Permit, the student can begin Behind-the-Wheel Instruction. CS Driving School must have a copy of the student's Learner's Permit on file prior to scheduling lessons. Behind-the-Wheel lessons are scheduled online through the Student Portal. CS Driving School offers lessons seven days a week with pick-up and drop-off from Arlington High or any other location in Arlington. Classroom Instruction is held at Arlington High, 869 Mass. Ave. except where noted. Starting in September, all Driver Ed registrations must be done online through CS Driving School. To Register, please visit [www.csdriving.com](http://www.csdriving.com). Select 'Locations' then click 'Enroll' under Arlington Community Ed.

---

**Session 1:** October 3-24  
Tuesdays, Wednesdays, and Thursdays for 10 classes  
3:00-6:00 pm

---

**Session 2:** November 28-December 19  
Tuesdays, Wednesdays, and Thursdays for 10 classes  
3:00-6:00 pm

---

**Session 3:** February 20-24 Vacation Week Intensive  
Tuesday - Saturday, from 9:00-3:30 pm

---

**Session 4:** April 17-21 Vacation Week Intensive  
Tuesday - Saturday, 9:00-3:30 pm

---

**Session 5:** May 8-29  
Tuesdays, Wednesdays, and Thursdays for 10 classes  
3:00-6:00 pm

---

**Session 6:** July 9-13 Week-long Intensive  
Monday - Friday, 9:00-3:30 pm

---

**Session 7:** August 6-10 Week-long Intensive  
Monday - Friday, 9:00-3:30 pm

---



Calling all Youth Artists  
for SummerFun!  
Catalog Cover Contest

Submission form and guidelines: [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org)

New! Thursday Evening  
Parkour for Grades 3-9

See p. 45



### Ottoson Running Club • GRADES 6 - 8

*Meghan Connealy @ Gaggi DeStefanis*

Learn to run a 5K! Join our expert coaches who have years of running experience and learn to run in a fun, non-competitive atmosphere. Over the course of seven weeks, we will build our confidence as well as our physical and mental endurance. We will enhance our running through core exercise, power drills, circuit training, and strength-building workouts. Come prepared to run hills and stairs and for some dynamic and stagnant stretching, and fun calisthenics—all while building endurance! We will wrap up the course by running a 5K event together as a team. No experience necessary. **Note: The optional 5K will be November 18 and requires a separate registration fee. This is an outdoor class so please dress for the weather and bring a water bottle. By registering for this class, parent/guardian gives permission for child to leave school grounds and use nearby streets, parks and bike path.**

*Meghan is a speech-language pathologist at OMS, and Gaggi is an OMS parent. Both are eager to share their love of running and fitness.*

---

CODE: **MS001** 7 Mondays and 8 Wednesdays, September 25 - November 15 (no class 10/9) 2:45 - 4:15 pm \$169

---

### Parkour • GRADES 6 - 9

*Parkour Generation Boston*

Parkour, also known as freerunning or l'art du déplacement, originated outside Paris in the late 1980s and has since become one of the fastest growing sports in the world, largely due to the popularity of viral videos and action film stunt sequences. Parkour practitioners, known as traceurs, learn to navigate their environment and overcome mental and physical challenges in a safe and creative manner. Traceurs learn to look at the world through the lens of "parkour vision," turning any environment into a playground for movement and physical challenge. Classes are designed to accommodate a wide range of fitness and ability levels, and are all taught by ADAPT-certified instructors. **Meet at Arlington High School.**

---

CODE: **MS025** 8 Tuesdays, September 26 - November 14  
3:00 - 4:30 pm \$145

---

CODE: **YE002** 8 Thursdays, September 28 - November 16  
7:30-8:30 pm \$119

---

### Improv Workshop • GRADES 6 - 8

*Kimberly Fife*

Grow confidence on and off stage by finding your creative voice! This class allows you to stretch your imagination in an easy-going, judgment-free environment. We will begin with brief physical stretches and a vocal warm up to get us in the zone for performing. The majority of class will consist of fun improv games and group activities during which we will learn the basics of improv such as the "Yes, and" concept. We will explore how to physically and mentally embody a character, how to commit to choices on stage, and experiment performing solo and in groups. Class ends with a short closing meditation to calm the body and mind. Acting teaches us how to connect with others, communicate more effectively, find honesty in speech, and expand our creativity. The last several classes will be designed as an audition prep workshop. *Kimberly Fife is a passionate teacher of theater, dance, and yoga. She has taught theater and dance at the Stoneham Theater Young Company and Arlington Children's Theater, and performed in many regional musical theater productions. She also teaches yoga classes for kids, teens, and adults.*

---

CODE: **MS039** 10 Tuesdays, October 3 - December 5  
2:45 - 3:45 pm (1:15 - 2:15 pm on 10/17 and 11/17) \$139

---

### Clay, Mixed Media and Sculpture • GRADES 6 - 8

*Alecia Serafini*

Come discover ceramics as an art form and experiment paint, collage, and sculpture. This exploratory art class will run as an open-studio format so you decide in what direction to take your creations using multiple methods and materials. Tuition includes a \$15 materials fee. **Meet in room 322 at Ottoson Middle School. Alecia Serafini teaches art at Ottoson.**

---

CODE: **MS011** 8 Wednesdays, October 4 - November 29  
(no class 11/22) 2:45 - 4:15 pm \$175

---

My daughter developed strength, stamina, and self-confidence needed for running the 5K. It was wonderful to see my her develop a passion for running (her words!).

Ottoson Running Club

**NEW** Girls Empowerment Yoga • GRADES 6 - 8*Kimberly Fife*

Unwind after school with yoga, dance, open discussions, and fun. Girls Empowerment is all about self-love, supporting others, mindfulness, and healthy living. Class will begin with a check-in that includes introducing ourselves and expressing how we feel physically, mentally, and emotionally. There will be a strong emphasis throughout on creating a safe, judgment-free space and accepting everyone including ourselves. We will explore yoga warm ups, Asana (poses), and Pranayama (breathing techniques) to calm the mind and balance the body. Class will include partner poses, group exercises, and Yoga Dance (guided free form movement). We will end with Savasana (relaxation) and meditation with empowering mantras. Each class will have a theme woven throughout (i.e. self-care, body peace, friendship) and the possibility to discuss our ideas. Girls Empowerment teaches young women the importance of standing up for what they believe in, freedom of creative expression, and how to stick together. *Kimberly Fife is a passionate teacher of theater, dance, and yoga. She has taught theater and dance at the Stoneham Theater Young Company and Arlington Children's Theater, and performed in many regional musical theater productions. She also teaches yoga classes for kids, teens, and adults.*

---

CODE: **MS038** 9 Wednesdays, October 4 - December 6  
(no class 11/22) 2:45 - 3:45 pm \$129

---

**Intro to Java Coding with  
Minecraft Modding** • GRADES 6 - 8*Einstein's Workshop*

Do you love Minecraft? Have you ever wanted to craft diamonds from dirt, smelt up some bedrock, or add your own custom blocks? Modifications, or "mods," are one of the coolest things about the Minecraft community. In this highly engaging and inventive class we'll get you started using Java Coding so that you can write your own mods using the Forge API. No programming experience is required, but familiarity with Minecraft is helpful. **Meet in room 328 at Ottoson Middle School.**

---

CODE: **MS026** 8 Mondays, October 2 - November 27  
(no class 10/9) 2:45 - 3:45 pm \$215

---

**MOST ADULT CLASSES ARE OPEN  
TO STUDENTS 14 AND OLDER**

**NEW** Teen Chef's School:  
Essential Culinary Skills • GRADES 6 - 8*Kimi Ceridon*

Get a jump start on learning a few of the basic cooking skills that chefs master during culinary school. Each week, this class will explore cooking techniques for building confidence in the kitchen. While this class is a great primer for culinary school, it also focuses on the important life skill of cooking and creating great meals. Each week explores a specific technique. Week 1: Knife skills and soup. Week 2: Hot pans and stir fry bowls. Week 3: Homemade pasta and sauce. Week 4: Mini pies and hand pies. Week 4 will have a Halloween theme (October Session) or a Thanksgiving theme (November Session). **Note: If you like, bring an apron and container for leftovers. Includes a \$25 food fee. Please register for one session only. Meet at Arlington High School kitchen. With a Master of Science in mechanical engineering from MIT and a Master of Arts in gastronomy and chef's certificate from Boston University, Kimi Ceridon focuses on creating great food experiences and interactions. She is a personal chef who teaches food education and cooking workshops throughout Massachusetts. Visit [noreturnticket.kceridon.com](http://noreturnticket.kceridon.com)**

---

CODE: **MS036.1** 4 Mondays, October 2 - 30 (no class 10/9)  
3:00 - 4:30 pm \$109

---

CODE: **MS36.2** 4 Mondays, November 6 - 27 (no class 10/9)  
3:00 - 4:30 pm \$109

---

**NEW** Bike Repair • GRADES 6 - 12*Justin Haber*

Take advantage of this early-release day. In just two hours, you can learn the essentials of bike repair and maintenance from the head mechanic at Arlington's hometown bike shop. This hands-on class will teach you how to fix a flat, adjust gears and brakes, and other topics dictated by the interest of the group.

**Note: Students must bring a bike to class. Meet at Quad Cycles, 1043 Mass. Ave. Limited to 8.**

---

CODE: **MS037** Tuesday, October 17 1:30 - 3:30 pm \$25

---

**Babysitting Basics** • GRADES 6 - 8*Va Shon Wallace-Hiltzold,  
4-H Youth and Family Development*

The excellent 4-H Babysitters' Program gives you the skills and confidence to handle situations you may encounter when caring for young children. At the end of the course, you will receive a Babysitter's ID card and a certificate of completion.

**Note: Students must be at least 12 years old. Meet in room 217 at Ottoson Middle School.**

---

CODE: **MS006** 4 Tuesdays, October 31 - November 21  
2:45 - 4:45 pm \$105

---



Early Evening Classes For Kids @ Families at Arlington High School

## Our Whole Lives (OWL) • GRADES 8 - 9

Vanessa Steck @ Greta Stone

Arlington Community Education is proud to offer Our Whole Lives (OWL), a comprehensive sexuality education class. The program equips teens with accurate, age-appropriate information and skills to help them lead sexually healthy, positive, and responsible lives. Grounded in a holistic view of sexuality, OWL addresses a wide range of topics including body image, relationships, social media/Internet, sexual orientation, gender identity, sexually transmitted infections, birth control, and cultural influences on sexuality. Through engaging activities and discussions, OWL helps teens to clarify their own values and to build their interpersonal skills. Our Whole Lives is used nationwide in a variety of community settings including schools, youth-serving agencies, and faith-based communities. Although developed by two religious organizations, OWL is completely secular and contains no religious doctrine. To learn more about OWL, visit [www.uua.org/re/owl](http://www.uua.org/re/owl). **Note: This program includes a mandatory parent meeting on Tuesday, September 19, 6:30-8:30 pm. We ask that students commit to attending the full 16-week program. Meets at Arlington High School.** *Vanessa Steck has been involved with OWL for nearly a decade. She was trained by two of the architects of the original curriculum, and taught both 8th grade and 10-12 grade OWL at Cedar Lane UU Church in Bethesda, MD for many years. Vanessa has a particular interest in helping adolescents to understand both verbal and nonverbal consent and non-consent and ways to respond to sexual harassment and rape culture and has designed and taught several classes on the subject. Vanessa holds a BA and MA in Education from Goddard College and in her spare time loves writing, reading, swimming, and engaging in political activism. Greta Stone is a lifelong UU member and is committed to bringing positive sexual education to our teens. She first taught the precursor of this curriculum 25 years ago. She is a Licensed Mental Health Counselor and has a private practice in her home. She specializes in families whose lives are touched by adoption. She and her husband were foster parents for 15 years and saw over 100 children go through their home. Greta also volunteers at a hospice, visiting those who are at the end of their life. In her spare time she likes to knit and has taught many people to knit so they can enjoy her passion.*

CODE: **MS027** 16 Mondays, September 25 - February 5  
(no class 10/9, 12/25, 1/1, 1/15) 7:00 - 9:00 pm \$320

## NEW Adults & Kids Family Night Cooking Classes with Chef Kimi

Kimi Ceridon

Cooking together is a great way to spend family time while teaching kids valuable life skills. This series of fun classes is designed to both engage kids and teach parent and kids new cooking techniques that they can replicate at home. If you like, bring an apron and container for leftovers. Tuition includes a \$15 food fee per pair.

**Session 1: Bento Box Fun:** In Japan, Bentos are single serving lunches that range from basic to elaborately arranged meals. Learn some cool techniques for making lunches fun and delicious.

CODE: **FD173** Monday, October 2 5:30 - 7:30 pm \$45/pair

**Session 2: Dumplings:** Every culture has a dumpling. During this class, we will try our hands at just a few varieties such as Japanese Gyoza, Cuban Papas Rellenos, Polish Pierogi and Indian Samosas

CODE: **FD179** Monday, October 16 5:30 - 7:30 pm \$45/pair

**Session 3: Homemade Pasta and Sauce:** Starting with a basic egg pasta dough, we will make spaghetti with tomato sauce, squash ravioli with sage butter and linguini with alfredo sauce.

CODE: **FD180** Monday, October 23 5:30 - 7:30 pm \$45/pair

**Session 4: Halloween Treats:** Get ready for halloween with a night making fun treats like cheesy jack-o-lantern hand pies, pumpkin apple soup, pumpkin and spice pop tarts and apple cupcakes.

CODE: **FD181** Monday, October 30 5:30 - 7:30 pm \$45/pair

CODE: **FD182** Take all 4 and SAVE \$159/pair

## Adults & Kids Family Night Cooking: Scrumptious Tex Mex Favorites

Shailini Sisodia

Mexican food with Texan influences, often known as Tex Mex, is one of the most popular cuisines with kids. Come learn how to make mouthwatering restaurant favorites in this fun, hands-on class. We will make baked jalapeño poppers and crispy veggie quesadillas, shrimp tacos, tequila chicken, mexican black beans and rice and corn and avocado salad. Bursting with color and flavor, these dishes are like a fiesta in your mouth—olé! Tuition includes a \$20 food fee per pair.

CODE: **FD169** Wednesday, September 27 5:30 - 8:00 pm \$55/pair

## Adults & Kids Cooking: Puff the Magic Pastry

*Shailini Sisodia*

Puff pastry is truly magical—the many buttery layers bake up to flaky, crispy perfection. Have fun learning how to transform this ingredient into both appetizers and desserts. We will make a goat cheese/tomato tart, a caramelized shallots tart, brie/cranberry bites, savory palmiers and sweet turnovers—all perfect for entertaining both kids and adults! Your guests will definitely be impressed. Tuition includes a \$20 food fee per pair.

CODE: **FD17o** Wednesday, November 15 5:30 - 8:00 pm  
\$55/pair

## **NEW** Adult & Kids: Pottery Wheel for Beginners and Beyond

*Indigo Fire*

For those interested in learning the pottery wheel or who want to get back into it. Those new to the wheel will learn the basics of wedging, centering, and throwing a piece on the wheel. Those with experience can build their skills to make larger pieces, handles, and lids. We'll start with a demonstration and then everyone will have time at a wheel. Make as many pieces as you like, but select two to go in the kiln to be fired. Return about two weeks later to glaze. Your pieces will return to the kiln for a second firing before you pick them up. Your final project will include bowls, cups or dishes that you can use at home. Tuition includes all materials. For Ages 10+.

CODE: **CNo63.2** Saturday, October 28 6:30 - 8:30 pm  
\$45/each

## **NEW** Family Sing! Sing! Sing!

*Ellie Foster*

Similar to Sing!Sing!Sing, but for all ages. We meet at Arlington High and come together to sing original arrangements of popular contemporary songs chosen with families in mind. This singing celebration is open to anyone who loves to sing. Under the direction of a professional musician and accompanist, we'll begin with fun voice warm-up exercises, then learn our parts and perform together, all in one night. You won't believe how great we'll all sound! We hope to film the event and post online. Bring the family or come alone for a great night out. \$10 at the door; maximum family fee \$30.

CODE: **MAo62** Thursday, October 19 7:00 - 8:30 pm \$10

## **NEW** Community Dance

*Marcie Van Cleave*

Come dance, sing, and create community, all in the space of one short evening. Join us—alone, or with family or friends—and transport yourself to cultures far away. We'll try contra dancing from New England and French Canada, plus international folk dancing from places as far-flung as Eastern Europe, the Middle East, Tahiti, and Africa. Escape into a world of dance as others around the world have done for years, decades, and sometimes centuries. The nature of this dance is traditional, participatory and intergenerational. If you can get yourself to Arlington High School, Marcie can get you dancing and laughing! For ages 8+.

CODE: **RFoz8** Thursday, November 2 6:30 - 8:30 pm \$10

## **Parkour** • GRADES 3-5 & 6-9

*Parkour Generation Boston*

Parkour is one of the fastest growing sports in the world, largely due to the popularity of viral videos and action film stunt sequences. Parkour practitioners, known as traceurs, learn to look at the world through the lens of “parkour vision,” turning any environment into a playground for movement and physical challenge. Classes are designed to accommodate a wide range of fitness and ability levels and are all taught by ADAPT-certified instructors. This is an outdoor class so please dress for the weather and bring a water bottle. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of Parkour classes.

**Meet at Arlington High School.**

CODE: **YEo01** Grades 3-5 8 Thursdays, September 28 -  
November 16 6:15 - 7:15 pm \$119

CODE: **YEo02** Grades 6-9 8 Thursdays, September 28 -  
November 16 7:30 - 8:30 pm \$119



## Calling all Youth Artists for SummerFun! Catalog Cover Contest

Submission form and guidelines: [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org)



## BISHOP

### Video Game Design • GRADES 3 - 5

*Empow Studios Staff*

Go from gamer to designer. If you love playing video games, you'll have even more fun playing games designed by you and your friends. One of our most popular classes, Video Game Design encompasses storytelling, pixel art, and object-oriented programming, all through a user-friendly, 2D game design platform. Our non-violence policy keeps the games cringe-free and shareable for playing at home.

CODE: **BP26** 8 Mondays, October 2 - November 27 (no class 10/9) 2:40 - 3:40 pm \$195

### **NEW** Spanish, French, Portuguese, Mandarin • GRADES K - 5

*RoLa Languages Instructors*

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to study foreign languages starting as early as kindergarten. Using a progressive style of language learning that promotes fluency through repetition, RoLa's expert instructors will incorporate both traditional methods of teaching languages, as well as modern immersive styles—both flexible in nature. Skills are reinforced through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for all levels, making this an excellent introduction for beginners and great opportunity for returning students to expand their proficiency. A second 12-week term will be offered in February. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of sample lessons.

CODE: **BP100** Spanish 12 Mondays, October 2 - January 8 (no class 10/9 and 12/25) 2:40 - 3:40 pm \$240

CODE: **BP103** French 12 Tuesdays, October 3 - December 19 1:10 - 2:10 pm \$240

CODE: **BP101** Mandarin 12 Thursdays, October 5 - January 4 (no class 11/23 and 12/27) 2:40 - 3:40 pm \$240

CODE: **BP86** Portuguese 12 Fridays, October 6 - January 19 (no class 11/10, 11/24, 12/22, 12/29) 2:40 - 3:40 pm \$240

## SIGN UP NOW!

Reserve your place and ensure we have enough students to run the class.

### Parkour • GRADES 3 - 5

*Parkour Generation Boston*

Parkour is one of the fastest growing sports in the world, largely due to the popularity of viral videos and action film stunt sequences. Parkour practitioners, known as traceurs, learn to look at the world through the lens of “parkour vision,” turning any environment into a playground for movement and physical challenge. Classes are designed to accommodate a wide range of fitness and ability levels and are all taught by ADAPT-certified instructors. This is an outdoor class so please dress for the weather and bring a water bottle. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of Parkour classes.

CODE: **BP54** 8 Tuesdays, September 26 - November 14 1:10 - 2:10 pm \$129

### **NEW** Elementary Drawing with Young Rembrandts • GRADES K - 5

*Young Rembrandts*

Expand your art appreciation and drawing skills with a Young Rembrandts drawing class. Learn about the fascinating world of color, pattern and design as we explore color usage, composition, still life, and stylization. Our lessons are always new and in keeping with the seasons—no two sessions are ever the same. Once each month we'll incorporate art history into our work in an inviting and engaging way. You'll love our upbeat and positive classroom environment and our step-by-step instruction.

CODE: **BP79** 8 Wednesdays, October 4 - November 29 (no class 11/22) 2:40 - 3:40 pm \$155

### Boys in Motion • GRADES 4 - 5

*Peter Hedlund*

Modeled on our hugely popular Fit Girls, Boys in Motion is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. Students will meet for fun and energizing sessions that will prepare them for the culminating event: a 5K road race that they will run together as a team. No experience necessary. The optional 5K will be November 18 and requires a separate registration fee. **Note: This is an outdoor class so please dress for the weather and bring a water bottle. By registering for this class, parent/guardian gives permission for child to leave school grounds and use nearby streets and park.** Peter Hedlund is a father of three Bishop children and enjoys recreational running, having participated in a number of races including two marathons. He has coached several athletic teams in town and this is his second year coaching Boys in Motion at Bishop.

CODE: **BP56** 8 Wednesdays, September 27 - November 15 2:40 - 3:40 pm \$69

**NEW Kids' Test Kitchen** • GRADES 1 - 2*KTK Chef Instructor*

Kids' Test Kitchen is on a mission to get young aspiring chefs cooking, tasting, and thinking about healthy ingredients. Each week, we will work together to prepare fun snacks, entrées, and side items whose key ingredients are known to be really good for us. This fall, we'll cook up veggie spaghetti, great greens, and healthy ice cream. At the end of class our aspiring chefs will receive the main ingredient or a portion of the finished dish, so that they can show off what they've learned. Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

---

CODE: **BP8o** 6 Thursdays, October 5 - November 9  
2:40 - 3:40 pm \$125

---

**Hands-On Electronics** • GRADES 3 - 5*Circuit Lab Staff*

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where we design our own interactive and programmable devices. We will use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class day will give you the chance to design a hands-on project under the guidance of skilled Circuit Lab instructors. If you are a returning student, you will be presented with new projects and challenges. **Please note the 90-minute class length.**

---

CODE: **BP49** 8 Fridays, October 6 - December 8 (no class 11/10 and 11/24) 2:40 - 4:10 pm \$195

---

**BRACKETT****NEW Spanish, French, Portuguese, Mandarin** • GRADES K - 5*RoLa Languages Instructors*

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to study foreign languages starting as early as kindergarten. Using a progressive style of language learning that promotes fluency through repetition, RoLa's expert instructors will incorporate both traditional methods of teaching languages, as well as modern immersive styles—both flexible in nature. Skills are reinforced through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for all levels, making this an excellent

introduction for beginners and great opportunity for returning students to expand their proficiency. A second 12-week term will be offered in February. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of sample lessons.

---

CODE: **BR86** Portuguese 12 Mondays, October 2 - January 8 (no class 10/9 and 12/25) 2:40 - 3:40 pm \$240

CODE: **BR1o1** Mandarin 12 Wednesdays, October 4 - January 3 (no class 11/22) 2:40 - 3:40 pm \$240

CODE: **BR1oo** Spanish 12 Thursdays, October 5 - January 4 (no class 11/23 and 12/27) 2:40 - 3:40 pm \$240

CODE: **BR1o3** French 12 Fridays, October 6 - January 19 (no class 11/10, 11/24, 12/22, 12/29) 2:40 - 3:40 pm \$240

---

**Intro to STEM with LEGO®** • GRADES K - 2*Play-Well TEKologies*

Ratchet up your imagination with tens of thousands of LEGO® parts. Build engineer-designed projects such as: Fire Trucks, Space Stations, Tugboats, and the Eiffel Tower. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

---

CODE: **BR59** 8 Mondays, October 2 - November 27 (no class 10/9) 2:40 - 4:10 pm \$195

---

**Boys in Motion** • GRADES 4 - 5*Dorien Keusseyan @ Marie Sauer*

Modeled on our hugely popular Fit Girls, Boys in Motion is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. Students will meet twice per week for fun and energizing sessions that will prepare them for the culminating event: a 5K road race that they will run together as a team. No experience necessary. The optional 5K will be November 18 and requires a separate registration fee. **Note: This is an outdoor class so please dress for the weather and bring a water bottle. By registering for this class, parent/guardian gives permission for child to leave school grounds and use nearby streets and park.** *Dorien Keusseyan is a personal trainer, multi-sport athlete and a parent of three boys. This is her third year coaching BIM at Brackett boys. Marie Sauer is a fitness enthusiast mentoring youth in soccer and currently is an adult fitness instructor. She enjoys participating in competitive sports including women's ice hockey.*

---

CODE: **BR56** 7 Mondays and 8 Wednesdays, September 25 - November 15 (no class 10/9) 2:40 - 3:40 pm \$125

---

**NEW Coding with ComputerCraft** • GRADES 3 - 5*Einstein's Workshop*

Learn real-world programming through the familiar world of Minecraft. ComputerCraft is a modification for Minecraft that's all about computer programming. It allows you to build in-game Computers and Turtles, and then write programs for them using visual blocks or the Lua programming language.

CODE: **BR85** 8 Tuesdays, October 3 - November 21  
1:10 - 2:10 pm \$215

**Arlington Children's Theater** • GRADES 1 - 2*Matthew Lundeen*

Come explore the dramatic arts through a variety of theater games that work on voice, movement, improvisation, character, and confidence as we prepare a final production. You'll be encouraged to add your own ideas to everything we do, including scene creation. New and returning students welcome. *Matthew Lundeen is artistic director of Arlington Children's Theater.*

CODE: **BR14** 8 Wednesdays, October 4 - November 29  
(no class 11/22) 2:40 - 3:40 pm \$125

**Yoga for Kids** • GRADES 3 - 5*Carla Leone*

Yoga is a fun and engaging skill that can benefit all children in many ways. The practice helps them calm down and focus and become more aware of their bodies. Through music and movement, children will learn about becoming mindful of the breath and body in a positive, encouraging way. **Note: Please wear comfortable clothing, no jeans. Yoga mats and all other materials are provided.** *Carla Leone is a teaching assistant at Brackett and a trained children's yoga instructor.*

CODE: **BR10** 8 Fridays, September 29 - December 1 (no class 11/10 and 11/24) 2:40 - 3:40 pm \$105

“My son loves the extra time with Ms. Flynn and his friends, and it is great for him to get some energy out before school starts.”

P.E. Plus A.M.

**NEW Kids' Test Kitchen** • GRADES 1 - 2*KTK Chef Instructor*

Kids' Test Kitchen is on a mission to get young aspiring chefs cooking, tasting, and thinking about healthy ingredients. Each week, we will work together to prepare fun snacks, entrées, and side items whose key ingredients are known to be really good for us. This Fall, we'll be cooking up veggie spaghetti, great greens, and healthy ice cream. At the end of class our aspiring chefs will receive the main ingredient, or a portion of the finished dish, so that they can show off what they've learned. Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe.

CODE: **BR80** 6 Fridays, October 6 - November 17 (no class 11/10) 2:40 - 3:40 pm \$125

**DALLIN****NEW Spanish, French, Portuguese, Mandarin** • GRADES K - 5*RoLa Languages Instructors*

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to study foreign languages starting as early as kindergarten. Using a progressive style of language learning that promotes fluency through repetition, RoLa's expert instructors will incorporate both traditional methods of teaching languages, as well as modern immersive styles—both flexible in nature. Skills are reinforced through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for all levels, making this an excellent introduction for beginners and great opportunity for returning students to expand their proficiency. A second 12-week term will be offered in February. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of sample lessons.

CODE: **DA86** Portuguese 12 Mondays, October 2 - January 8  
(no class 10/9 and 12/25) 2:40 - 3:40 pm \$240

CODE: **DA100** Spanish 12 Wednesdays, October 4 - January 3  
(no class 11/22) 2:40 - 3:40 pm \$240

CODE: **DA103** French 12 Thursdays, October 5 - January 4  
(no class 11/23 and 12/27) 2:40 - 3:40 pm \$240

CODE: **DA101** Mandarin 12 Fridays, October 6 - January 19  
(no class 11/10, 11/24, 12/22, 12/29) 2:40 - 3:40 pm \$240

**Arlington Children's Theater** • GRADES 2 - 3*Matthew Lundeen*

Come explore the dramatic arts through a variety of theater games that work on voice, movement, improvisation, character, and confidence as we prepare a final production. You'll be encouraged to add your own ideas to everything we do, including scene creation. New and returning students welcome. *Matthew Lundeen is artistic director of Arlington Children's Theater.*

---

CODE: **DA14** 8 Mondays, October 2 - November 27 (no class 10/9) 2:40 - 3:40 pm \$125

---

**Boys in Motion** • GRADES 4 - 5*Patrick Burke @ Candace Lillis*

Modeled on our hugely popular Fit Girls, Boys in Motion is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. Students will meet twice per week for fun and energizing sessions that will prepare them for a 5K road race that they will run together as a team. No experience necessary. The optional 5K will be November 18 and requires a separate registration fee. **Note: This is an outdoor class so please dress for the weather and bring a water bottle. By registering for this class, parent/guardian gives permission for child to leave school grounds and use nearby streets and park.** *Patrick Burke teaches grade 5 at Dallin and is an active youth-sports coach. This is his third year leading BIM at Dallin. Candace Lillis teaches first grade at the Dallin Elementary. When not teaching, she enjoys spending time with her dog, walking and reading on the beach, and participating in 5Ks with family and friends.*

---

CODE: **DA56** 10 Mondays and 10 Wednesdays, September 25 - December 6 (no class 10/9 and 11/22) 2:40 - 3:40 pm \$165

---

**The Stock Market Game™** • GRADES 4 - 5*Peter Yaffe*

Learn to be an investment specialist! The Stock Market Game™ will introduce you to the real world of investing, while incorporating academic concepts that relate to what you learn at school. In this fun and high-spirited setting, you'll try to grow a virtual \$100,000 cash account into a top-performing portfolio, and learn how daily events that shape our world affect our finances. Working individually and in teams, you'll compete against your classmates and other schools across the state, applying your leadership, negotiation, and cooperation skills. *Peter Yaffe is a retired financial advisor.*

---

CODE: **DA67** 11 Mondays, September 25 - December 11 (no class 10/9) 2:40 - 3:40 pm \$145

---

**NEW Elementary Drawing with Young Rembrandts** • GRADES K - 5*Young Rembrandts*

Expand your art appreciation and drawing skills with a Young Rembrandts drawing class. Learn about the fascinating world of color, pattern and design as we explore color usage, composition, still life, and stylization. Our lessons are always new and in keeping with the seasons—no two sessions are ever the same. Once each month we'll incorporate art history into our work in an inviting and engaging way. You'll love our upbeat and positive classroom environment and our step by step instruction.

---

CODE: **DA79** 8 Tuesdays, October 3 - November 21 1:10 - 2:10 pm \$155

---

**Creative Movement** • GRADES K - 2*Erica Sigal*

Boys and girls will use their bodies, senses, and creativity to explore the joyful world of movement as they develop physical and cognitive skills such as balance, coordination, cooperation, attention span, spatial awareness, and self-esteem. We will create a vivid spatial world with props like streamers, stretchy fabric, feathers, pictures, poems, stories, music, and rhythm instruments through individual, pair, and group exercises. Wear comfortable clothing and socks or bare feet. *Erica has taught movement and dance to children and families around greater Boston for nearly 20 years. She coordinates Dance in the Schools in Cambridge and received the 2013 MADEO Presidential Award for Outstanding Service in Dance Education.*

---

CODE: **DA33** 8 Thursdays, October 5 - November 30 (no class 11/23) 2:40 - 3:40 pm \$105

---

**Intro to STEM with LEGO®** • GRADES K - 2*Play-Well TEKnologies*

Ratchet up your imagination with tens of thousands of LEGO® parts. Build engineer-designed projects such as: Fire Trucks, Space Stations, Tugboats, and the Eiffel Tower. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

---

CODE: **DA59** 8 Fridays, September 29 - December 1 (no class 11/10 and 11/24) 2:40 - 4:10 pm \$195

---

REGISTER EARLY, MANY CLASSES FILL FAST.

## HARDY

### **NEW** Spanish, French, Portuguese, Mandarin • GRADES K - 5

*RoLa Languages Instructors*

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to study foreign languages starting as early as kindergarten. Using a progressive style of language learning that promotes fluency through repetition, RoLa's expert instructors will incorporate both traditional methods of teaching languages, as well as modern immersive styles—both flexible in nature. Skills are reinforced through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for all levels, making this an excellent introduction for beginners and great opportunity for returning students to expand their proficiency. A second 12-week term will be offered in February. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of sample lessons.

---

CODE: **HA100** Spanish 12 Mondays, October 2 - January 8  
(no class 10/9 and 12/25) 2:40 - 3:40 pm \$240

---

CODE: **HA86** Portuguese 12 Tuesdays, October 3 -  
December 19 1:10 - 2:10 pm \$240

---

CODE: **HA103** French 12 Wednesdays, October 4 - January 3  
(no class 11/22) 2:40 - 3:40 pm \$240

---

CODE: **HA101** Mandarin 12 Fridays, October 6 - January 19  
(no class 11/10, 11/24, 12/22, 12/29) 2:40 - 3:40 pm \$240

---

### **P.E. Plus A.M.** • GRADES 1 - 2 & 3 - 5

*Linda Flynn*

P.E. Plus A.M. 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. *Linda Flynn teaches P.E. at Hardy School.*

---

CODE: **HA22.2** 9 Tuesdays, October 3 - November 28  
7:30 - 8:10 am \$72 Grades 3-5

---

CODE: **HA22.1** 8 Wednesdays, October 4 - November 29  
(no class 11/22) 7:30 - 8:10 am \$64 Grades 1-2

---

### **NEW** Improv Workshop • GRADES 3 - 5

*Kimberly Fife*

Grow confidence on and off stage by finding your creative voice. This class allows you to stretch your imagination in an easy going, judgment free environment. Through fun games and activities, learn the basics of improv using the “Yes, and” concept, and explore how to fully embody a character, physically and mentally, and commit to choices on stage. You will discover how to be a solo performer if you choose, and also work together as an ensemble. Class ends with a short closing meditation to calm the body and mind. Improv Acting teaches us how to connect with others, communicate more effectively, find honesty in speech, and let our creativity soar! *Kimberly Fife is a passionate teacher of theater, dance, and yoga. She has taught theater and dance at the Stoneham Theater Young Company and Arlington Children's Theater, and performed in many regional musical theater productions. She also teaches yoga classes for kids, teens, and adults.*

---

CODE: **HA82** 8 Tuesdays, October 3 - December 5 (no class  
10/17 and 11/7) 1:10 - 2:10 pm \$115

---

### **NEW** Minecraft Architecture: Sci-Fi and Fantasy • GRADES 1 - 3

*Einstein's Workshop*

Minecraft is more than just mining and crafting. With hundreds of blocks and items, you can build awesome structures inside the game. Come learn to construct cool fantasy worlds by doing research and applying concepts such as scale and dimensions.

---

CODE: **HA84** 8 Wednesdays, October 4 - November 29  
(no class 11/22) 2:40 - 3:40 pm \$215

---

### **Boys in Motion** • GRADES 4 - 5

*Tracy Bernier @ Emma True*

Modeled on our hugely popular Fit Girls, Boys in Motion is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. Students will meet for fun and energizing sessions that will prepare them for the culminating event: a 5K road race that they will run together as a team. No experience necessary. The optional 5K will be November 18 and requires a separate registration fee. **Note: This is an outdoor class so please dress for the weather and bring a water bottle. By registering for this class, parent/guardian gives permission for child to leave school grounds and use nearby streets and park.** *Tracy Bernier and Emma True are excited to be leading BIM this season. Ms. Potter teaches kindergarten and Ms. True teaches grade 2.*

---

CODE: **HA56** 8 Thursdays, September 28 - November 16  
2:40 - 3:40 pm \$69

---

**Genius Hour** • GRADES 4 - 5*Brandon Jackson*

Genius Hour is a new movement in education based around Google's 20% model. The idea is that Google made a deal with their employees: they work 80% of the time on their actual job and then they get 20% of their time to work on whatever they want. Gmail and other amazing products have been created this way. Genius Hour at Hardy is the opportunity to work on projects you are passionate about. In other schools students have learned languages, written books and code, created robots, learned how to bake, and more. Genius hour gives you the time and resources to innovate. Visit [www.GeniusHour.com](http://www.GeniusHour.com). Tuition includes a \$10 materials fee. **Please note the 90-minute class length.** *Brandon Jackson teaches 5th grade at Hardy elementary school where he enjoys emphasizing play-based learning.*

CODE: **HA69** 8 Thursdays, October 5 - November 30 (no class 11/23) 2:40 - 4:10 pm \$170

**Wicked Cool Science** • GRADES K - 2*Wicked Cool for Kids*

Science Mysteries will be the theme of the first half of this course. Who dunnit? How did you do that? Solve awesome science puzzles by becoming a super sleuth. Identify mystery powders and unknown concoctions using chemical tests. Dig deep to decode geological clues to see how the earth has changed over time. Solve the amazing mystery of the color changing liquid and disappearing water using the power of science. For the second half of the course, Kids Cool Chemistry is the theme. Be a cool chemist as we use primary colors to create a rainbow of slime, make amazing magnetized putty, and use the power of pH to find the best formula to polish dirty pennies. Concoct secret sticky formulas to make a superior paste and grow shimmering crystals. Not to be confused with the boring kind of chemistry!

CODE: **HA81** 9 Fridays, September 29 - December 8 (no class 11/10 and 11/24) 2:40 - 3:40 pm \$219

## New! Thursday Evening Parkour for Grades 3-9

See p. 45

**PEIRCE****NEW** **Yoga for Kids** • GRADES K - 2*Janine Duffy*

Come on a yoga adventure as we use our imaginations to take us to faraway lands. Through guided poses we will express what we encounter: a lion, a bear, a scarecrow! A storm, a shark, a big boat! We will also practice more physically challenging postures that build strength and balance, and we will end each class with rest and meditation. We will have a blast exploring our new moves while building strong body and breath awareness, cooperative skills, and self-confidence. Namaste, kids! **Note: Please wear comfortable clothing; no jeans. Yoga mats will be provided.** *A certified yoga instructor, Janine Duffy teaches adults, prenatal and children's yoga throughout greater Boston.*

CODE: **PR10** 8 Mondays, October 2 - November 27 (no class 10/9) 2:40 - 3:40 pm \$109

**NEW** **Boys in Motion** • GRADES 4 - 5*Vicki Hill @ Christina Perkoski*

Modeled on our hugely popular Fit Girls, Boys in Motion is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. Students will meet twice per week for fun and energizing sessions that will prepare them for a 5K road race that they will run together as a team. No experience necessary. The optional 5K will be November 18 and requires a separate registration fee. Note: This is an outdoor class so please dress for the weather and bring a water bottle. By registering for this class, parent/guardian gives permission for child to leave school grounds and use nearby streets and park. *Vicki Hill and Christina Perkoski are excited to be leading BIM this season. Ms. Hill teaches P.E. and Ms. Perkoski teaches 5th grade.*

CODE: **PR56** 6 Mondays and 7 Wednesdays, October 2 - November 15 (no class 10/9) 2:40 - 3:40 pm \$109

**Needle Felting Fun** • GRADES 3 - 5*Anastasia Semash*

Needle felting is a fun and calming fiber arts activity that exercises our fine motor skills, creativity and concentration. We will learn how to use needles properly 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 \$15 materials fee. *Anastasia is a local artist and teacher with more than ten years of experience working with kids, teens and adults.*

CODE: **PR25** 8 Mondays, October 2 - November 27 (no class 10/9) 2:40 - 3:40 pm \$120

## **NEW** Spanish, French, Portuguese, Mandarin • GRADES K - 5

*RoLa Languages Instructors*

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to study foreign languages starting as early as kindergarten. Using a progressive style of language learning that promotes fluency through repetition, RoLa's expert instructors will incorporate both traditional methods of teaching languages, as well as modern immersive styles—both flexible in nature. Skills are reinforced through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for all levels, making this an excellent introduction for beginners and great opportunity for returning students to expand their proficiency. A second 12-week term will be offered in February. *Visit ArlingtonCommunityEd.org* to see videos of sample lessons.

CODE: **PR100** Spanish 12 Tuesdays, October 3 - December 19 1:10 - 2:10 pm \$240

CODE: **PR86** Portuguese 12 Wednesdays, October 4 - January 3 (no class 11/22) 2:40 - 3:40 pm \$240

CODE: **PR101** Mandarin 12 Thursdays, October 5 - January 4 (no class 11/23 and 12/27) 2:40 - 3:40 pm \$240

CODE: **PR103** French 12 Fridays, October 6 - January 19 (no class 11/10, 11/24, 12/22, 12/29) 2:40 - 3:40 pm \$240

## Video Game Design • GRADES 3 - 5

*Empow Studios Staff*

Go from gamer to designer. If you love playing video games, you'll have even more fun playing games designed by you and your friends. One of our most popular classes, Video Game Design encompasses storytelling, pixel art, and object-oriented programming, all through a user-friendly, 2D game design platform. Our non-violence policy keeps the games cringe-free and shareable for playing at home.

CODE: **PR26** 8 Tuesdays, October 3 - November 21 1:10 - 2:10 pm \$195

## Family Nights

*Adults @ Kids Cooking • Family Night Sing! Sing! Sing!  
Pottery • Community Dance Night*

## Wicked Cool Science • GRADES 1 - 2

*Wicked Cool for Kids*

Science Mysteries will be the theme of the first half of this course. Who dunnit? How did you do that? Solve awesome science puzzles by becoming a super sleuth. Identify mystery powders and unknown concoctions using chemical tests. Dig deep to decode geological clues to see how the earth has changed over time. Solve the amazing mystery of the color changing liquid and disappearing water using the power of science. For the second half of the course, Kids Cool Chemistry is the theme. Be a cool chemist as we use primary colors to create a rainbow of slime, make amazing magnetized putty, and use the power of pH to find the best formula to polish dirty pennies. Concoct secret sticky formulas to make a superior paste and grow shimmering crystals. Not to be confused with the boring kind of chemistry!

CODE: **PR81** 10 Wednesdays, September 27 - December 6 (no class 11/22) 2:40 - 3:40 pm \$239

## Continuing Irish Dance • GRADES 2 - 4

*Rebecca McGowan*

Get your feet moving with quick footwork danced to lively jigs and reels! Irish dancing is energetic, graceful, precise, and fun. For dancers who've had some experience with Irish dance—learn new 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 and teaches non-competitive step dancing classes for children and for adults. For more information, visit RebeccaMcGowan.wordpress.com*

CODE: **PR28** 8 Thursdays, October 5 - November 30 (no class 11/23) 2:40 - 3:40 pm \$109

## **NEW** Elementary Drawing with Young Rembrandts • GRADES K - 5

*Young Rembrandts*

Expand your art appreciation and drawing skills with a Young Rembrandts drawing class. Learn about the fascinating world of color, pattern and design as we explore color usage, composition, still life, and stylization. Our lessons are always new and in keeping with the seasons—no two sessions are ever the same. Once each month we'll incorporate art history into our work in an inviting and engaging way. You'll love our upbeat and positive classroom environment and our step-by-step instruction.

CODE: **PR79** 8 Fridays, September 29 - December 1 (no class 11/10 and 11/24) 2:40 - 3:40 pm \$155

**STRATTON****NEW Spanish, French, Portuguese, Mandarin** • GRADES K - 5*RoLa Languages Instructors*

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to study foreign languages starting as early as kindergarten. Using a progressive style of language learning that promotes fluency through repetition, RoLa's expert instructors will incorporate both traditional methods of teaching languages, as well as modern immersive styles—both flexible in nature. Skills are reinforced through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for all levels, making this an excellent introduction for beginners and great opportunity for returning students to expand their proficiency. A second 12-week term will be offered in February. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of sample lessons.

---

CODE: **ST103** French 12 Mondays, October 2 - January 8 (no class 10/9 and 12/25) 2:40 - 3:40 pm \$240

---

CODE: **ST101** Mandarin 12 Tuesdays, October 3 - December 19 1:10 - 2:10 pm \$240

---

CODE: **ST100** Spanish 12 Wednesdays, October 4 - January 3 (no class 11/22) 2:40 - 3:40 pm \$240

---

CODE: **ST86** Portuguese 12 Thursdays, October 5 - January 4 (no class 11/23 and 12/27) 2:40 - 3:40 pm \$240

---

**Wicked Cool Science** • GRADES 1 - 2*Wicked Cool for Kids*

Science Mysteries will be the theme of the first half of this course. Who dunnit? How did you do that? Solve awesome science puzzles by becoming a super sleuth. Identify mystery powders and unknown concoctions using chemical tests. Dig deep to decode geological clues to see how the earth has changed over time. Solve the amazing mystery of the color changing liquid and disappearing water using the power of science. For the second half of the course, Kids Cool Chemistry is the theme. Be a cool chemist as we use primary colors to create a rainbow of slime, make amazing magnetized putty, and use the power of pH to find the best formula to polish dirty pennies. Concoct secret sticky formulas to make a superior paste and grow shimmering crystals. Not to be confused with the boring kind of chemistry!

---

CODE: **ST81** 10 Mondays, September 25 - December 4 (no class 10/9) 2:40 - 3:40 pm \$239

---

**NEW Yoga for Kids** • GRADES K - 2*Janine Duffy*

Come on a yoga adventure as we use our imaginations to take us to faraway lands. Through guided poses we will express what we encounter (a lion, a bear, a scarecrow! A storm, a shark, a big boat!). We will also practice more physically challenging postures that build strength and balance, and we will end each class with rest and meditation. We will have a blast exploring our new moves while building strong body and breath awareness, cooperative skills, and self-confidence. Namaste, kids! **Note: Please wear comfortable clothing; no jeans. Yoga mats will be provided.** A certified yoga instructor, *Janine Duffy teaches adults, prenatal and children's yoga throughout greater Boston.*

---

CODE: **ST10** 9 Tuesdays, October 3 - November 28 1:10 - 2:10 pm \$119

---

**Parkour** • GRADES 3 - 5*Parkour Generation Boston*

Parkour is one of the fastest growing sports in the world, largely due to the popularity of viral videos and action film stunt sequences. Parkour practitioners, known as traceurs, learn to look at the world through the lens of "parkour vision," turning any environment into a playground for movement and physical challenge. Classes are designed to accommodate a wide range of fitness and ability levels and are all taught by ADAPT-certified instructors. This is an outdoor class so please dress for the weather and bring a water bottle. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of Parkour classes.

---

CODE: **ST054** 8 Thursdays, September 28 - November 16 2:40 - 3:40 pm \$129

---

**Acrylic Painting** • GRADES 3 - 5*Anastasia Semash*

Explore color and form as we paint from still life, photos and our imagination. We will have fun experimenting with various acrylic techniques: wet-on-wet, dry brush, combination of paints, and other mediums such as oil pastels, ink, and pencils. We will also learn about color theory, perspective, and values when painting landscapes, still life, plants, and animals. The instructor will bring new objects each week to use as inspiration. Tuition includes a \$15 materials fee. *Anastasia is a local artist and teacher with more than ten years of experience working with kids, teens and adults. Please note the 75-minute class length.*

---

CODE: **ST62** 8 Thursdays, October 5 - November 30 (no class 11/23) 2:40 - 3:55 pm \$120

---

**Nathan's Ninjas** • GRADES K - 5*Nathan Porter*

This dynamic and popular 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. *Nathan Porter is a certified black belt and runs Rising Storm Karate, voted Best of Burlington 2015. Visit [risingstormkarate.com](http://risingstormkarate.com). Note: Students coming from A Place to Grow should register for the 3:45 PM session.*

---

CODE: **ST29.1** 8 Fridays, September 29 - December 1 (no class 11/10 and 11/24) 2:40 - 3:40 pm \$135

---

CODE: **ST29.2** 8 Fridays, September 29 - December 1 (no class 11/10 and 11/24) 3:45 - 4:45 pm \$135

---

**THOMPSON****NEW** Spanish, French, Portuguese, Mandarin • GRADES K - 5*RoLa Languages Instructors*

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to study foreign languages starting as early as kindergarten. Using a progressive style of language learning that promotes fluency through repetition, RoLa's expert instructors will incorporate both traditional methods of teaching languages, as well as modern immersive styles—both flexible in nature. Skills are reinforced through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for all levels, making this an excellent introduction for beginners and great opportunity for returning students to expand their proficiency. A second 12-week term will be offered in February. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of sample lessons.

---

CODE: **ST101** Mandarin 12 Mondays, October 2 - January 8 (no class 10/9 and 12/25) 2:40 - 3:40 pm \$240

---

CODE: **ST103** French 12 Wednesdays, October 4 - January 3 (no class 11/22) 2:40 - 3:40 pm \$240

---

CODE: **ST86** Portuguese 12 Thursdays, October 5 - January 4 (no class 11/23 and 12/27) 2:40 - 3:40 pm \$240

---

CODE: **ST100** Spanish 12 Fridays, October 6 - January 19 (no class 11/10, 11/24, 12/22, 12/29) 2:40 - 3:40 pm \$240

---

**Yarn Play** • GRADES K - 2 & 3 - 5*Hui Ru Liang @ Tanya Serrao*

Love crafting with yarn? So do we! This class will teach you a little about a bunch of yarny crafts including simple methods for knitting, crocheting, weaving, and making tassels and pompoms. Each week we will focus on a new skills and projects that are fun and easy to complete. If you have a project in mind, we would love to help you along! No experience necessary. Tuition includes a \$10 materials fee. *Hui Ru Liang and Tanya Serrao are Thompson teaching assistants with the desire to share their great love of fiber arts. Please note the 90-minute class length for the Wednesday class.*

---

CODE: **TH301** Grades K-2 7 Mondays, October 2 - November 27 (no class 10/9 and 10/30) 2:40 - 3:40 pm \$99

---

CODE: **TH30** Grades 3-5 8 Wednesdays, October 4 - November 29 (no class 11/22) 2:40 - 4:10 pm \$165

---

**Nathan's Ninjas** • GRADES K - 5*Nathan Porter*

This dynamic and popular 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. *Nathan Porter is a certified black belt and runs Rising Storm Karate, voted Best of Burlington 2015. Visit [risingstormkarate.com](http://risingstormkarate.com).*

---

CODE: **TH29** 9 Tuesdays, October 3 - November 28 1:10 - 2:10 pm \$149

---

“It was wonderful to see a bunch of kids who had never run any distance before build on their strength and stamina and then complete a 5K Road Race! The instructors were amazing—positive and very experienced.”

Boys in Motion

**Intro to STEM with LEGO®** • GRADES K - 2*Play-Well TEKnologies*

Ratchet up your imagination with tens of thousands of LEGO® parts. Build engineer-designed projects such as: Fire Trucks, Space Stations, Tugboats, and the Eiffel Tower. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course.

CODE: **TH59** 8 Wednesdays, October 4 - November 29  
(no class 11/22) 2:40 - 4:10 pm \$195

**Hands-On Electronics** • GRADES 3 - 5*Circuit Lab Staff*

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where we design our own interactive and programmable devices. We will use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment

with LEDs, resistors, motors, and programming. Each class day will give you the chance to design a hands-on project under the guidance of skilled Circuit Lab instructors. If you are a returning student, you will be presented with new projects and challenges. **Please note the 90-minute class length.**

CODE: **TH49** 8 Thursdays, October 5 - November 30 (no class 11/23) 2:40 - 4:10 pm \$195

**Coding with ScratchJr and Ozobots** • GRADES 2 - 3*Liz Ferola*

Come join in on some coding fun! In this course we use Scratch Jr., Ozobots and code.org to explore coding and programming on iPads in a basic sense. This is a really fun and engaging class, but we will be spending a lot of time on screens, so only sign up if that's for you. All levels of experience welcome. *Liz Ferola has taught grades 1-3 for several years. She currently teaches 3rd grade at Thompson.*

CODE: **TH78** 7 Fridays, October 6 - December 1 (no class 11/10 and 11/24) 2:40 - 3:40 pm \$120



**Arlington Community Ed's KidZone is Pleased to Announce:  
A New Partnership with RoLa Languages**

to offer Arlington elementary students the opportunity to study foreign languages in an immersive environment.

## Spanish, French, Portuguese, Mandarin

- For grades K-5 at all 7 elementary schools
- One hour immediately after school
- Learn through repetition, songs, games, storytelling
- Two 12-week terms
- All levels welcome

See KidZone listings for schedule by school. Students are welcome to take classes at any school.



## Youth (K-8) Registration Form

Child's Name \_\_\_\_\_ Child's Birthdate \_\_\_\_\_  
 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.**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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, by fax 781-316-3381, or by mail. Charge will appear on your credit card statement as "Arlington Community Education."  
**Sorry, no phone registrations accepted for youth programs.**

**Charge:**  VISA  MasterCard  Discover

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

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