



Arlington Community Education

SPRING '08 : March - May

General Information

Who We Are

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

How To Register

Five Easy Ways:

1. **Call 781-316-3568** and register by phone.
2. **Mail** the registration form on the inside back cover of this catalog to Arlington Community Education, Arlington High School, 869 Mass. Ave., Arlington 02476. Include a personal check or money order (payable to Arlington Community Education), or provide your MasterCard or VISA information.
3. **Fax** your registration to us at **781-316-3381**. Be sure to include your MasterCard or VISA information.
4. **Visit us** at Arlington High School. Call 781-316-3568 for current office hours.
5. **Email us** at staff@arlingtoncommunityed.org

Our Location & Hours

Arlington Community Education is at Arlington High School, 869 Mass. Ave., Arlington. Enter the Main Lobby of the High School (doors below white columns); we are the first office on the right. Call 781-316-3568 for our current office hours.

Who Can Enroll

Registration is open to anyone middle-school age and older, unless otherwise noted. Non-Arlington residents are welcome.

Enrollment begins when you receive this brochure. Enrollments will be accepted on the first night of class on a space-available basis. Register early since many classes fill and under-enrolled classes are cancelled.

Confirmation

We do not send confirmations. You are officially enrolled as soon as we receive your registration form and payment.

Refund Policy

1. Full refunds are given when a class is cancelled due to low enrollment OR the course requested is already full.
2. Students withdrawing from a class at least 5 full business days before the start date will receive a voucher minus a \$15 processing fee.
3. No other refunds will be granted.

Arlington Public School Employees

Receive a 25% tuition discount for most courses. Please ask for details upon registration.

Holidays & Closings

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

Parking

There is limited parking in the lighted parking area in front of the High School; ALL spaces are available to students. Parking is also available on Mass. Ave, directly in front of the school.

Room Assignments

Will be posted in the High School's Main Lobby on each night of class.

ARLINGTON COMMUNITY EDUCATION

Donna Eidson, Director

Tina Pizzotti, Administrative Assistant

staff@arlingtoncommunityed.org

www.arlingtoncommunityed.org

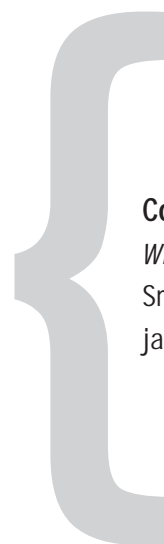
Arlington High School

869 Massachusetts Avenue

781-316-3568

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Cover photography:

White Dogwood © Janet Smith (see more at janetsmithphotos.com).

LOVE at FIRST BITE p12

There may be more than food chemistry at work in this cooking class for SINGLES. Tryst's Paul Turano will keep the fun flowing. Don't miss this.

ORGANIC LAWN CARE p10

Learn how to grow great, green turf without the use of all those toxic chemicals.

BLUE RIBBON BBQ p12

Just in time for warm weather, Blue Ribbon's chef teaches the essentials of REAL wood-smoked barbeque.

INSIDE BASEBALL p15

A rabid baseball fan, former sportswriter and coach shares the ins and outs of the all-American past time.

NETWORK for SUCCESS p6

Discover the difference between "schmoozing" and networking, and learn to build relationships that benefit everyone.

STRETCH & TONE p17

Soothe your tired muscles with yoga-inspired poses to open the body and bringer greater range of motion. Aaaaah!

ONLINE COURSES p21

"By far, the BEST online courses I've ever taken." Take high-quality online courses in the comfort of your home and on your schedule. We offer more than 100 courses in a wide variety of subjects — from computers to writing and lots in between. It's easy to register for these convenient, interactive courses. You choose the start date that works best for you!

Driver Ed & SAT Prep

DRIVER EDUCATION

Brookline Driving School

Prepare for your driving exam with classes located conveniently at Arlington High. Includes classroom instruction and on-road instruction. **For schedules and more information, visit arlingtoncommunityed.org.**

SKID SCHOOL

A half-day program designed to give student drivers coaching and practice in the critical skills necessary for accident avoidance and emergency situations. Students say it's a blast. Parents say it's the best gift they could give their teens. In just ONE behind-the-wheel session, students learn: how to make emergency lane changes; how to use anti-lock brakes; why tailgating is dangerous; how to maintain control in emergencies and panic stop techniques. This program is sponsored by the Massachusetts Automobile Dealers Charitable Foundation. Class meets at Hanscom Air Force Base, Bedford. **For more information, visit arlingtoncommunityed.org.**

DATE: Saturday, May 10

SAT PREP with LARRY GRECO & PAUL McKNIGHT

Prepare for your SAT exams by taking prep classes with two top instructors. These short courses brush up your skills and introduce test-taking strategies to improve your performance. Courses end in time for the May 3 & June 7 test dates. **Scholarships are available to AHS students; see your guidance counselor for information. Students MUST come to the first class with The Official SAT Study Guide. The guide is available at a discount at The Book Rack, Medford Street, Arlington.**

SAT Verbal REVIEW

Paul McKnight, Instructor

This course familiarizes students with the verbal section of the SAT. Learn how to approach the essay, sentence completion and critical reading sections. Become familiar with the types of questions and effective methods to handle them. Students also will practice test taking under time constraints and simulated conditions. **Students MUST come to the first class with The Official SAT Study Guide.** The guide is available at a discount at The Book Rack, Medford Street, Arlington. Limited to 20.

CODE: VSAT \$108

4 Tuesdays @ 7-9pm

April 1-April 29 (no class 4/22)

CODE: VAT2 \$108

4 Tuesdays @ 7-9pm

May 13-June 3

SAT Math REVIEW

Larry Greco, Instructor

This course focuses on the math portion of the SAT, covering concepts in arithmetic, algebra and geometry. The instructor will also present problem-solving shortcuts and test-taking strategies. Students will complete practice problems in all types of SAT question formats. **Students MUST come to the first class with The Official SAT Study Guide.** The guide is available at a discount at The Book Rack, Medford Street, Arlington. Limited to 20.

CODE: SSAT \$108

4 Thursdays @ 7-9pm (no class 4/24)

April 3-May 1

CODE: SSAT2 \$108

4 Thursdays @ 7-9pm

May 15-June 5

Revolution SAT PREP (a afternoon course)

All Revolution Prep programs are based on a core set of innovative features: highly-qualified and engaging instructors; a curriculum focused on life-long study skills and beating testing anxiety; and a customized experience for each student with personalized homework, individual attention and powerful online tools. Any student who does not improve by at least 200 points (250 points for Hybrid or private tutoring) can take the course again for free. Group courses meet for 11 sessions, including 5 full-length proctored practice exams. The Hybrid Program adds 4 hours of private tutoring. For your convenience, practice exams may be taken at home if scheduling conflicts arise. **For questions or to enroll, call 1-877-REV-PREP or go to revolutionprep.com**

\$499 for group course; \$799 for group course + 4 hours private tutoring (Hybrid Program)

5 Tuesdays & 6 Thursdays @ 3:30-6:30pm
(7:30pm on practice test dates)

March 18-May 1

Writing

Kaplan SAT PREP (evening course)

This is a 12-session course for students planning to take the SAT this spring. The course includes four full-length simulated practice tests; flashcards, skills books and online workshops; test-taking, essay-writing, grammar and math strategies; a personalized study plan based on each student's needs and the opportunity to make up missed sessions at another Kaplan location at no charge. Kaplan also offers private tutors. Mention Arlington Community Education and receive \$50 off. **Call 1-800-527-8378 for information and to register for this course.**

CODE: SABS8009 \$699
6 Tuesdays & 6 Thursdays @ 6pm-8:30
(10pm on test nights, 10pm on practice test dates)
March 13-April 29

On-line SAT Prep Program: \$349
Private SAT tutoring: Call for prices

MAXIMIZE your COLLEGE FINANCIAL AID

College Funding Advisors

Demystify the college financial aid process and learn how to identify financial aid dollars that are available to "high income" families and business owners. Discover strategies that will help you protect your assets by maximizing your eligibility for aid.

CODE: MFCC \$25
Tuesday, March 18 @ 7-9pm

Course ideas? We love them. Contact us with your ideas at (781) 316-3568 or staff@arlingtoncommunityed.org

Register today since many classes fill quickly.

CREATE your FIRST NOVEL

Adam Pachter, Instructor

"Useful, practical advice from an experienced professional." Many people have ideas that would make great novels but are too intimidated by the writing process to get started. This course helps bridge the gap between idea and execution, showing you how to bring your characters to life on the page. Classes will cover each stage of a novel's creation, from developing a good idea to creating coherent plots and memorable characters. You needn't have completed anything before class begins, but you'll be encouraged to conceive an idea for a novel and start writing as the class progresses. The instructor is author of the short novel "Ash" and editor of "Fenway Fiction", the first all-fiction anthology devoted to the Boston Red Sox, as well as its sequel "Further Fenway Fiction". He has been teaching novel writing since 2005.

CODE: CFN \$64
4 Thursdays @ 7-9pm
March 27 - April 17

BRUSH UP your BUSINESS WRITING

Bernadine Cassell, Instructor

Wish it were easier to write polished and professional e-mail messages, letters and memos? You'll get so much from just two nights with our skilled and experienced writing coach. Bring your questions and (if you choose) a one or two-page writing sample for confidential feedback and recommendations. *The instructor has designed and taught business writing classes and provided individual coaching for more than 10 years.*

CODE: WSW \$24
Thursdays March 27 & April 3 @ 6:30-8pm

PROOFREADING: CATCH those PESKY ERRORS

Bernadine Cassell, Instructor

New!

Don't let minor errors detract from your writing. Come learn how to proofread accurately and with confidence. We'll also look at common errors in spelling, punctuation and grammar that can mar the professional look of your writing. P.S. Can you find the errors in this description? Bring them to class and let's discuss.

CODE: PROOF \$36
3 Thursdays @ 7:30-9pm
April 17-May 8 (no class 4/24)

Languages

ESL LEVEL 1

Jill McCarthy & Tim Lordan, Instructors

This course is for adults who speak little or no English. We work on conversation skills to help with everyday activities. We also cover vocabulary, grammar, pronunciation and the basics of reading and writing. Limited to 15.

CODE: BESL \$59
10 Tuesdays @ 6:30-8:30pm
March 11-May 20 (no class 4/22)

ESL LEVEL 2

Joan Vuorenmaa, Instructor

This course is for students who have some basic speaking, reading and grammar skills in English. We work on improving grammar and increasing speaking and listening skills, and developing vocabulary.

CODE: ESL2 \$59
10 Thursdays @ 7-9pm
March 13- May 22 (no class 4/24)

ESL LEVEL 3

Barbara Rothstein, Instructor

This class is for students who have good English skills and who want to work on their pronunciation, writing and grammar. We use a variety of reading materials as the basis of our activities, including newspapers, short stories, and multicultural tales and legends. Limited to 6.

CODE: ESL3T \$59
10 Tuesdays @ 6:30-8:15pm
March 11-May 20 (no class 4/22)

CONVERSATIONAL SPANISH

Daniela Gnerre

The ability to both speak and understand Spanish opens up a world of opportunities. In this introduction to the Spanish language for students with little or no previous experience, the emphasis will be on conversation and having fun! Materials fee of \$15 is payable to instructor at the first class.

CODE: SPAN \$109
10 Thursdays @ 7:30-9pm
March 13-May 22 (no class 4/24)

BEGINNING FRENCH

Madeleine Buehler, Instructor

This is an introduction to the French language. You'll cover basic vocabulary, grammar and pronunciation and develop fundamental skills for conversation, reading and writing. Previous knowledge is not necessary. Materials fee of \$5 is payable to instructor at the first class. *The instructor is a native of France and has extensive experience teaching adults.*

CODE: FRE1 \$88
8 Tuesdays @ 6:45-8:15pm
March 25-May 20 (no class 4/22)

CONVERSATIONAL FRENCH

Madeleine Buehler, Instructor

New!

This spirited class will emphasize development of conversational abilities. We will review pronunciation and grammar and work on verb conjugation as needed during our conversations. We will talk about France, the French people, current trends and other topics of interest to the group. Prerequisite: basic knowledge of French language and willingness to leave inhibitions at home. Materials fee of \$5 is payable to instructor at the first class.

CODE: FRE2 \$109
8 Thursdays @ 6:45-8:45 pm
March 27-May 22 (no class 4/24)

ITALIAN for TRAVELERS

Irena Stanic Rasin, Instructor

Are you planning a trip to Italy, or dreaming of one? In this fun course you will learn conversational basics that will make your stay in Italy even more pleasant. So book that ticket and prepare to learn about greeting, sightseeing, ordering food and shopping -Italian style! Materials fee of \$8 is payable to the instructor at the first class. *The instructor is an experienced language teacher who holds an MA in Italian.*

CODE: ITAL \$109
10 Tuesdays @ 7:30-9pm
March 11- May 20 (no class 4/22)

ITALIAN I

Irena Stanic Rasin, Instructor

New!

Buongiorno! Ready to learn Italian in a fun and interesting way? Through conversation about everyday life situations, games and music, we will learn basic vocabulary, pronunciation and grammar and gain insight into the Italian culture and way of life. This is the first in a series of courses intended to give you a solid knowledge of the language of music and love. Materials fee of \$8 is payable to the instructor at the first class.

CODE: 2ITAL \$109
10 Thursdays @ 7:30-9pm
March 13 - May 22 (No class 4/24)

Personal Development

DATING 2008:

Spring into a new relationship

Annabella Gualdoni, Instructor

New!

The greatest dating myth is that "you'll meet someone when you're not looking." As with much in life, it helps to have a plan. In this non-intimidating course, you'll receive a comprehensive list of options for meeting people and learn the pros and cons of each. In the first session, you'll construct a blueprint for your dating strategy and outline a personal profile. In the second session, fine-tune your long-term plan and receive practical dating advice. We'll also discuss how to manage your dating life and set relationship goals, including how to look for an appropriate long-term match. *After leaving no opportunity to meet Mr. Right untapped, the instructor is now happily married, teaches marriage preparation courses with her husband and provides personal coaching on dating and relationships.*

CODE: DATE \$24

Tuesdays, March 25 & April 1 @ 7:30-9pm

POSITIVE PSYCHOLOGY: How to get unstuck and get on with your life

Gerry Fisher, Instructor

New!

"Positive Psychology" is one of the most exciting developments in psychology today, yet some of its practices can seem far removed from modern life. If we don't want to meditate daily or keep gratitude journals, can Positive Psychology still be of use to us? Join us to explore the latest thinking on the subject and learn five do-able steps to get unstuck and able to build a more joy-filled life. *The instructor is a licensed counselor whose private practice focuses on helping people attain their goals and develop a deeply satisfying life.*

CODE: PPG \$36

3 Thursdays @ 7-8:30pm

April 10 & 17 and May 1

e NEW RETIREMENT

Kit Harrington Hayes, Instructor

This single-session class will provide an overview of what's changing about life in retirement. Thanks to modern medicine, people are living 20, even 30 years post career. Are people even retiring? How are they spending their time? Join us to explore options and new possibilities for creating meaningful lives in the later years. *The instructor has been counseling and coaching adults in transition for 25 years. She holds a Master's in Career Development and Counseling from BU and is the author of "Managing Career Transitions."*

CODE: TNR \$18

Tuesday, March 25 @ 7-9pm

REINVENT your RETIREMENT

Kit Harrington Hayes, Instructor

Think retirement is about sitting in a rocker watching the world go by? Think again. Baby boomers are redefining what retirement looks like. Some are working past traditional retirement age, but working differently. Others are taking courses, immersing themselves in volunteer activities, unleashing their creative talents, learning new skills or committing to an exercise routine or spiritual practice. The possibilities for productive, interesting lives are infinite. Don't let retirement just "happen." Come join us as we learn to shape the next exciting phase of our lives.

CODE: RIR \$48

3 Thursdays @ 7-9pm

April 3-17

ASSERTIVE COMMUNICATION

Gail Birger, Instructor

New!

Do you find it difficult in your professional or personal life to say what's on your mind and how you feel? Under stress, do you fumble for the right words, speak too bluntly or avoid speaking at all? The purpose of this course is to teach you how to get in touch with your assertive voice. You will develop better understanding of the process of interpersonal communication and learn to distinguish between assertive, nonassertive and aggressive behavior. Through exercises, discussions and practice, you'll become more aware of your communication strengths, areas for improvement and how to monitor and modify the way you communicate with others. *The instructor is a career management consultant with Birger & Associates, and has more than a decade of experience in career search and transitions, performance and workforce politics. She holds an MBA from Simmons.*

CODE: AC \$64

4 Thursdays @ 6:30-8:30pm

May 1-22

ACHIEVE EMOTIONAL FREEDOM

Stephen Joseph/Caitlin Williams, Instructors

Discover a new method to help relieve emotional and psychological distress. This easy-to-learn technique is based on the belief that a disruption in one's energy system is the root cause of negative emotion and psychological blocks. It has been effective in the treatment of phobias, anxiety, depression, PTSD, bad habits, low self-esteem and more. This introductory class explains how the system works. *The instructors are psychotherapists with training in Thought Field Therapy and Emotional Freedom Techniques.*

CODE: AEF \$18

Tuesday, May 6 @ 7-9pm

Personal Finance & Business

NETWORK for SUCCESS

Gail Birger, Instructor

New!

Successful networking is important to advancing your career. But many of us fear we "bother" people with our calls or emails. Others may not know where to start. Come to this hands-on class to learn etiquette and tips for successful networking. Discover the difference between networking and "schmoozing," and learn how to build relationships that benefit your career as well as those of your network contacts. Through exercises, discussions and practice you'll learn simple techniques to make networking a natural -- even enjoyable -- part of your life.

CODE: NS \$32

Thursdays, April 3 & 10 @ 6:30-8:30pm

FIRST-TIME HOMEBUYING TIPS

Patty Burns, Instructor

Are you tired of renting but not sure if you are ready to take the next step toward owning a home? This course will walk you through the homebuying process, from mortgage pre-approval to the closing. Topics include how to get started, credit basics, budgeting to see what you can afford, types of loans and how to determine what loan is right for you. This is one of the largest financial decisions you will make and this course will educate you on what to expect so that you will feel confident going through the process. *The instructor is a mortgage specialist.*

CODE: FTHB \$24

Tuesdays April 1 & 8 @ 7:30-9pm

INTRO to eBay

Maria Martin, Instructor

New!

This one-night workshop is geared toward the eBay novice. Learn how to become a member and then find out how simple and fun it is to search, bid and buy with confidence. Along the way, discover helpful links and learn how to be a savvy internet bargain hunter. *The instructor works in the software industry as a supervisor and trainer and has successfully bought and sold on eBay since 2001.*

CODE: IEB \$24

Tuesday, May 6 @ 7-9pm

The Arts & Music

GET to KNOW your DIGITAL CAMERA

Tim Wilson, Instructor

New!

Does it feel like your camera hates you? This one-night session with our great new photo instructor will help you master those often mysterious camera dials and buttons. Learn which controls you can ignore without fear, and why turning your flash off can be useful. Bring your digital camera (and its user guide). The two-part course "You and Your Camera" goes into greater depth. *The instructor's photographs have been exhibited throughout Massachusetts. Helping beginning and intermediate photographers make better images is one of his keen interests.*

CODE: HFO \$24

Tuesday, April 8 @ 7-9 pm

INTRO to DIGITAL PHOTOGRAPHY

Tim Wilson, Instructor

New!

This two-session course with our fabulous NEW photo instructor will help you understand and feel comfortable using your digital camera so you can get the pictures you want. Those professional-looking images you see are not out of reach! You will learn point of view composition, and how to use light to your advantage. Turn your mistakes into learning tools under the watchful eye of our skilled and patient instructor.

CODE: INDP \$36

Thursdays, April 10 & 17 @ 7-9pm

INTRO to DIGITAL PHOTOGRAPHY II

Tim Wilson, Instructor

New!

These two sessions will help you use your digital camera as a tool to reach your picture goals. We will also cover the basics of photo editing on a computer so you can improve your images as desired. We will also cover basic presentation and matting of your photographs.

CODE: 2INDP \$36

Thursdays, May 1 and 8 @ 7-9pm

THREE for PHOTOGRAPHY

Tim Wilson, Instructor

Take all 3 Digital Photography courses and SAVE!

CODE: 3PHOTO \$86

HAND DRUMMING

The DrumConnection

Begin your journey with the drum and explore this powerful and healing activity in an exciting, hands-on course. You'll learn the language of the drum and explore the rhythms of West Africa, Cuba and Brazil. No prior musical training is necessary. Please bring a hand drum to class. (While all types of hand drums are welcome, students who use congas, ashikos and djembes get the most from this class.) No drum? No problem. A limited number of ashiko drums are available to rent. Call the DrumConnection prior to the first class at 781-316-8068 to make rental arrangements.

CODE: HDB \$96
8 Thursdays @ 7-8:30pm
March 13-May 8 (no class 4/24)

IMPROV COMEDY WORKSHOP

Bob Gautreau, Instructor

Do you enjoy Whose Line is it Anyway? Here's your chance to try improv and have fun doing it! This class will enhance the creative mind and increase performance, communication and cooperation skills through simple agreement exercises with an emphasis on comedy. You'll learn contrasts and comparisons; and contact, conflicts and conclusions through various games and exercises. You'll also learn how to create as you're speaking and stay connected to a focus. We will perform mostly two- or three-person scenarios as well as some large group scenes. Suitable for teens and adults. *The instructor has been performing stand-up and improv comedy since 1978 and has been seen on HBO and "An Evening at the Improv."*

CODE: ICW \$128
8 Tuesdays @ 7-9pm
March 25-May 20 (no class 4/22)

BEGINNING GUITAR II

Mal Barsamian, Instructor

New!

This course is for those who play at or just beyond beginner level. Under the direction of a skilled, patient instructor, You will move beyond playing simple tunes and be ready to take your skills to the next level. Please bring a guitar with nylon strings, a folder for handouts and a collapsible music stand. Limited to 6. *The instructor is a Community Education favorite. He has studied at the New England Conservatory of Music and holds bachelor's and master's degrees in Guitar Performance.*

CODE: GTAR \$79
8 Tuesdays @ 6:30-7:30pm
March 25-May 20 (no class 4/22)

INTRO to CLASSICAL GUITAR

Mal Barsamian, Instructor

New!

Trying to describe the difference in tone between folk and classical guitar is like trying to describe... well, you know it when you hear it. Suffice to say the instrument itself contributes substantially to the difference. The proper instrument is one with nylon strings. Also, the strings are spaced to allow finger picking; in classical guitar, you use neither pick nor plectrum. Work with Mal to learn one of his favorite styles of playing. Bring a guitar with nylon strings, a folder for handouts and a collapsible music stand. PREREQUISITE: Ability to read music. Limited to 6.

CODE: GTAR2 \$79
8 Tuesdays @ 7:45-8:45pm
March 25-May 20 (no class 4/22)



NO CONFIRMATIONS are sent.

You are contacted **ONLY** if a class is filled or canceled.



Be the first to receive new brochures.

Subscribe to our email announcement list at arlingtoncommunityed.org/subscribe

Handcraft

BEADED JEWELRY

Dally De Jesus-Sbai, Instructor

Making beaded jewelry is easy, fun and affordable. After learning a few basic techniques, let your imagination help you craft great pieces to keep or give as gifts. Over four weeks, you will make at least two sets of earrings, a bracelet and a necklace. In no time, you'll have a stunning collection of jewelry designed by you! Materials are supplied; fee of \$20 is payable to instructor at the first class. Limited to 8.

CODE: BEJE \$48
4 Tuesdays @ 7-8:30pm
March 11-April 1

BEADED JEWELRY II

Dally De Jesus-Sbai, Instructor

Once you've learned jewelry making, this course can build your skills with new techniques, including wire wrapping earrings and working with materials such as side-holed beads. Sterling silver, Swarovski crystals and fresh water pearls will be used to create your masterpieces. Materials are supplied; fee of \$35 is payable to instructor at first class. Limited to 8.

CODE: 2BEJE \$48
4 Tuesdays @ 7-8:30pm
April 8-May 6 (no class 4/22)

CROCHETED WIRE & BEAD NECKLACE

Sue Ferguson, Instructor

Learn how to crochet with wire even if you've never crocheted in your life. Using craft wire, a variety of beads and a crochet hook, in just one night you'll create a multi-strand beaded wire necklace that makes a stunning accessory or very special gift. Absolutely no experience necessary. Materials fee of \$15 is payable to instructor at the class. Limited to 8.

CODE: CWBN \$20
Thursday April 3 @ 6:30-9pm

FLOATING NECKLACE

Sue Ferguson, Instructor

Create a floating necklace on either a single or triple strand. Using silver-colored jewelry craft wire, beads and sterling silver crimp tubes, you'll learn how to create one of these popular necklaces. We will use Swarovski crystals and pearls in these necklaces. No experience necessary. Materials fee of \$15 is payable to instructor at the class. Limited to 8.

CODE: FLN \$20
Thursday May 1 @ 6:30-8:30pm

SEW your own CLOTHES

Catherine Solano, Instructor

For both beginning and experienced sewers. It's never too late to learn this valuable skill from a talented -- and patient -- instructor. You will make clothing that expresses your personal style by choosing exactly the fabric and patterns you want. We will cover the use of the sewing machine, sewing techniques, selection of patterns, fittings, using zippers and more. You choose your project; options include skirts, slacks, blouses, dresses, robes and jackets. Please bring a notebook, pencil, tape measure and SEWING MACHINE to the first class. **This class is held in Room 110; enter at the back of the high school (Mill Street entrance, off Brigham's parking lot) for easier access to the classroom.**

CODE: SEW \$89
7 Tuesdays @ 7-9pm
March 18-May 6 (no class 4/22)

DESIGN your own SCARF

Joy Spadafora, Instructor

New!

This workshop will guide you through the process of designing and knitting your own one-of-a-kind scarf. Design choices such as colors, fibers, width, length, stitchery and finishing will be covered. Reversibility, textural effects, pattern repeats and intermediate stitches will also be discussed. Improve your knitting skills and gain confidence in your creativity. For the first class, please bring US size 8 straight needles and two skeins of soft worsted weight yarn suitable for a scarf. Knitting experience required. Limited to 8.

CODE: KNIT \$48
4 Tuesdays @ 7-9pm
March 18-April 8

All classes meet at
Arlington High unless
otherwise noted.

KNITTING WORKSHOP

Tracey Dramstad, Instructor

Knitters of all levels will find a welcoming, fun group and a most patient and knowledgeable instructor at this workshop. You may bring a project of your choice, or the instructor will offer several options. These may include a sweater for those with experience, and smaller projects including a hat or mittens for those who want the basics. After registering for this class, please contact the instructor for projects and supply lists at tdramstad@comcast.net. Limited to 8. *The instructor has been knitting since the age of seven. Her classes are known as much for the lively conversation as for the knitting.*

CODE: KW \$72
6 Thursdays @ 7-9pm
April 10-May 15 (no class 4/24)

PARENT & CHILD FUN with FLOWERS

Madeleine DiCicco, Instructor New!

Enjoy a fun and relaxing evening as the two of you use a combination of colorful dried and permanent florals, pods, berries and greenery to decorate a wreath. Together you'll create a beautiful keepsake and a wonderful memory. Bring two glue guns (low temperature for the child), plenty of glue sticks and scissors to class. Materials fee of \$32 (per pair) is payable to instructor at the class. *The instructor is known throughout the region for her expertise and exquisite designs.*

CODE: PCF \$25 per pair
Thursday, March 13 @ 6:30-8:30pm

JEWEL-TONED BLUE HYDRANGEA WREATH

Madeleine DiCicco, Instructor New!

This exceptionally beautiful wreath is sure to take your mind off the cold and lift your spirits. We'll use lovely shades of hydrangea, from calming blue and soft green to plum and burgundy. All will be nestled in a bed of greenery and tucked into a sturdy vine base. No experience necessary. Bring a glue gun, glue sticks and scissors to class. Materials fee of \$52 is payable to instructor at the class.

CODE: JTH \$20
Tuesday, March 17 @ 6:30-9pm

PARENT & CHILD SEA SHELL WREATH

Madeleine DiCicco, Instructor New!

Using a combination of flowers and shells of differing shapes and colors, we will decorate wreaths, baskets and more. You will leave with gifts to give and keep forever. Instructions will also be given on how to decorate candles, picture frames, clay pots and more. Bring two glue guns (low temperature for the child), plenty of glue sticks and scissors to class. Materials fee of \$48 (per pair) is payable to instructor at the class.

CODE: PCS \$25 per pair
Thursday, April 17 @ 6:30-8:30

Enrollment begins when you receive this brochure. Register early since many classes fill quickly.

Tuition payments generally are processed *after* your class begins.

View all online courses
at ed2go.com/arlington



Home & Garden

ORGANIC LAWN CARE

Bruce Wenning, Instructor

New!

Organic lawn care is gaining in popularity as we become more sensitive to the dangers conventional lawn care chemicals pose to our health and water quality. Come learn from a thoughtful expert how to grow great turf *and* reduce pests, without the use of toxic chemicals. *The instructor is a Land Stewardship Manager, for Land's Sake, Weston, MA. www.landsake.org.*

CODE: OLC \$32

Tuesdays, March 18 & 25 @ 7:30-9:30pm

SOIL PREP for SUPER GARDENS

Bruce Wenning, Instructor

New!

Why does your neighbor's garden seem to flourish? Ask them how they prep their soil for planting each growing season. Successful gardeners often believe that soil preparation is *the* most important work in the garden. In just one night, you will learn the basics for growing plants, including how nutrients work in soils, the differences between inorganic and organic soil nutrients and the importance of soil organisms for soil fertility.

CODE: SPS \$18

Tuesday, March 11, 7:30-9pm

GARDEN for a LIFETIME: Modified Gardening Techniques

Amy Wagenfeld, Instructor

New!

This hands-on demonstration/workshop provides you with ideas to modify gardening practices to reduce stress on your body. Topics will include ergonomically sound gardening techniques, practices and tools (both commercially available and simply made by adapting existing tools). We will also discuss raised bed gardening, container gardening and other adapted practices so you can get back to the joys of gardening!

CODE: MG \$32

Tuesdays April 29 & May 6 @ 7-9pm

CONTAINER HERB GARDENING

Amy Wagenfeld, Instructor

New!

How wonderful to have the scents of rosemary and lemon balm wafting through your garden. Come to this one-night hands-on workshop and learn to plan, plant and tend a container herb garden. You'll even get your hands dirty as you create a container garden to take home! A \$15 materials fee is payable to instructor at the class.

CODE: HCG \$22

Tuesday, May 13 @ 7-9pm

AVOID the 10 MOST COMMON DECORATING MISTAKES

Rebecca Wilson, Instructor

Come learn from a design pro who will help you save decorating time and money. She'll show you common mistakes people make when decorating their homes as well as quick and easy solutions. Before and after slides will illustrate. You are strongly encouraged to bring photos of problem areas in your home in order to brainstorm possible solutions. *The instructor is owner of RW Interiors. She has been featured in the "Boston Globe," "Boston Home & Garden" magazine and "New England Condominium" magazine.*

CODE: CDM \$22

Tuesday, May 6 @ 7:30-9pm

FENG SHUI: Create a Home with Heart & Harmony

Linda Varone, Instructor

Learn to make simple yet profound changes in your home and work environment that will improve how you feel in your space and help you accomplish your life goals. This course will teach the core concepts of Feng Shui, including Chi energy and the Ba-Gua. You will also learn how furniture arrangement and structures such as stairways and fireplaces impact the Chi in your space. Presentations are generously illustrated with slides and real-life examples. Go home with simple, practical solutions to your space dilemmas.

CODE: FS \$32

Thursdays March 13 & 20 @ 7:30-9:30pm

PROFITABLE YARD SALES

Jane Lawson, Instructor

New!

Jane Lawson, the Queen of Organization, will show you how to pull together a yard sale with as little fuss and muss as possible. You'll leave this workshop armed with step-by-step advice on how to throw the best yard sale ever, whether it's your first or fifteenth.

CODE: YARD \$22

Thursday, April 3 @ 6:30-8pm

SPEEDY HOUSECLEANING

Jane Lawson, Instructor

Cut your cleaning time in half! You can clean house faster and more efficiently if you know the tricks of the trade. A professional will share her secrets of speedy housecleaning, from the pre-cleaning plan of attack to the proper tools and timesaving techniques. Still hate cleaning? You will also learn everything you need to know about professional cleaning services, from rates and references to security and liability. If you want to minimize your time with the mop and broom, join us--you'll want to to go home and clean!!!

CODE: SHC \$29

Thursday, April 10 @ 6:30-9:30pm

PICK your PERFECT PUPPY (or Dog)

Chris Murphy, The Common Dog New!

Come to this one-night workshop with one of the area's most respected trainers who will help you select a puppy or dog based on breed and personality to ensure a good fit between you and your new four-legged friend. You'll discuss breed recommendations, locating a good breeder or rescue/shelter, setting up your house for your new arrival, and more.

CODE: PUPP \$18

Tuesday, March 18 @ 6-7:30pm

BASIC DOG TRAINING

The Common Dog Staff

Imagine what it would be like to walk the dog that usually walks you! This course will help you gain control of your canine friend. In addition to addressing problem behaviors such as pulling, excessive barking and biting, we will cover all basic obedience commands. Join the class and begin to reap the benefits of dog ownership. For all sessions, students are required to bring their dog on a six-foot training leash made of sturdy material. Other family members may attend free of charge. *The Common Dog is one of the area's leading dog training programs.*

CODE: CODO \$129

7 Tuesdays @ 7-8pm

March 18-May 6 (no class 4/22)

ADVANCED DOG TRAINING

The Common Dog Staff

Your dog does everything you ask on a leash, but the minute you unclick she forgets everything. Our advanced obedience program is the next step in getting your dog to obey off the leash. This seven-session course will reinforce your verbal control of your dog at a distance. The course is fast-paced and fun, and the focus is on controlling and commanding your dog with little leash use. Dog must have completed a basic program (here or elsewhere) before joining the advanced group. For the first session, please bring your dog on his training collar and 6-foot leash, as well as a 15-foot leash. Other family members may attend free of charge.

CODE: CODA \$129

7 Tuesdays @ 8:15-9:15pm

March 18-May 6 (no class April 22)

{ Classes are open to everyone
middle-school age and older.

{ Questions?
Call (781) 316-3568

{ **How cool is this?** AHS students receive 25% off any CommEd course they take for elective credit. See your guidance counselor for more info.

Food & Drink

LOVE at FIRST BITE

Paul Turano @ Tryst Restaurant

New!

Why bother with internet or speed-dating when you can try "cook-dating"? Come prepare a great meal with a like-minded group. Cook-dating began in Paris where singles meet over the stove -- a recipe for, if not love, then at least the next dinner party. For this evening, watch Tryst's entertaining Chef Paul Turano prepare a delicious meal and share his professional cooking tips. By the time you sit down to dinner, there may be more than food chemistry at work. We hate to brag, but the last time we hosted "Love at First Bite," one couple met and married within the year -- cross our hearts, it's true! We will do our best to provide a gender-balanced group. Fee includes full-course meal and all wines. New relationships are free of charge! **Meet at Tryst, 689 Mass. Ave., Arlington.**

CODE: LAFB \$58 (40-plus)

Monday, April 7 @ 6:30-8:30pm

CODE: 2LAFB \$58 (21-plus)

Monday, April 14 @ 6:30-8:30pm

SPANISH WINE TASTING

Giles Fine Wine

New!

In the past two decades Spain's revolution in winemaking has launched her into the international marketplace, producing wines that have become known for their great quality and value. Join us at **Giles Fine Wine at 137 Massachusetts Ave., Arlington** for this evening seminar where you will learn about Spain's indigenous varietals and growing regions. We'll also taste a number of wines by some of Spain's leading producers and importers. Limited to 20. Tuition includes all wines and nibbles.

CODE: SWT \$25

Wednesday April 23 @ 7-9pm

INTRO to PASTA MAKING at DAVE'S PASTA

David Jick, Chef

New!

Join owner/pasta chef Dave Jick of the famous Dave's Pasta for a hands-on evening of pasta-making. You will learn basic dough technique, pasta cutting and quick ravioli making. Enjoy the fruits of your labor paired with a selection from the store's wines. **Meet at Dave's Fresh Pasta, 81 Holland Street, Somerville;** davesfreshpasta.com; 617/623-0867. On-street parking. Limited to 12; tuition covers all costs.

CODE: DPM \$45

Wednesday, March 12 @ 6:30-9pm

BLUE RIBBON BBQ

David Schaefer, Instructor

New!

Just in time for cooking out of doors, Blue Ribbon Chef Schaefer will teach the essentials of *real* wood-smoked barbecue. You'll learn the right cuts of meat, sauces and seasonings to prepare world-class barbecue. You'll sample Memphis Style Spareribs, Carolina-style Pulled Pork and Texas Beef Brisket. Learn about the preparation of these meats and some of the many Southern side dishes that complement them. This class will be mostly lecture and demo with some hands-on experience. (Real barbecue takes many hours to prepare, so you won't be doing the entire process.) Handouts will be provided; tuition covers all costs for this satisfying, authentic feast. *The instructor is a chef at Blue Ribbon BBQ in Arlington. He is five-time state champion on the professional BBQ Competition Circuit.*

CODE: BBQ \$32

Thursday, April 3 @ 6:30-9pm

DINE OUT & STAY SLIM:

e Healthy Weigh

Linda Russo & Donna Fitzgerald

New!

How do you take advantage of our town's plethora of great restaurants and still keep an eye on your waistline? This one-night workshop is chock full of tips on how to dine out while losing weight; make healthy choices from any menu; choose food portions that make sense; and how to plan your eating even before you arrive at the restaurant. We'll use menus from local restaurants to show you how to put these tips into practice. Don't miss this value-packed evening. *The instructors are owners of The Healthy Weigh, an Arlington-based weight control program. Visit healthyweighonline.com.*

CODE: DOS \$18

Thursday, April 10 @ 7-9pm

HOW to SHOP HEALTHY

Hillary Wright, MEd, RD, LDN, Instructor

New!

You know enough to stay away from trans fats, but what about palm oil? How much fiber in cereal is enough? And how do you know if what you're buying is really whole grain? The "rules" keep changing about what we should eat to be healthy, and why. Spend an evening with a top nutritionist who will help sort myth from fact, share the latest research and provide you with ideas for easy, healthy meals. **Class will meet in the Produce Section of Stop & Shop on Mass. Ave., Arlington** so we can put our new skills into action. **When registering please provide your email address so that background material can be sent to you before the class.**

The instructor is a registered and licensed dietitian with over 18 years experience counseling clients on diet and lifestyle change. She is also Director of Nutrition Counseling for the Domar Center for Mind/Body Health (www.domarcenter.com) in Waltham specializing in nutrition and women's health,

CODE: HSH \$18

Tuesday, April 1 @ 7-8:30pm

EASY ENTERTAINING

Ashley Rooney & Peter Lund, Instructors

New!

Wouldn't it be fantastic to have a few tried and true dinner menus you feel confident serving to guests? Learn to prepare three wonderful meals that will leave you time and energy to enjoy your own party! During each 90-minute demonstration-style class, you will learn to prepare dishes to serve to your guests without last-minute worry. You'll also get tips to make cooking and hosting easier. Eat lightly beforehand. Tuition includes all food costs.

COUNTY GALWAY DINNER at SEVEN

You don't have to be Emeril or Martha to throw a dinner party to remember. You just have to learn how to simplify the process. You'll see how to relax, plan ahead and host a soul-satisfying, gourmet-pleasing dinner party. We will include a quick and easy appetizer, delightful scallop entrée, salad and a famous Irish pie to wow your guests. Tuition includes all food costs.

CODE: CGD \$35

Tuesday, March 11 @ 6:30-8pm

DAZZLE DINNER

If you need to win someone over, try this menu. We'll begin with made-to-please cheese straws, followed by roast pork loin with a sensational "Deep Purple" sauce, then finish with a melt-in-your-mouth filo dessert. Tuition includes all food costs.

CODE: DD \$35

Tuesday, April 8 @ 6:30-8pm

MOROCCAN DINNER for SIX

Tangier, Casablanca, Marrakesh... just the names of these cities conjure up images of exotic open air bazaars, shimmering desert light and mystical mountains. This meal is different...delicious...special. You will learn to make an eggplant appetizer, a braised beef dish redolent with spices and fruits, vegetable couscous paella and a scrumptious coffee dessert. Tuition includes all food costs.

CODE: MDS \$35

Tuesday, April 29 @ 6:30-8pm

ALL 3 CLASSES

Ashley Rooney & Peter Lund, Instructors

Enjoy all three *Easy Entertaining* classes and SAVE!

CODE: ALL3 \$95

STRESS-FREE SPRING SHOWERS

Patricia Freeman, Instructor

New!

Let a professional party planner show you how to prepare and customize a bridal or baby shower both you and your guests will enjoy. From invitations and decorations to food and drink, you will find ideas to make your party a success within both your budget and time limits. Discover how to provide tablecloths and flowers at practically no cost, review recipes for sandwiches and desserts including a very special cheesecake recipe, and learn to make the perfect tea sandwich. Sandwiches and tea samples will be served.

CODE: SSH \$24

Thursday, March 27 @ 7-9pm

NORTH END MARKETS & HISTORIC SITES

Rose Lee, Guide

Join us for an exciting tour of the city's North End, home to Boston's Italian roots and traditions. You'll want to return time and again to enjoy this charming community's markets, food and wine. We'll meet at one of North End's best cafes, featuring cappuccino and exquisite tortes and pastries. This tour lets you eat your way through the North End and sample the culinary ambiance of old world Italy. Meet the local merchants. Visit one of the finest Italian delicatessens (salumeria) in Boston and learn about quality olive oil, balsamic vinegar, meats and imported cheeses. Enjoy shopping for authentic Italian pastries (biscotti, amaretti, cassata, sfogliatelle, cannoli). Roam through a renowned third generation wine purveyor's large selection. Admire imported bowls, platters and gift baskets. Enjoy a private wine tasting in a shop specializing in small Italian vineyards. We'll also visit North End historic sites. Wear comfortable shoes and bring your shopping bags. *The instructor, a native of Taiwan, has been cooking, catering and teaching since the early 70's. She is author of The Healthful Gourmet Chinese Cookbook and former owner and chef of a Chinese restaurant. Rose also hosts an award winning cooking series for WCAT-TV.*

CODE: NEM \$45

Saturday, April 12 @ 10am-2:30pm

Classes are open to everyone
middle-school age and older.

Questions?

Call (781) 316-3568

CHINATOWN & DIM SUM

Rose Lee, Guide

Master Chef and cookbook author Rose Lee is your guide to the delights of Chinese culture and food. Come explore the nooks and crannies of old and new Chinatown. We'll visit Asian markets, Chinese bakeries, favorite restaurants, art and gift shops, jade jewelers and fabric and costume shops. Learn about traditional medicine as we visit an herbal shop. Discover exotic fruits, vegetables, wholesale factories and sources for Asian cookware. Rose will share her extensive knowledge of quality imported ingredients for all types of Asian cooking. We will have a sumptuous lunch at the area's best dim sum tea house and learn about the exotic delicacies on the passing carts. (Lunch costs an additional \$6 to \$8 per person, payable at the restaurant.) This is a walking tour, so wear comfortable shoes, and bring your shopping bags; stock up on the best seasonings and ingredients! Chinatown is near South Station and Chinatown T stops. Public transportation is recommended but parking is available in the area.

CODE: CED \$45
Sunday, April 6 @ 10am-2:30pm

BROOKLINE'S JEWISH CUISINE

Julia Goldberg, Tour Leader

Join a three-hour walking tour of Brookline's historic Harvard Street and Coolidge Corner to visit many of the town's treasured Jewish food stores and restaurants, including Zaftig's, Kupel's Bagels, Rami's and the Butcherie. Along the way, taste samples gefilte fish, matzo ball soup, latkes, falafel, kosher wines and more. Learn about kosher rules, holidays and the influence of different cultures on Jewish cuisine. Get discount coupons to many Brookline businesses for your return trips to this ethnically rich neighborhood. **Meet at 9:55 am at the intersection of Harvard and Commonwealth Avenues, Allston** (near Pizzeria UNO at 1230 Commonwealth Ave.). More details on www.brooklinetour.com. Tour is held rain or shine.

CODE: BFT \$35
Sunday March 2, 2008, 10am-1pm



NO CONFIRMATIONS are sent.
You are contacted **ONLY** if a class is filled or canceled.

Recreation

PLAY GOLF (Beginner & Intermediate)

Joe McKinney, Golf Pro

"I didn't want the lessons to end. We had a ball." This course introduces beginners to the basics of golf and enhances the skills of intermediate players. You'll cover grip, posture, ball position, alignment, basic swing mechanics, pitching, chipping, putting and club selection. You'll play outdoors during the beautiful New England spring at Stone Meadow in Lexington. Day and evening courses are offered. All equipment is provided. **Meet at Stone Meadow Golf and Driving Range, Lexington.** From Route 2, take exit 54B to Waltham Street. Go 200 yards; entrance is on the left. *The instructor is a former New England PGA "Teacher of the Year" and resident golf pro at Stone Meadow.*

CODE: GOLB \$162
5 Mondays @ 6-7pm (Beginner & Intermediate)
April 28-May 26

CODE: GOLI \$162
5 Mondays @ 7-8pm (Beginner & Intermediate)
April 28-May 26

CODE: GOLD \$162
5 Fridays @ 9-10am (Beginner & Intermediate)
April 25-May 23

SPRING WALK through MIDDLESEX FELS

Roland "Boot" Boutwell, Leader

New!

Have you ever been to the Middlesex Fells, a 2,060 acre natural treasure right in our backyard (It includes areas of Medford, Winchester, Stoneham, Melrose and Malden.). A diverse landscape of rocky hills, meadows, wetlands, oak and hickory forests, quiet ponds, vernal pools, panoramic vistas and intriguing geological features distinguish this woodland. This walk will focus on the Long Pond Nature Trail. The Lady Slippers should be in bloom and there are plenty in this area. We will also seek out other plants that are in flower. This slow-paced nature walk will focus on plant identification as well as fun and interesting natural history. We will discuss how the plants have been used throughout history and how insects and other animals interact with them. Meet at the Long Pond Parking lot on South Border Road in Winchester. *The instructor is a freelance itinerant naturalist who teaches classes and leads nature walks for the New England Wild Flower Society and MassAudubon, among others. Anyone who takes his nature walks quickly becomes a "Boot" groupie!*

CODE: SWM \$20
Wednesday, May 14 @ 10am-noon

MAPLE SUGARING at HABITAT

Roland "Boot" Boutwell, Instructor

New!

Take a trip through the history and lore of maple sugaring, a New England tradition. We'll taste sap straight from the tree and make our own syrup. We'll also sample maple tea and birch syrup! Dress for the weather as much of the program will be outdoors. Limited to 14 teens/adults. **Meet at Habitat's Visitor Center, 10 Juniper Rd., Belmont.** *The instructor is a teacher and naturalist at Habitat. (See more bio below.)*

CODE: MSH \$20
Sunday, March 9 @ 10am-noon

BOATING SKILLS & SEAMANSHIP

Lawrence Nobrega, Instructor

This introductory course for both sail and power boaters includes instruction on safety afloat, legal responsibilities, aids to navigation, rules of the road, charts and compass, engines, knots, weather, boat handling, radio procedures and navigation electronics. Course completion certificate is helpful in reducing boat insurance fees. Families are welcome, and enrollment is limited. This class is accepted in all states that require a safe boating class for certification and/or licensing. A \$45 materials fee is payable to instructor at the first class; children who attend with an adult may not need to purchase materials. *The instructor is a member of US Coast Guard Auxiliary Flotilla 502.*

CODE: BSS \$65
12 Tuesdays @ 7:30-9:30pm
March 4-May 27 (no class 4/22)

INSIDE BASEBALL

Gerald Small, Instructor

New!

If you've ever played baseball or watched a game -- even if you can barely hum "Take Me Out to the Ballgame" -- you'll enjoy this fun-and fact-filled class that takes you inside the thinking of baseball managers and general managers. We'll discuss everything from infield fly balls to Terry Francona's barber. Find out why the Red Sox did not win the World Series for all those years, then won two in four years! After this class, you'll be swapping stories with the big boys. *The instructor has been a sportswriter for several local papers, a baseball coach and lifelong avid fan.*

CODE: BASE \$24
Tuesdays April 1 and 8 @7:30-9pm

MYSTERY WALKS

Mary Hurley, Instructor

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. We usually walk four to five miles, rain or shine. **(When registering for this course, please provide email address and then contact the instructor at maryhurley@comcast.net for meeting locations.)** *The instructor has been the spirited leader of hikes, bike trips and other marvelous adventures for more than 20 years.*

CODE: MHW \$80
8 Thursdays @ 9:30-noon
Begins April 10
CODE: 2MHW \$80
8 Wednesdays @ 9:30-noon
Begins April 9

An INSIDER'S GUIDE to PARIS

Sally Peabody, Instructor

Paris is one of the world's most delightful cities. The City of Love is a trove of art, history, vibrant neighborhoods, great food, markets, architecture and design -- and much more. This workshop, taught by someone who knows the city inside and out, provides a spirited look at how to discover the best of Paris and make the most of your next visit to this incomparable city. Materials fee of \$5 is payable to instructor at the class. *The instructor is a consummate traveler and president of Your Great Days in Paris.*

CODE: PARI \$18
Tuesday, March 18 @ 6:30-9pm

BIKE REPAIR & MAINTENANCE

Quad Cycles Instructors

In just two hours you can learn the essentials of bike repair and maintenance from the owner of Arlington's great bike shop. This hands-on class will teach you how to fix a flat, adjust gears, "true" your wheels and more. Bring your bike to class. **Meet at Quad Cycles, 1346 Mass. Ave., Arlington 781-648-5222.** Limited to 8.

CODE: BBMA1 \$22
Monday, April 7 @ 7-9pm

Register today since
many classes fill quickly.

Call us at (781) 316-3568
to register by phone.

SPRING BIKING

Mary Hurley, Instructor

Come feel like you're 12 again! Local back roads and trails take on a new look as you round each curve on a bike. We'll ride about 20 solid miles on each outing, and helmets are required. We explore many on and off-road trails during our rides through Lexington, Concord, Bedford and other towns, and rendezvous by car at a different starting point each week. A recently tuned hybrid bike is best for these intermediate rides. **When registering for this course, please provide email address and then contact the instructor at maryhurley@comcast.net for meeting locations.**

CODE: TOURM \$80

8 Mondays @ 9:30am-Noon

Begins April 7

CODE: TOURT \$80

8 Tuesdays @ 9:30am-Noon

Begins April 8

CODE: TOURF \$80

8 Fridays @ 9:30am-Noon

Begins April 11

How cool is this? AHS students receive 25% off any CommEd course they take for elective credit. See your guidance counselor for more info.

Classes are open to everyone **middle-school age and older.**

Dance & Fitness

BALLROOM DANCE

Bob & Anita Beloff, Instructors

"Bob and Anita are the best! Give us more." For those who love it, ballroom dancing sure beats a dull session on the treadmill. And researchers have found that just 21 minutes of dancing three times a week can match the cardiovascular benefits of working out on a treadmill or bicycle. The emphasis on posture develops the arms, legs and torso and is also an instant stress reliever. In this class you'll learn popular social dances such as the waltz, foxtrot, rumba, cha-cha and swing. You'll explore footwork, timing and dance etiquette while having fun, fun, fun! No partner or experience necessary. This class always fills, so please register early.

CODE: BADA \$180 per couple

10 Thursdays @ 8-9:30pm

March 13- May 22 (no class 4/24)

BALLROOM DANCE II

Bob & Anita Beloff, Instructors

A continuation of Ballroom I with a focus on technique, this class will cover the popular social dances and continue to develop footwork, timing and lead and follow. This course is suitable for someone who has completed Ballroom I or has previous experience.

CODE: BAD2 \$180 per couple

10 Thursdays @ 6:30-8pm

March 13- May 22 (no class 4/24)

INTRO to FOLK DANCE

Folk Arts Center of New England

A great way to get exercise and have fun too. Learn basic, village-style dances and explore different cultures and rhythms in this relaxed class. No partners needed. Please wear comfortable shoes. Students will be admitted FREE to the regular Friday Folk Dance Session that starts immediately after class and runs until 11 pm. **Meet at Park Avenue Congregational Church, Park Avenue at Paul Revere Rd., Arlington Heights.**

CODE: IFD \$48

6 Fridays @ 7-8pm

March 14- April 18

FUNDAMENTALS of ARGENTINE TANGO

Simonida Cekovic-Vuletic, Instructor

Experience the wistfulness, sensuality and sophistication of Argentine Tango! The focus of the class is on proper walking technique, posture, and figures that will enable you to enjoy tango dance events (milongas). The class is for beginners as well as dancers who wish to review and perfect the basics. You don't have to bring a partner. **When you register, please specify whether you are participating as a leader or as a follower.** Expect to change partners during each class. Bring leather-soled shoes. *The instructor, from Buenos Aires, is a professional tango dancer and teacher with extensive experience and training.*

CODE: ARTA1 \$85
5 Tuesdays @ 7-8:30pm
April 15-May 20 (no class 4/22)

STRETCH & TONE

Carla Fontaine, Instructor

New!

Do you sit for hours on end? Feel tight and inflexible? This class will soothe you with yoga-inspired poses that help to open the body and bring greater range of movement. In addition, we will do floor and chair exercises that build strength and tone muscles. This class is designed for people who do not exercise regularly and those who do cardiovascular exercises and want to stretch their tight muscles. No exercise experience necessary. **Meet at the Arlington Senior Center, 27 Maple St., directly behind Town Hall.**

CODE: STR \$64
8 Wednesdays @ 7:45-9pm
March 12-May 14 (no class 3/26 & 4/23)

AEROBIC DANCE WORKOUT

Jacqui Griffin, Instructor

Join this fun 60-minute fitness class that features a gentle warm-up, jazz dancing to great music, muscle toning and a calm cool-down stretch sequence. The class is easy to follow and tailored to all fitness levels. Burn calories and build strength the fun way. **Monday classes at Church of Our Savior, 21 Marathon Street - enter through garden door, Thursday classes at Arlington High School.** *The instructor is an experienced and energetic fitness professional.*

CODE: JDM \$80
10 Mondays @ 6:30-7:30pm @ Church of Our Savior
March 10- May 19 (no class 4/21)

CODE: JDW \$80
10 Thursdays @ 6:45-7:45pm @ Arlington High
March 13- May 22 (no class 4/24)

CODE: JDB \$144
Both Mondays & Thursdays

JUMP START your SPRING SHAPE UP!

Teri Muller, Instructor

New!

Have you done the same workout in the gym or at home for more than six months? Frustrated with slow or no results in spite of your hard work? This five-week series will introduce you to innovative and challenging workouts that achieve visible results. We'll meet at the new state-of-the-art Arlington High fitness room and use a variety of equipment, including hand weights, tubing, fit balls and machines. You'll leave these sessions with a plan, a program and renewed energy for your workouts! Previous exercise experience is a must. Bring a notebook and pen, towel, water bottle and wear clothing you can sweat in! **This class meets in the Arlington High Fitness Room; park at the back of the High School (Mill Street entrance, off Brigham's parking lot) for easier access. Pass through the courtyard, first set of doors on right and straight ahead under stairway. Room is on left.** *One of our most popular instructors, Teri has more than 25 years of experience as a fitness teacher and trainer.*

CODE: TBT \$54
5 Mondays @ 6:15-7:15pm
March 24- April 28 (no class 4/21)

TAI CHI: Meditation in motion

William Barron, Instructor

"This class is a highlight of my week." Tai Chi is the 4,000-year-old Chinese art of meditation in motion. It is a discipline in which you actually improve as you get older! It promotes mental, emotional and physical health by combining movement, meditation, relaxation and self-defense. The ultimate "no-impact" aerobics, Tai Chi increases blood flow throughout the body, keeps joints flexible and maintains the elasticity of muscles. In this course you will learn a Hwa-Yu sampler form which can be done daily to improve your health and attitude. Continuing students will be introduced to the short form, "pushing hands" and the fighting aspect of the form. Please wear loose, comfortable clothing.

CODE: TAI \$79
10 Tuesdays @ 6:30-7:30pm
March 11-May 20 (no class 4/22)

TAI CHI: e next level

William Barron, Instructor

New!

For those who have completed a Tai Chi introduction and are ready to move onto the next level.

CODE: 2TAI \$79
10 Tuesdays @ 7:45-8:45pm
March 11-May 20 (no class 4/22)

HATHA YOGA for FLEXIBILITY & CALM

Carla Fontaine & Ruth Lieberherr, Instructors

"My must-have exercise and relaxation time." This class offers a solid foundation in hatha yoga with a balanced selection of poses and an introduction to breathing practices, mind-focusing techniques and sitting quietly. The practice cultivates strength, flexibility, balance and stamina with a minimum of soreness or fatigue. Students often leave class feeling calmer, lighter, more focused and alert. No previous experience necessary. Wear comfortable clothing. Bring a yoga mat, towel or blanket and yoga strap, cloth belt or tie. Limited to 20. **Meet at the Arlington Senior Center, 27 Maple St., directly behind Town Hall.**

CODE: YOG2 with Carla \$99
10 Tuesdays @ 5:30-7pm
March 11-May 20 (no class 4/22)

CODE: YOGA with Ruth \$99
10 Thursdays @ 7:10-8:45pm
March 13- May 22 (no class 4/24)

BELLY DANCE

Sardis, Instructor

Have lots of fun and get a great work-out as you tone your body with this creative and joyous dance form. This is a fun, friendly class; all ages and body types are welcome. Wear comfortable clothing such as leggings or a flowing skirt with a tank top. Students will have the chance to use some of the many props of the dance, such as veils, canes and finger cymbals. *The instructor has taught belly dance throughout New England area for more than 18 years and directs and choreographs a professional dance troupe.*

CODE: BGBD \$64
8 Thursdays @ 7-8:30pm
March 13-May 8 (no class 4/24)

TAP DANCE

Sharon White, Instructor

New!

"A really fun instructor." Have fun and get great exercise as you learn to tap dance right here in Arlington. You'll learn basic steps and how to meld rhythms and patterns into simple combinations you'll perform in class. And you'll have a blast doing it. This class is for those who wanted to learn tap or polish their technique. Wear comfortable clothing and leather-soled shoes or tap shoes. **This class is held at the Arlington Senior Center, 27 Maple St., directly behind Town Hall.** *The instructor is an experienced dancer, instructor and choreographer who loves to share tap dancing with others.*

CODE: ADT \$78
8 Tuesday @ 7:30-8:30pm
March 25-May 20 (no class 4/22)

TAKE CHARGE with JENNY

Jenny Briggs, Instructor

Personal trainer Jenny Briggs appreciates how hard it is to fit healthy eating and exercise into our hectic lives. She presents a series of one-night workshops designed to make a healthier lifestyle easier to attain and maintain. Take one or all three; the choice is yours.

JENNY'S FAMOUS LUNCHBOX

Jenny Briggs, Instructor

Every day, Jenny packs her cooler with healthy meals and snacks for the day. She devotes only two hours per week to preparation, plus shopping time. Learn how to have healthy ready-to-grab foods on hand for the entire week. Learn the best foods to have available, and easy ways to get what you need in your diet. \$3 materials fee is payable to instructor at class.

CODE: JFL \$16
Tuesday, April 1 @ 6:30-7:30pm

FULL BODY STRENGTH TRAINING in 15 MINUTES

Jenny Briggs, Instructor

Just 15 to 20 minutes of strength training three times per week builds and maintains muscle mass, prevents injuries, decreases body fat and keeps the metabolism cranking. Learn a full-body strength training workout that can be done in just 15 minutes and requires no equipment. Bring a mat or blanket to class. \$3 materials fee is payable to instructor at class.

CODE: FBST \$20
Tuesday, April 8 @ 6:30-8pm

POSTURE 101

Jenny Briggs, Instructor

Sore back? Often tired? See what role your posture may play in all this. Learn the basics of proper alignment and how to practice good postural habits each day at work and at home. Learn how to identify muscle weaknesses and imbalances, as well as simple exercises to do anywhere to "realign" yourself. Learn how core strength, previous injuries, years of good and bad habits and genetic differences play a part in what your body has learned. Bring a mat or blanket to class. \$3 materials fee is payable to instructor at class.

CODE: POST \$20
Tuesday, April 15 @ 6:30-8pm

JENNY'S TRIO

Take all three of Jenny's workshops and SAVE!!!!

CODE: JTRIO \$51

Health & Wellness

EYE FITNESS WORKSHOP

Trudy Eyges, Instructor

Thousands of people have improved and preserved their eyesight thanks to the easy exercises and techniques designed by Dr. W.H. Bates. Others have graduated to weaker glasses or none at all. Come learn this drugless, non-invasive, self-administered method to improve and preserve your vision. Bring a notebook and pen to class. *The instructor teaches workshops throughout greater Boston, and has been on the faculties of Cornell University, Wellesley College and M.I.T.*

CODE: BATE \$32
Thursday, May 15 @ 7-9pm

CPR for FAMILY & FRIENDS

Terry Grimm & Liz LaRocque, Instructors

Learn how to perform the basic skills of CPR for adults, children and infants and how to help an adult, child or infant who is choking. This training is for those who want to learn CPR but do not need a course completion card.

CODE: FCPR \$35
Tuesday April 15 @ 6:30-9pm

HEARTSAVER CPR

Terry Grimm & Liz LaRocque, Instructors

An excellent course for anyone who wants to know how to help in an emergency, it also fulfills job requirements for day care workers, lifeguards, personal trainers, security guards, etc. Learn one-rescuer CPR for adults, children and infants, as well as choking response and general emergency response. This course does not include training in automatic external defibrillators. A course completion card valid for two years will be issued to those who successfully complete the skills evaluation. Fee includes book, card and key ring mask. *The instructors are RNs and certified CPR instructors.*

CODE: CPR \$55
Thursday, May 8 @ 6:30-9:30pm

A NATURAL APPROACH to DIGESTIVE DISORDERS

Julie Barsam-Cummings, Instructor

Digestive disorders affect more than 61 million Americans each year. This dynamic workshop will teach you about natural means of improving and even correcting these problems. Both upper GI disorders (gas, abdominal bloating and stomach pain) and lower GI conditions will be covered. Traditional Chinese medicine can help return your stressed organ systems to their naturally balanced state. *The instructor is a licensed acupuncturist, board-certified herbalist and clinical researcher for acupuncture studies in conjunction with Harvard Medical School. Visit her web site, plumblossomclinic.com.*

CODE: NAD \$18
Tuesday, March 25 @ 7-8:30pm

NATURAL SOLUTIONS to ALLERGIES

Julie Barsam-Cummings, Instructor

New!

Indoor. Outdoor. Seasonal. Environmental. No matter what the cause, if you suffer from relentless allergic reactions, this class will show you natural health solutions that may help. Traditional Chinese medicine helps to improve the body's immune system and blood circulation, relieving allergic symptoms without drugs and side effects. This dynamic workshop will discuss how stress affects the immune system and natural treatment solutions. We will review Oriental medical protocols, including herbal supplements and diet and lifestyle recommendations.

CODE: NSA \$18
Tuesday March 18 @ 7-8:30pm

DINE OUT & STAY SLIM:

e Healthy Weigh

Linda Russo & Donna Fitzgerald

New!

How do you take advantage of our town's plethora of great restaurants and still keep an eye on your waistline? This one-night workshop is chock full of tips on how to dine out while losing weight; make healthy choices from any menu; choose food portions that make sense; and how to plan your eating even before you arrive at the restaurant. We'll use menus from local restaurants to show you how to put these tips into practice. Don't miss this value-packed evening. *The instructors are owners of The Healthy Weigh, an Arlington-based weight control program. Visit healthyweighonline.com.*

CODE: DOS \$18
Thursday, April 10 @ 7-9pm

HOW to SHOP HEALTHY

Hillary Wright, MEd, RD, LDN, Instructor

New!

You know enough to stay away from trans fats, but what about palm oil? How much fiber in cereal is enough? And how do you know if what you're buying is really whole grain? The "rules" keep changing about what we should eat to be healthy, and why. Spend an evening with a top nutritionist who will help sort myth from fact, share the latest research and provide you with ideas for easy, healthy meals. **Class will meet in the Produce Section of Stop & Shop on Mass. Ave., Arlington** so we can put our new skills into action. **When registering please provide your email address so that background material can be sent to you before the class.**

The instructor is a registered and licensed dietitian with over 18 years experience counseling clients on diet and lifestyle change. She is also Director of Nutrition Counseling for the Domar Center for Mind/Body Health (www.domarcenter.com) in Waltham specializing in nutrition and women's health,

CODE: HSH \$18

Tuesday, April 1 @ 7-8:30pm

ANGEL HEALING TECHNIQUES

Elizabeth Foley, Instructor

Angel Therapy can help increase your energy and sense of well being by building your confidence in receiving and benefiting from divine guidance from your Angels. This workshop focuses on how to connect and work with your Angels, and clear your channels of divine communication through visualization and meditation. *The instructor is owner of Divine Healing in Nashua, NH.*

CODE: CAR \$24

Thursday, March 27 @ 6:30-9pm

SPOON BENDING

Elizabeth J. Foley, Instructor

New!

You are a magnificent and powerful being with the ability to bend metal using your energy. This class is fun and somewhat silly. But spoon bending will help validate the enormous inner power that is yours now. Please bring a heavy spoon and an open mind (Wimpy aluminum spoons are unacceptable!).

CODE: DYIP \$24

Thursday, April 10 @ 7-9pm

Call us at (781) 316-3568
to register by phone.

Online Courses

"I've tried many online courses, and these are the best. I learn so much."

Arlington Community Education offers more than 100 online courses through Ed2Go, a well-regarded online education company. You can complete these courses at any computer and at any time that's convenient for you. All courses run for six weeks and have several different start dates. You choose the start date that works for you. Courses include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. All courses are 12 lessons for \$84.

Get Started:

1. Go to Ed2Go.com/Arlington to view all available courses. Select the course(s) of your choice, go through the orientation for each class you take, then call Arlington Community Education @ 781-316-3568 to pay for the course.
2. On the start date of your course, return to Ed2Go.com/Arlington and click the "Classroom" link. To begin your studies, simply log in with the name and password you selected during orientation.

We offer many more online courses than are listed here. To view all offerings with a complete description, go to Ed2Go.com/Arlington.

GENEALOGY BASICS

Learn where to look, who to contact, and how to use research tools to begin a fascinating exploration of your roots.

PRICE: \$84

INTRO to the INTERNET

Master the ins and outs of the Internet with this informative behind-the-scenes look.

PRICE: \$84

INTRO to KEYBOARDING

Use the computer program FasType for Windows to learn the basic skills of touch-typing.

PRICE: \$84

COMPUTER SKILLS for the WORKPLACE

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

PRICE: \$84

INTRO to POWERPOINT

Build impressive slide presentations filled with text, images, video, audio, charts and more.

PRICE: \$84

GRANTWRITING A to Z

Learn how to raise needed funds and discover where to look for potential funders who are a good match for your organization. You'll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant writing campaign, and how to put together a complete proposal package.

PRICE: \$84

PHOTOSHOP ELEMENTS for the DIGITAL PHOTOGRAPHER

Learn to edit digital images to correct or repair deficiencies and bring out the best in all your photographs.

PRICE: \$84

INTRODUCTION to MICROSOFT EXCEL 2003

Discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. Learn the secrets to writing powerful formulas, using functions, sorting and analyzing data, creating custom charts and 3-dimensional workbooks, building links, and creating macros and custom toolbar buttons.

PRICE: \$84

INTRO to MICROSOFT ACCESS 2003

Store, locate, print and automate access to all types of information.

PRICE: \$84

THE CRAFT OF MAGAZINE WRITING

If you're a determined new writer, this class will provide you with the skills you need to get published.

PRICE: \$84

INTRODUCTION to MICROSOFT WORD 2003

Learn how to create and modify documents in Word 2003, the most popular word-processing program available.

PRICE: \$84

WRITERIFFIC 2: Advanced Creativity Training for Writers

Increase writing confidence, beat writer's block, manage time, negotiate writing fees, write, and live your dreams. Learn advanced methods to create and write like the professionals--whether you're launching a career or seeking personal satisfaction through writing. In Writeriffic 2, you'll learn to be the writer you've always wanted to be and have fun, too.

PRICE: \$84

CREATING WEB PAGES

Learn how to design, create, and post your very own site on the Internet's World Wide Web. Discover low-cost marketing techniques and search engine strategies.

PRICE: \$84

CREATING WEB PAGES 2

Are you using HTML to its fullest potential? In this hands-on course, you'll become adept at using color, tables, and frames to give your Web pages a more polished and professional look, improved navigation, and more organization. Beef up the fun factor with audio and interactive forms, and learn how to save hours of time and effort with Cascading Style Sheets.

PRICE: \$84

ACCOUNTING FUNDAMENTALS

You'll learn the basics of double-entry bookkeeping, while also learning how to analyze and record financial transactions, as well as prepare various financial reports at the end of the fiscal period. Accounts receivable, accounts payable, payroll procedures, sales taxes and various common banking activities will be discussed.

PRICE: \$84

INTRO to QUICKBOOKS 2005

Learn how QuickBooks makes it easy to set up a chart of accounts, reconcile your checking account, create and print invoices, receipts, and statements, track your payables, inventory, and receivables, create estimates and generate reports.

PRICE: \$84

MEDICAL TERMINOLOGY: a WORD ASSOCIATION APPROACH

This course teaches medical terminology according to each body system. Multiple graphics, study tips and unusual facts make for a most enjoyable course.

PRICE: \$84

INTRODUCTION to MICROSOFT OUTLOOK 2003

Harness the communication and information management power of Microsoft Office Outlook 2003.

PRICE: \$84

GRAMMAR REFRESHER

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

PRICE: \$84

EFFECTIVE BUSINESS WRITING

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

PRICE: \$84

INTRO to PC TROUBLESHOOTING

Introduction to PC Troubleshooting takes you step by step through the typical hardware and operating system problems encountered by technicians, and teaches you troubleshooting techniques to decipher any problem and gives you the skills you need to solve them. Finally, this course will show you how to maintain and optimize a Windows PC.

PRICE: \$84

INTRO to DREAMWEAVER

Harness the broad range of capabilities Dreamweaver brings to Web development.

PRICE: \$84

SECRETS of BETTER PHOTOGRAPHY

Designed for both film and digital photographers, this course is filled with tips and tricks to help you take better photographs. You'll learn the basic technology that all cameras use, and you'll receive helpful information on exposure and lighting. You'll also explore strategies for taking excellent photos in all types of situations, including portraiture, landscape, macro and still life.

PRICE: \$84

SPEED SPANISH

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

PRICE: \$84



Course ideas? We love them. Contact us with your ideas at (781) 316-3568 or staff@arlingtoncommunityed.org



Tuition payments generally are processed *after* your class begins.



Call us at (781) 316-3568 to register by phone.

Important Information

How To Register

Five Easy Ways:

1. **Call 781-316-3568** to register by phone.
2. **Mail** the registration form on the inside back cover of this catalog to Arlington Community Education, Arlington High School, 869 Mass. Ave., Arlington 02476. Include a personal check or money order (payable to Arlington Community Education), or provide your MasterCard or VISA information.
3. **Fax** your registration to us at **781-316-3381**. Be sure to include your MasterCard or VISA information.
4. **Visit us** at Arlington High School. Call 781-316-3568 for current office hours.
5. **Email** us at **staff@arlingtoncommunityed.org**. Include your name as it appears on your credit card, address, phone, course code, VISA or MasterCard account number and expiration date.

Location & Hours

Arlington Community Education is located at Arlington High School, 869 Mass. Ave., Arlington. Enter the Main Lobby of the High School (below white columns); we are the first office on the right. Call 781-316-3568 for current office hours.

Who Can Enroll

Registration for evening classes is open to anyone middle-school age and older, unless otherwise noted. Non-Arlington residents are welcome.

Enrollment begins when you receive this brochure. Please register early since many classes fill and under-enrolled classes are cancelled.

Confirmation

We do not send confirmations. You are officially enrolled as soon as we receive your registration form and payment.

Enrollment begins when you receive this brochure. Register early since many classes fill quickly.

How cool is this? AHS students receive 25% off any CommEd course they take for elective credit. See your guidance counselor for more info.

Refund Policy

1. Full refunds are given only when a class is cancelled OR when the course requested is already full.
2. Students withdrawing from a class at least 5 full business days before the start date will receive a voucher minus a \$15 processing fee.
3. No other refunds will be granted.

ARLINGTON COMMUNITY EDUCATION

Donna Eidson, Director
Tina Pizzotti, Administrative Assistant
staff@arlingtoncommunityed.org
www.arlingtoncommunityed.org
Arlington High School
869 Massachusetts Avenue
781-316-3568

Catalog by
CohortDesign.com

Registration Forms

{ Registration information can be found on the inside front cover }

PLEASE PRINT

First Name : _____ Last Name : _____

Address : _____

Town : _____ Zip : _____ E-mail: _____

Day Phone : () _____ Night Phone : () _____

Office Use Only

Course Code(s) : _____ Course Name(s) : _____ Fee : _____

Make checks payable to :
Arlington Community
Education

Total : _____ Check Number : _____

ARLINGTON COMMUNITY EDUCATION

Arlington High School
869 Massachusetts Avenue
Arlington, MA 02476
Tel. 781-316-3568
Fax. 781-316-3381

Please charge the following Visa
credit card: Mastercard

Total Amount: _____

Account Number : _____

Expiration Date : _____

Cardholder Name (print): _____

No confirmation sent; you are officially enrolled upon payment.
Credit card charges appear from Arlington Public Schools.

PLEASE PRINT

First Name : _____ Last Name : _____

Address : _____

Town : _____ Zip : _____ E-mail: _____

Day Phone : () _____ Night Phone : () _____

Office Use Only

Course Code(s) : _____ Course Name(s) : _____ Fee : _____

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Arlington Community
Education

Total : _____ Check Number : _____

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Fax. 781-316-3381

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credit card: Mastercard

Total Amount: _____

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Arlington Community Education

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T. 781-316-3568
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www.arlingtoncommunityed.org
staff@arlingtoncommunityed.org

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