



CLASSES FOR TEENS

All classes for teens meet at Ottoson Middle School unless otherwise indicated; room numbers will be emailed to students before start date of class.

Please use Youth Registration form (page 50) to register for Teen classes.

Babysitting Basics • Grades 6-9

Va Shon Wallace-Hiltbold, 4-H Youth @ Family Development

The excellent 4-H Babysitters' Program is designed to better prepare young people for babysitting and childcare by educating them to become capable, caring, responsible babysitters. Students will come to understand the responsibilities of babysitting and learn the skills needed to become good babysitters. You will develop confidence in handling situations you may encounter when babysitting. Upon completion of this course, you will receive a Babysitter's ID card and a certificate of completion. Please bring \$8 for the instructor to the first class to cover the cost of a member's guide. Note students must be *at least 12 years old*. 15 student maximum.

CODE: MS006 2 Tuesdays & 2 Thursdays, 5/5-5/14
2:45-4:45pm \$80

DSLR Photography: Get Out of 'Auto' Mode • Grades 6-8

Renee Cameron

Do you want to get out of "auto mode," take an intro photo course or learn the features of your DSLR camera to take more interesting photos? This course will introduce you to the mechanics of a digital SLR camera and photographic technique including aperture, shutter speeds, depth of field, white balance, exposure and the various types of digital files. Each student will work to achieve a greater understanding of their camera by learning what these terms mean, what they look like and how certain settings affect an image. In addition, we'll have interesting weekly assignments related to techniques discussed in class. Each student should have a DSLR camera and at least one lens (preferably 35 or 50 mm). Bring your camera (with fully charged batteries), memory card, camera manual and any connection cords to each class. Renee is a graduate of Boston University Center for Digital Imaging Arts, where she earned a professional Photography Certificate. She is currently a freelance photographer who focuses on portraiture, but also enjoys landscapes, events, photojournalism and storytelling.

CODE: MS002 4 Mondays, 3/16-4/6 2:45-4:15pm \$60

Middle School Running • Grades 6-8

Meaghan Bassett @ Mark Regan

Learn to run a 5K! Join a team of Arlington teachers who have years of running experience and learn to run in a fun, non-competitive atmosphere. During this six-week program, students will build confidence as well their physical and mental endurance. No experience necessary! We will wrap up the course by running a 5K event together in the spring.

CODE: MS001 Tuesday & Thursdays, 3/24-5/7 (no class on 4/16, 4/21 or 4/23) 2:45-4pm \$88

Mosaic Art for Teens • Grades 6-8

Mosaic Oasis, Betsy Rodman co-owner

Learn the ancient art of mosaics. This class will introduce teens to the process of creating mosaics—from the use of color and placement of tile to composition, as well as the technical aspects of grouting and completing the piece. Students will learn while doing, through demonstration and lots of hands-on time. You will make a beautiful mosaic art project, such as a 10"-round or square mirror, address plaque /house numbers or wall plaque of your choice. Tuition includes all materials.

CODE: MS003 4 Mondays, 3/16-4/6 2:45-4:15pm \$95

Vinyasa Yoga for Teens • Grades 6-8

Sarah Barkhuff

Power Vinyasa is a very athletic form of yoga. Perfect for teens, it is challenging and fun! We will begin each class with five minutes of focused breathing, go through an energetic yoga class, then end with a relaxing guided meditation. Bring a yoga mat. Sarah Barkhuff has been practicing yoga for many years and teaching for the last three years. She loves to work with teens.

CODE: MS00 5 Wednesdays, 3/18-4/15 2:45-3:45pm \$40

CADD for Kids: Computer Aided Drafting & Design & 3D Printing • Grades 4-12 @ Arlington High

Kambiz Vatan, Mathematics Teacher, AHS

This class is for students interested in using computers to digitally design and build their ideas while exploring the world of architectural and mechanical drafting and design. This class can go in different directions depending upon the choice of the student. In project-based curriculum, students work on hands-on, computer-oriented projects, generating final products sparked by their own interests. CADD is a great class for anyone, whether or not they have been exposed to digital design. Meet in Room 403 @ Arlington High, 869 Mass. Ave. Limited to 15 students

CODE: MS005 5 Wednesdays, 3/18-4/15 3-4:30 pm \$100