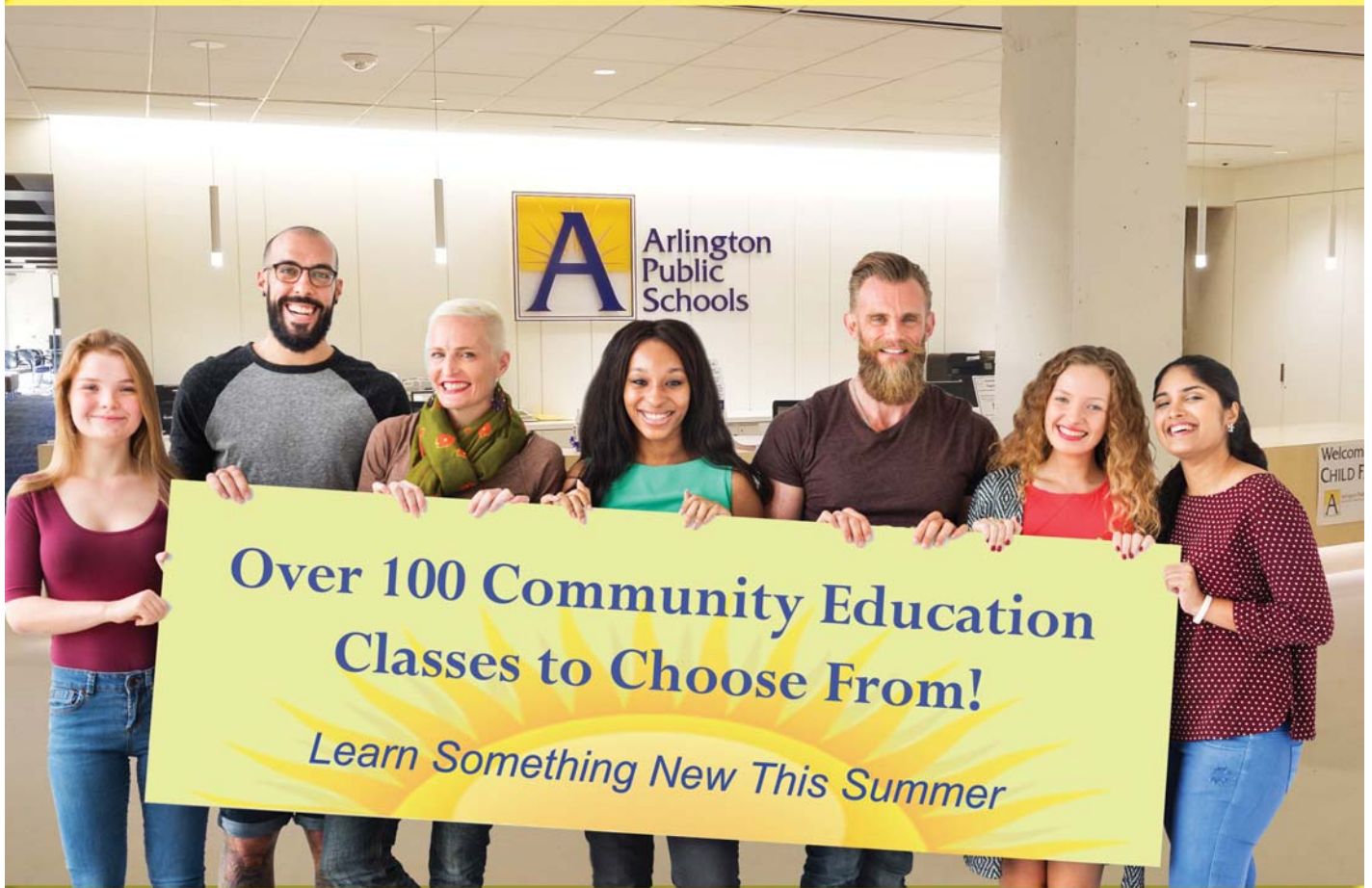


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# Arlington Community Learning

Summer 2018 Catalog

Register online at [www.apsva.us/acl](http://www.apsva.us/acl)



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Check us out online at [www.apsva.us/adulted](http://www.apsva.us/adulted) or call us at (703) 228-7200

## Message from the Superintendent

Dear Lifelong Learners,

The longer days of summer are right around the corner - when we get to enjoy more down time in the months of July and August. This might be a perfect time to consider one of the many enrichment classes we offer at various school facilities in our community. Summer classes are offered at Washington Lee High School, Kenmore Middle School, the Arlington Career Center and the newly renovated Syphax Education Center.

Since there are plenty of competing activities during the summer, we keep our classes short allowing time to fit in a class or two, even with a busy schedule. The course offerings found in this catalog can help you maintain the skills you have learned in prior classes but also provide the opportunity to explore something new. For additional information, please visit the Arlington Community Learning website at [www.apsva.us/acl](http://www.apsva.us/acl).

Have a great summer!

With appreciation,



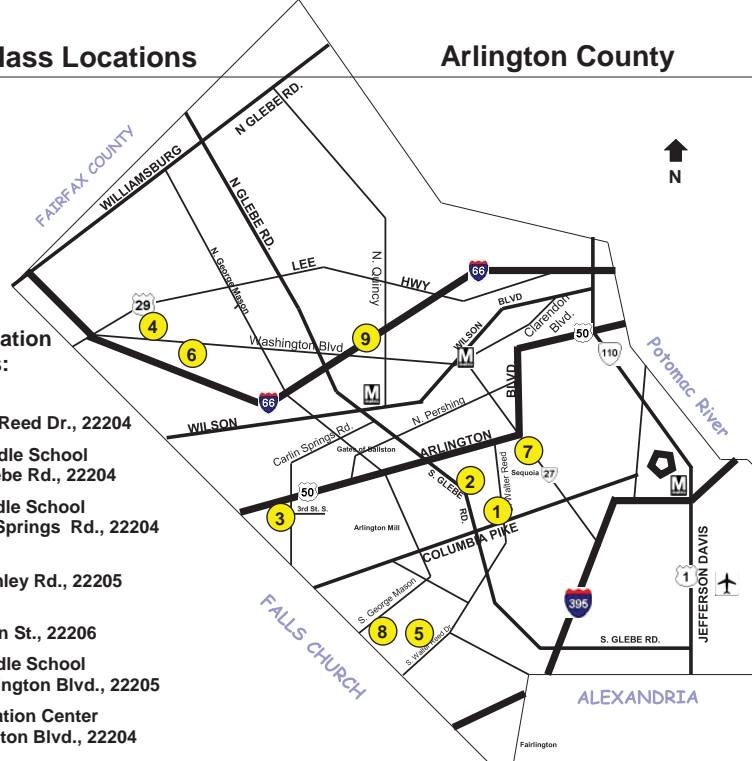
Patrick K. Murphy, Ed. D.  
Superintendent,  
Arlington Public Schools

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**Class Locations**
**Arlington County**



**Key to location codes:**

- 1 Career Center  
816 S. Walter Reed Dr., 22204
- 2 Jefferson Middle School  
125 S. Old Glebe Rd., 22204
- 3 Kenmore Middle School  
200 S. Carlin Springs Rd., 22204
- 4 Reed School  
1644 N. McKinley Rd., 22205
- 5 SEEC  
2701 S. Nelson St., 22206
- 6 Swanson Middle School  
5800 N. Washington Blvd., 22205
- 7 Syphax Education Center  
2110 Washington Blvd., 22204
- 8 Wakefield High School  
1325 S. Dinwiddie St., 22206
- 9 Washington-Lee High School  
1301 N. Stafford St., 22201

We value your feedback! Let us know how we are doing by emailing Raul Matos at [raul.matos@apsva.us](mailto:raul.matos@apsva.us)

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## Information Technology & Computer Classes

### Scam Alert!! - Protect Yourself Online

Learn how to protect yourself, your home and digital devices (such as cell phones, laptops, and tablets) from security threats including digital dangers online. Recent high-profile cyber-attacks have increased concerns about security and privacy. This course will share practical preventive measures to educate and empower you to not fall victim to Frauds and Scams Targeting Seniors, Identity Theft, Smartphone Security, and Privacy. Additionally, what to do if you become a victim of hacking or cyber-attacks will be covered.

Arl. Res. \$39 Arl. Sr. \$29 Non-Res. \$49  
BE203 Syphax 115 07/19 Thu 1p Allen 1 - 1.5 hr

### Cybersecurity Foundations

This course introduces the topic of cybersecurity by covering the frameworks and standards used to establish the baseline level of acceptable control to mitigate online threats. We'll look at how to calculate the cyber risk, how we can architect cyber security solutions, and the way in which we manage a cybersecurity incident. We will discuss how to work in a secure environment in your home or your company.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE359 Syphax 115 07/25 Wed 6:30p Allen 1 - 3 hr

### Using Email and Sending Attachments

This class will focus on best practices when sending and receiving emails. How to send attachments, like photos and documents to email and how to open attachments and save them to your computer. Label email as spam, create folders to archive email, email signature and more. You won't want to miss this class.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
BE210 Syphax 117 07/16 Mon 10a Matos 1 - 2 hr

### Craigslist - Two-Hour Crash Course

Craigslist is used for more than you might think. Join us for this 2 hour workshop where you will learn how to shop, sell, look for services, meet people with similar interests and even get rid of junk. Many services are free and some are paid. Register for class, and get the most out of your Craigslist.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
BE262 Syphax 115 08/14 Tue 7p Hamdad 1 - 2 hr

### Prezi - Powerful Presentations

Are you still only using PowerPoint for your presentations and slides? Let me introduce you to Prezi. Improve your presentations with new, fresh and engaging slides that are easy and fun to create. Your slides will come alive with seamless transitions and new backgrounds. This is a great skill to have and nice to add to a resume as well.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE266 Syphax 115 08/07 Tue 7p Hamdad 1 - 2.5 hr

### Interior Design using Google Sketchup

Learn how to use Google Sketchup (a free computer software), to design spaces in your own home. Bring pictures and measurements of the space you would like to design to class, and see your room come to life in a 3D computerized model. We will download furniture, appliances and home fixtures to give you a realistic view of your design. See your design on the computer first, before you start moving furniture around!

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119  
BE270 Syphax 108 08/01 Wed 7p Martinez 3 - 2 hr

### Build Your Free Website Using Wix.com

Learn to use the many templates and options available through wix.com to create your free website. Use it as a personal website, or for the family, or for business or non-profit use. The options are endless. No programming required.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE355 Syphax 115 07/13 Fri 10a Matos 1 - 2.5 hr

### Wordpress - Create Free Professional Looking Websites

WordPress is the most popular free open source Content Management System used by organizations, private businesses and individuals. Through demonstrations and hands-on instructions given by the instructor, students will learn how to design professional looking full-blown websites with a user-friendly interface, blogging abilities and zero coding knowledge.

Arl. Res. \$159 Arl. Sr. \$149 Non-Res. \$169  
BE396 Syphax 107 07/25 Wed 7p Hamdad 4 - 2 hr

### Learn Computers at a SLOW Pace

This is a slow and steady computer class for those who need to learn the basics at a patient pace. Learn how to turn on the computer, use the mouse, and save a file. Discover what you can do on the Internet, from e-mailing photos, finding a job or an old friend, and do so safely. Finally, become comfortable and stress-free while using the computer.

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129  
BE441 Syphax 115 7/9 Mon 10:30a Matos 3 - 2 hr

### Computer Typing Basics

Learn beginning keyboarding skills on a personal computer. Emphasis is placed on mastering the keyboard using the touch system.

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109  
BE406 Wash. Lee 2210 07/17 Tue 6:30p Stanley 3 - 2 hr

### Microsoft Word 2016 Level 1

Students will develop skills in the world's most popular word processor. Learn to navigate through the screen, menus and dialogue boxes. Study editing techniques such as copy, move and delete. Understand printing and multiple document manipulation. Increase efficiency by using find, replace and spell check. Exercise document formatting techniques by changing font size, font type, and adding color and bullets. Prerequisite: Working knowledge of Microsoft Windows.

Arl. Res. \$119 Arl. Sr. \$99 Non-Res. \$139  
BE497 Syphax 115 7/10 T/W/Th 1p Kauffman 3 - 3 hr

### Microsoft Word 2016 Level 2

Refine your skills in the world's most popular word processor. Learn to create tables, page borders, modify custom dictionaries, make columns, insert table of contents, add logos into the headers and footers, use right mouse menu commands, create text boxes, create HTML links, templates, borders and shading, and more. Prerequisite: Basic working knowledge of Microsoft Word Level 1.

Arl. Res. \$119 Arl. Sr. \$99 Non-Res. \$139  
BE498 Syphax 115 7/24 T/W/Th 1p Kauffman 3 - 3 hr

### Microsoft Excel 2016 level 1

Become competent in Excel by doing lots of exercises and short lectures. Starting with navigation and entry tips, work up through formatting, formulas, functions and charts. Observe common traps and their solutions. Finish with portfolios of projects. Ideal for re-introduction or for students with current minimal skills. Prerequisite: Comfortable with Windows or Mac.

Arl. Res. \$119 Arl. Sr. \$99 Non-Res. \$139  
BE424 Syphax 115 7/10 T/W/Th 9a Kauffman 3 - 3 hr

### Microsoft Excel 2016 level 2

Refine your skills in Excel in this hands-on class, filled with more advanced exercises to get you to the next level. We will dig deeper in formatting, formulas, functions and charts. Observe common traps and explore troubleshooting techniques. Finish with portfolios of projects. Prerequisite: Microsoft Excel 2016 Level 1.

Arl. Res. \$119 Arl. Sr. \$99 Non-Res. \$139  
BE425 Syphax 115 7/24 T/W/Th 9a Kauffman 3 - 3 hr

### Excel Pivot Tables

Do you stare at rows of data and not know how to make a decision? Unlock the power of pivot tables. Start with several basic tables explained in 30% lecture and 70% exercises. Then learn the implications of caching. Learn to nest fields, filter results and sort. Explore aggregates other than SUM and then drill into your results. Finish with a review that emphasizes common mistakes. Prerequisite: Basic Excel.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
BE458 Syphax 115 8/8 Wed 6:30p Kauffman 1 - 3 hr

### Excel - Working with DATE and TIME

Time and time calculations occur frequently and their functions can be complex. This workshop describes 10 common scenarios and how to solve each, using DATE(), DAY(), DATEVALUE(), YEAR(), EDATE() and the secret DATEDIF(). The many traps and tricks will be explained and practiced in exercises that take about 30% of the time. Prerequisite: comfortable with functions.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
BE560 Syphax 115 8/7 Tue 6:30p Kauffman 1 - 3 hr

### What Google Can Do for You

Beginning with Google Chrome, Gmail, and Contacts, this overview course gives you the basic tools, tips and tricks that help you work smarter, faster, alone and with others. You'll see demonstrations of some of the most popular Google tools including Google Chrome Extensions and Bookmarks, Google Documents, Forms, Spreadsheets and Presentations, Google Calendar, Google Plus, Google Chat, Blogger, advanced searches, video production, photo sharing, and many others still in Beta. You'll also learn how to monitor your Google presence as well as shortcuts to monitoring new Google products and features.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99  
BE440 Career Ctr. 213 7/10 Tue 6:30p Dooley 2 - 2.5 hr

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website for a wide selection!

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Check us out online at [www.apsva.us/adulted](http://www.apsva.us/adulted) or call us at (703) 228-7200

### Get Smart with Your Android Smartphone (or Tablet)

Your Android smartphone or tablet is an incredibly powerful computer in a very small package. It can be tough knowing how to harness all that power. We'll go over the main features and give you tips you might not know for using the devices more effectively. We'll also explore the broad spectrum of add-on applications that enable you to improve your productivity - and have some fun too.

ArL Res. \$69 ArL Sr. \$59 Non-Res. \$79

BE453 Syphax 171 08/15 Wed 10a Gutnick 2 - 2 hr

### Facebook for Seniors

Facebook has been out for a while, but are you just getting started? Use Facebook to stay in touch with your family and friends. Share photos, inspirational quotes, videos or advice. It's free and easy, and you'll really enjoy catching up with those friends and family you love.

ArL Res. \$59 ArL Sr. \$49 Non-Res. \$69

BE566 Syphax 115 07/19 Thu 10a Matos 1 - 2.5 hr

### All Things Social Media

Learn how to reconnect and stay connected with friends, former colleagues, relatives and others with less effort, in less time, without giving up your privacy. Understand blogging through Facebook, Twitter, LinkedIn, Google Me, and YouTube. Class will be lecture and demonstration.

ArL Res. \$59 ArL Sr. \$49 Non-Res. \$69

BE526 Career Ctr. 213 08/07 Tue 6:30p Dooley 1 - 2.5 hr

### LinkedIn - Networking Success

Learn how to successfully set-up, navigate and maximize your experience on the world's largest networking site for professionals. Learn strategies and tips on creating your profile, connecting with colleagues, getting the most out of your newsfeed, writing comments and recommendations, finding employment opportunities and networking with others. You won't want to miss this class.

ArL Res. \$59 ArL Sr. \$49 Non-Res. \$69

BE542 Career Ctr. 213 07/24 Tue 6:30p Dooley 1 - 2.5 hr

### Get Smart with Your iPhone (or iPad)

Your iPhone, iPad, or iPod Touch is an incredibly powerful computer in a very small package. It can be tough knowing how to harness all that power. We'll go over the main features and give you tips you might not know for using the devices more effectively. We'll also explore the broad spectrum of add-on applications that enable you to improve your productivity - and have some fun too.

ArL Res. \$69 ArL Sr. \$59 Non-Res. \$79

BE537 Syphax 171 08/13 Mon 10a Gutnick 2 - 2 hr

### Smartphone Photography

The best camera is the one you have with you. Learn how to take great photos with your smartphone! We'll explore different photography apps and find which are best for uploading to different sites such as Facebook and Instagram. We'll also cover which phones have the best cameras and techniques to get the best picture with the phone you have (Both iPhone and Android will be covered).

ArL Res. \$59 ArL Sr. \$49 Non-Res. \$69

BE543 Syphax 170 07/10 Tue 10a Gutnick 1 - 3 hr

### Adobe Photoshop CS6 Basics

Prerequisite: Students must be familiar with Windows-based applications and be proficient with the mouse to cut, copy, paste, drag, right-click, etc. This class is intended for those students with little or no experience with Adobe Photoshop. They will become comfortable with the Photoshop interface, using the toolbox and palettes, and working with layers and filters. Photoshop is an industry leader in image enhancements, learn it!

ArL Res. \$129 ArL Sr. \$119 Non-Res. \$139

BE482 Syphax 117 08/01 Wed 6:30p Matos 3 - 3 hr

### Adobe Lightroom - A Demonstration

In this 2-hour class, we will demonstrate the amazing capabilities Lightroom has to offer. See how to create a well-specified database where you can tag, score, catalog and edit your photographs. Observe how to make simple edits to photos, such as brightness, contrast and cropping, in RAW format. See other advanced features, such as altering shadows and highlights, correction distortions caused by lenses, noise reduction and sharpening.

ArL Res. \$49 ArL Sr. \$39 Non-Res. \$59

FA531 Syphax 171 08/07 Tue 7p Cassatt 1 - 2 hr

### Adobe Illustrator - An Introduction

Prerequisite: Working knowledge on the PC. Using this industry standard professional drawing/illustration program, students will gain an understanding of tools, fills, strokes, creating and editing shapes, text manipulations, palettes, and file formats. To help prepare students for real-world situation, students will be given a final project to complete using their newly acquired skills.

ArL Res. \$119 ArL Sr. \$109 Non-Res. \$129

BE505 Syphax 107 08/07 Tue 7p Martinez 3 - 2 hr

### How to Use My Mac

Are you new to Mac Computers? Have you been using them for a while but not really sure you know what you're doing? Gain a foundational understanding on how to use your Mac. Learn how to create folders, organize and transfer files, prioritize which programs you use and delete things you don't need. Finally, learn techniques that will make your overall computer experience more enjoyable.

ArL Res. \$69 ArL Sr. \$59 Non-Res. \$79

BE221 Career Ctr. 107 07/09 Mon 7p Randolph 2 - 2 hr

### Tune Up Your Mac

Prerequisites: Familiarity using a Mac. Students will be taught how to handle routine maintenance, care, and prevention on their Mac desktop or laptop computer. Exercises will cover updating software, purging internet cache, using Disk Utility, verifying and repairing permissions, and an in-depth discussion of backup strategies. This is not a tech-savvy class; it is a class for anyone with a desire to keep their Mac running smoothly for a long time.

ArL Res. \$49 ArL Sr. \$39 Non-Res. \$59

BE512 Wash. Lee 1117 08/07 Tue 7p Hirai 1 - 2 hr

### Master your Mac

Prerequisites: Familiarity using a Mac. You know the basics, but do you know what your computer is really capable of? Learn time-saving shortcuts, how to keep your data safe and secure and what to do if something doesn't seem right. Learn tricks from a former Apple dealer that will get you on the road to becoming a power user in no time. Basic hardware repair and upgrade will also be covered, as well as some fun tools from Apple and third parties to make you a more efficient computer user.

ArL Res. \$119 ArL Sr. \$109 Non-Res. \$129

BE529 Wash. Lee 1117 07/17 Tue 7p Hirai 3 - 2 hr

## Writing & Communication

### Daytime Writers

Join in this morning workshop for writers of every level, working in fiction or nonfiction; memoirs; short stories; travelogues; blogging-whichever prose genre appeals to you. Whether you're already working on something, needing a push to start or merely wanting a sounding board, here's your forum. Writing is done ahead of time, distributed by email and discussed (respectfully) in class.

ArL Res. \$109 ArL Sr. \$99 Non-Res. \$119

CE100 Syphax 113 07/11 Wed 10a Haines 4 - 2 hr

### How to Strike Up a Conversation

Good communication skills are the basis for successful business and personal relationships. Learn techniques for conversation starters, breaking the ice, keeping conversations moving, choosing interesting topics, managing silence, and making a strong and positive first impression. Practice talking your way to business and social success.

ArL Res. \$49 ArL Sr. \$39 Non-Res. \$59

CE124 Syphax 170 07/12 Thu 7p Roach 1 - 2 hr

### American Sign Language (ASL) Basics

Take advantage of these summer months to finally learn American Sign Language. During this class, students will learn the basics of finger spelling, conversational etiquette and gain an increased knowledge of the deaf community. Word recognition, vocabulary and comprehension skills will all be covered.

ArL Res. \$149 ArL Sr. \$129 Non-Res. \$169

CE176 Wash. Lee 2001 06/28 Thu 7p Zambrano 6 - 2.5 hr

### American Sign Language II

Prerequisite: American Sign Language I or the equivalent. Students will acquire additional vocabulary, grammatical and conversational skills. Student will also continue to learn to relate to everyday life situations experienced by members of the deaf community. Text: Learning American Sign Language 2nd Edition, ISBN: 0-205-27553-2.

ArL Res. \$149 ArL Sr. \$129 Non-Res. \$169

CE145 Wash. Lee 2001 06/26 Tue 7p Zambrano 6 - 2.5 hr

### Getting Paid to Talk - An Introduction to Professional Voice Overs

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited, and registration closes one week prior to class, so register early.

ArL Res. \$59 ArL Sr. \$49 Non-Res. \$69

CE166 Wash. Lee 2017 07/17 Tue 6:30p 1 - 2.5 hr

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No Time to Take Classes? Do You Want to Learn Something Specific?

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**NEW** Evening Writers

Join this evening workshop for writers of every level, working in fiction or nonfiction; memoirs; short stories; travelogues; blogging-whichever prose genre appeals to you. Whether you're already working on something, needing a push to start or merely wanting a sounding board, here's your forum. Writing is done ahead of time, distributed by email and discussed (respectfully) in class.

ArL. Res. \$109 ArL. Sr. \$99 Non-Res. \$119  
CE172 Syphax 170 07/09 Mon 7p Stevens 4 - 2 hr

**NEW** Travel Writing - On the Road and In Your Words

Traveling for fun or business? Enjoy trading travel stories with friends and family? Let's take it to the next step, beyond just snapping selfies. This two-session course covers writing accounts of your travels and getting them published. We'll discuss collecting facts as you travel, shooting marketable photos, structuring your article, avoiding stylistic problems, anticipating the needs of editors, and selling what you've produced.

ArL. Res. \$89 ArL. Sr. \$79 Non-Res. \$99  
CE178 Syphax 150 07/21 Sat 9a Haines 2 - 3 hr

Got Grammar? How to Improve Your Writing in Six Hours!

Are you ever unsure about when to use a comma, semicolon, or colon? Do you know when it's appropriate to use "I" or "me," and "fewer" or "less"? Do you wonder if your emails are grammatically correct? If you answered "yes" to any of these questions, this course is for you! You will learn how to punctuate sentences correctly, use commonly confused words appropriately, and improve your writing with simple tricks and tips. This course is designed for anyone, from recent college graduates to working business professionals.

ArL. Res. \$99 ArL. Sr. \$89 Non-Res. \$109  
CE187 Syphax 150 08/02 Thu 7p Miller 3 - 2 hr

Introduction to Creative Writing Workshop

How do you start a story, poem or novel? How do you finish something you've started? This class is for you! Learn to take an idea and carry it on: make it believable to a reader by creating interesting characters, realistic dialogue, description, settings, and much more. This is a very informal, non-threatening class that you will enjoy. Many students have gone on to get published by starting here!

ArL. Res. \$119 ArL. Sr. \$109 Non-Res. \$129  
CE193 Career Ctr. 209 07/10 Tue 7p Stevens 3 - 2 hr

Public Speaking Workshop

Whether you want to pitch your business idea, impress your boss or give a great speech at the next family reunion - this course will cover the essentials to help you become a more effective and confident public speaker. This is a hands-on class and each participant will have plenty of time to practice and receive in depth video feedback about body language, how to master speaking fears, what to wear, what to say and how to say it.

ArL. Res. \$99 ArL. Sr. \$89 Non-Res. \$109  
CE197 Wash. Lee 2016 07/17 Tue 6:30p Jackson 3 - 2 hr

Comprehensive Approach to Self-Publishing Your Book

Make your dream of self-publishing a book a reality. This comprehensive approach will cover all aspects of getting your book printed. We will cover: the why are you writing a book, costs, time, research, competitors, naysayers, earning potentials, editors, publishers, designers, timing, marketing and much more. Taught by a self-published author, who will offer solutions to challenges faced throughout the entire self-publishing process.

ArL. Res. \$99 ArL. Sr. \$89 Non-Res. \$109  
CE221 Syphax 150 08/14 Tue 7p Sullivan 3 - 2 hr

Get Acquainted with Shakespeare

Get acquainted with four of Shakespeare's hit plays this summer. This class will examine in depth the plot, themes, history and source material for one Shakespeare play each week. Each session includes reading selections from the play aloud.

ArL. Res. \$109 ArL. Sr. \$99 Non-Res. \$119  
CE239 Syphax 170 07/17 Tue 1p Stuart 4 - 2 hr

Freelance Writing 101

This class will give you the confidence to become a freelancer and provide you with the basic tools to succeed once you decide to take the plunge. We'll discuss how to write and pitch stories and find well-paying jobs. We'll also get into the nitty gritty of how to brand your business and negotiate for more money. Freelancing 101 is an interactive and open class so come ready to share your goals, questions, fears and enthusiasm!

ArL. Res. \$109 ArL. Sr. \$99 Non-Res. \$119  
CE242 Syphax 150 07/11 Wed 7p Bloudoff-Indelicato 4 - 2 hr

Cooking Classes

Easy Italian Cooking

We will prepare a variety of Italian recipes. Combine spaghetti, eggs, pancetta, and cheese for making a yummy spaghetti omelet. On the menu also: marsala scaloppini, sandy potatoes, coffee cookies, filled zucchini, lemon chicken balls, caramelized onion, and a pineapple tiramisu (summer dessert for adults and children).

ArL. Res. \$109 ArL. Sr. \$99 Non-Res. \$119  
CN130A Syphax 113 07/05 Thu 10a De Bernardinis 2 - 3 hr  
CN130B Syphax 113 07/10 Tue 6:30p De Bernardinis 2 - 3 hr

**NEW** Pasta is Love

Your typical fresh, South Italy style pasta is made from a combination of semolina flour and water. After this class, you will be able to make pasta by yourself for your family and friends. Cavatelli and Sardinian gnocchetti along with sauces to accompany them.

ArL. Res. \$59 ArL. Sr. \$49 Non-Res. \$69  
CN132A Syphax 113 07/02 Mon 10:00a De Bernardinis 1 - 3 hr  
CN132B Syphax 113 07/03 Tue 6:30p De Bernardinis 1 - 3 hr

**NEW** The Royal Wedding Cake

Taste the wedding cake of Prince Harry and Meghan Markle. Learn how to make the Lemon Elderflower Cake with Buttercream and Lemon Curd. All from scratch and with easy to follow step-by-step instructions. The cake will be frosted and decorated. It is delicious!

ArL. Res. \$89 ArL. Sr. \$79 Non-Res. \$99  
CN188 Syphax 113 07/14 Sat 9a Montesa 1 - 4 hr

**NEW** Fresh Summer Salads

Fresh cucumbers, bell pepper, spinach and more will be explored in this tasty and healthy summer salads class. Don't think we will just be eating veggies, other salads will include chicken, croutons and cool pasta. Add this class to your summer's "To-Do List".

ArL. Res. \$59 ArL. Sr. \$49 Non-Res. \$69  
CN237 Syphax 113 07/09 Mon 6:30p Mnatsakanova 1 - 3 hr

Knife Skills Workshop

Bring one or two of your kitchen knives. Learn how to select quality and proper knives, sharpen them and keep them sharp for life. Learn the correct way to slice, dice and cut from an experienced cook.

ArL. Res. \$49 ArL. Sr. \$39 Non-Res. \$59  
CN256 Syphax 113 07/25 Wed 6:30p Hamann 1 - 2 hr

Mediterranean Cooking

Spend two evenings this summer discovering the health benefits of Mediterranean cooking and diet. You will explore cooking from the shores of Greece to Tunisia and learn what folks there have known for centuries about fine dining and the true value of foods.

ArL. Res. \$109 ArL. Sr. \$99 Non-Res. \$119  
CN297 Syphax 113 08/21 Tue 6:30p Mnatsakanova 2 - 3 hr

Cooking Fundamentals I

Learn the terms and techniques that can make your cookbooks user-friendly or help you build the confidence to cook without books. A good class for beginners, but also for any cook interested in the "hows and whys" that make a good cook a better one. We include recipes and techniques on cooking meat and poultry, an introduction to sauces, vegetables, vegetarian cooking and more.

ArL. Res. \$119 ArL. Sr. \$109 Non-Res. \$129  
CN570 Syphax 113 07/16 Mon 6:30p Mnatsakanova 3 - 3 hr

Seasoning and Flavoring

By simply seasoning food you can accentuate subtle flavors, evoke a certain time and place or rescue a dish that could be otherwise tasteless. Along with learning the secrets to properly seasoning foods, in the class you'll get insight into new flavor combinations, and how to shop and store herbs and spices. We'll also cover seasoning blends, rubs and marinades as well as condiments, sauces and more and you'll leave with some great recipes to test your new skills, such as the butter beans and chorizo (vegetarian/vegan options available) we will make in class. Please bring containers for leftovers and for your herb and spice blends. This class will cover fundamental techniques and may not be appropriate for experienced cooks.

ArL. Res. \$69 ArL. Sr. \$59 Non-Res. \$79  
CN298 Syphax 113 08/11 Sat 9a Vu 1 - 3 hr

Easy Summer Pastas

Make the most of summer's seasonal produce with these fresh and easy summer pastas. Dishes like Penne Pasta with Summer Tomatoes and Goat Cheese, Cool Soba Noodles with Grilled Chicken and Cilantro Vinaigrette, and Angel Hair Pasta with Fresh Tomato Sauce will have you in and out of the kitchen in no time.

ArL. Res. \$69 ArL. Sr. \$59 Non-Res. \$79  
CN306 Syphax 113 07/11 Wed 6:30p Hamann 1 - 3 hr

Everyday Indian

Indian cooking does not have to be complicated. Using everyday spices and simple techniques, students will learn to create delicious dishes that are fast enough for any day of the week.

ArL. Res. \$69 ArL. Sr. \$59 Non-Res. \$79  
CN412 Syphax 113 08/08 Wed 6:30p Hamann 1 - 3 hr

This is an Interactive PDF Document, click on any course to be redirected to the online registration system.

Check us out online at [www.apsva.us/adulted](http://www.apsva.us/adulted) or call us at (703) 228-7200

### Summer Japanese Sushi

Learn to prepare to make authentic Japanese sushi that will make your taste buds sing. Enjoy the various types of sushi including Nigiri and Tamaki. Savor the true taste of tuna and great tasting California rolls.

Art. Res. \$89 Art. Sr. \$49 Non-Res. \$99  
CN520 Syphax 113 07/10 Tue 10a Moore 1-3 hr

### A Taste of Russia

Student will learn to prepare Russian zakiski, Olivier Salad, Shuba Salad, Uzbek Plov, a traditional Uzbek meal, Apple-Pear Kompot, a refreshing Slavic summer beverage and more in this three session cooking class, all sprinkled with Russian phrases, greetings and traditions. Enjoy!

Art. Res. \$129 Art. Sr. \$119 Non-Res. \$139  
CN569 Syphax 113 08/17 Fri 6:30p Scheuchenzuber 3-3 hr

### Tacos and Salsas

Learn to work with authentic ingredients such as fresh and dried chiles, Mexican oregano, and tomatillos to create the spicy salsas and delicious tacos you crave. Wrap it all up with a lesson on homemade tortillas, and you'll be ready to bring family and friends together around your dinner table with the incredible flavors of Mexico!

Art. Res. \$69 Art. Sr. \$59 Non-Res. \$79  
CN591 Syphax 113 Kitchen 08/22 Wed 6:30p Hamann 1-3 hr

### Summer Cooking from the Farmers' Market - Vegetables

Wouldn't you like to explore easy, innovative ways to prepare the luscious ripe produce of the summer season? This class will give you an overview of the best vegetables and fruits available in the local farm markets, and will demonstrate how to create a variety of dishes with local tomatoes, corn, red peppers, peaches, and much more. In this hands-on class, you will be making and enjoying crostini with fresh ricotta and heirloom tomatoes, sweet corn soup with roast red pepper cream, Southwestern corn and tomato salad, and a fresh peach and mascarpone parfait.

Art. Res. \$69 Art. Sr. \$39 Non-Res. \$79  
CN619A Syphax 113 Kitchen 08/07 Tue 10a McKean 1-3 hr  
CN619B Syphax 113 Kitchen 08/16 Thu 6:30p McKean 1-3 hr

### Perfect BBQ Marinade

What does ginger, garlic, olive oil, soy sauce, lemon juice, Worcestershire sauce all have in common? They are great ingredients to use in marinades for the BBQ. Salt, pepper, basil, parsley and other ingredients will be used to come up with a marinade to be used on chicken or beef that will be sure to please.

Art. Res. \$69 Art. Sr. \$59 Non-Res. \$79  
CN626 Syphax 113 07/02 Mon 6:30p Mnatsakanova 1-3 hr

## Photography & Art

### Daytime Digital Photography

Designed for photographers at the beginning to intermediate levels. For those just starting out, we will quickly cover the basics of photography to get you out of the "auto" mode. We will then cover elements of composition so that you can elevate your photography from taking snapshots to taking pictures that you will be proud to hang on your walls. We will tailor the class to meet the interests of the students. This will be a hands-on course, with some outside activities. Although you can use any camera, one that is fully adjustable will give you the most flexibility.

Art. Res. \$109 Art. Sr. \$99 Non-Res. \$119  
FA232 Syphax 107 07/19 Thu 10a Cassatt 4-2 hr

### Maximizing Your Digital SLR Camera

This class will make it easy to understand all those features packed into your digital SLR. You'll learn what the functions do, gaining the confidence to move beyond the Auto mode, and how to use them to capture better pictures. We'll also look at lenses, filters and other photo equipment to use with your DSLR. In addition, you'll learn about lighting (artificial and natural) and composition techniques for people, landscapes, architecture and flowers. You'll have the skills to create more compelling images when traveling and in daily life.

Art. Res. \$109 Art. Sr. \$99 Non-Res. \$119  
FA387 Wash. Lee 2002 07/17 Tue 7p Cassatt 3-2 hr

### Daytime Drawing Workshop

Bring your sketch pad and pencils to class and begin to draw what you see. Learn basic techniques in light and shadowing, depth perception, scale and symmetry. This will be a fun, relaxing class where you will use your eyes, mind, hand and fingers to create simple works of art. Supply list found on the website.

Art. Res. \$99 Art. Sr. \$89 Non-Res. \$109  
FA258 Syphax 117 08/02 Thu 1p Benkert 3-2 hr

### Creative Watercolor Workshop

Spend your evenings painting watercolors (beginners through advanced) and experiencing the joy of watercolor. More experienced watercolorists will perfect their skills while having a chance to review techniques. Beginners will learn basic techniques and become more confident in completing watercolors. Classes will include making "gelli" prints and using them with watercolor, YUPO and canvasa. We will have fun exploring color mixing, values, glazing, and masking. See website for supply list.

Art. Res. \$109 Art. Sr. \$99 Non-Res. \$119  
FA305 Wash. Lee 1123 07/11 Wed 6:30p Hill 4-2.5 hr

### Classical Drawing

This class is for all levels of students who desire to draw what they see. Students will use graphite, charcoal, and oil pastels to create drawings of still-lives, photos and other props. Students will learn the techniques used by the Old Master to develop their artistic abilities.

Art. Res. \$109 Art. Sr. \$99 Non-Res. \$119  
FA311 Wash. Lee 1127 07/23 Mon 7p Hamdad 4-2.5 hr

### Fresh Flower Arrangements

Students will learn how to assemble and arrange lovely floral designs. Topics will include the conditioning and preparation of flowers, composing designs for a variety of containers, proper use of greens and fillers and basic color combinations and shapes. The class will be held at Buckingham Florist, 7035 Columbia Pike., Annandale VA 22203. Material fee of \$75 payable to instructor. Bring sharp hand clipper or scissors to class.

Art. Res. \$69 Art. Sr. \$59 Non-Res. \$79  
FA354 07/10 Tue 7:30p Kim 3-2.5 hr

## Foreign Languages

### French for Travelers

Would you like to pick up a little bit of French before traveling? Or simply learn the basics of a new language? Students will enjoy six classes dedicated to the basics of pronunciation, reading and conversation. Greetings, common phrases and traveling tips will also be discussed.

Art. Res. \$159 Art. Sr. \$139 Non-Res. \$179  
FL485A Syphax 150 07/10 Tue 10a Stuart 6-2 hr  
FL485B Syphax 171 07/19 Thu 7p Razatovo 6-2 hr

### French - Beginners I Review

Prerequisite: French Beginning I. Maintain your French skills over the summer with this four-week review class. Students will continue to build vocabulary, review grammar and explore basic conversation.

Art. Res. \$89 Art. Sr. \$79 Non-Res. \$99  
FL592 Wash. Lee 2224 07/12 Thu 7p Ghiglia 4-2 hr

### French - Beginners II Review

Prerequisite: French Beginning II. Maintain the French that you gained this past spring, by joining us this summer for this six-week review class. Students will continue to build vocabulary, review grammar and explore basic conversation.

Art. Res. \$159 Art. Sr. \$139 Non-Res. \$179  
FL593 Wash. Lee 2229 07/12 Thu 6:30p O'Neil 6-2 hr

### French - Conversational

French for fluent speakers. Emphasis will be on oral and reading skills. Translation, some writing, conversation, and vocabulary will be covered.

Art. Res. \$159 Art. Sr. \$139 Non-Res. \$179  
FL504A Wash. Lee 2215 07/12 Thu 7p Stuart 6-2 hr  
Art. Res. \$109 Art. Sr. \$99 Non-Res. \$119  
FL504B Syphax 170 07/17 Tue 10a Farzaneh 4-2 hr

### Spanish - For Travelers

Summer is a great time to learn some Spanish. In this six-week class, students will focus on the fundamentals of speaking, listening and some reading. Although this class is designed for those seeking to travel, it will benefit anyone with the desire to speak Spanish. Traditions and cultural aspects of Latin America will also be discussed. Text: Dicho y Hecho & workbook, 7th Edition. ISBN-10: 0471268860

Art. Res. \$159 Art. Sr. \$139 Non-Res. \$179  
FL268A Syphax 117 07/10 Tue 10a DeLeon 6-2 hr  
FL268B Wash. Lee 2012 07/10 Tue 7p Montes 6-2 hr

### Spanish - Beginners I Review

Prerequisite: Spanish Beginning I. Maintain your Spanish skills over the summer with this five-week review class. Students will continue to build vocabulary, review grammar and explore basic conversation. Text: Dicho y Hecho & workbook, 7th Edition. ISBN-10: 0471268860

Art. Res. \$139 Art. Sr. \$119 Non-Res. \$129  
FL509A Wash. Lee 2226 07/11 Wed 7p Contreras 5-2.5 hr  
FL509B Syphax 107 07/12 Thu 10a Sarmiento 5-2.5 hr

### Spanish - Beginners II Review

Prerequisite: Spanish Beginning I. Maintain your Spanish skills over the summer with this five-week review class. Students will continue to build vocabulary, review grammar and explore basic conversation. Text: Dicho y Hecho & workbook, 7th Edition. ISBN-10: 0471268860

Art. Res. \$139 Art. Sr. \$119 Non-Res. \$129  
FL512 Syphax 107 07/11 Wed 10a Sarmiento 5-2.5 hr

### Spanish - Beginners II/III Review

Prerequisite: Spanish Beginning II. Maintain your Spanish skills over the summer with this five-week review class. Students will continue to build vocabulary, review grammar and explore basic conversation. Text: Dicho y Hecho & workbook, 7th Edition. ISBN-10: 0471268860

Art. Res. \$139 Art. Sr. \$119 Non-Res. \$129  
FL273 Syphax 107 07/10 Tue 10a Santos 5-2.5 hr

This is an Interactive PDF Document, click on any course to be redirected to the online registration system.

## Arlington Community Learning...Where Learning Never Ends!

### Spanish Grammar Workshop

Prerequisite: Spanish Beginning I or Beginning II. Polish your Spanish grammar skills this summer with this five-week review class. Students will review the conjugation of verbs, practice basic conversation, build vocabulary and review grammar.

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109  
FL266 Syphax 107 07/10 Tue 1p Santos 5 - 2 hr

### Spanish - Beginners Level III Review

Prerequisite: Spanish Beginning III. Maintain your Spanish skills over the summer with this five -week review class. Students will continue to build vocabulary, review grammar and explore basic conversation. Text: Dicho y Hecho & workbook, 7th Edition. ISBN-10: 0471268860

Arl. Res. \$139 Arl. Sr. \$119 Non-Res. \$129  
FL272 Wash. Lee 2213 07/11 Wed 7p Staff 5 - 2.5 hr

### Spanish - Intermediate II Review

Don't fall victim to the "summer slump", maintain your Spanish skills over the summer with the four-session intermediate class. By doing so, you'll be ready for Intermediate III in the fall.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99  
FL527 Syphax 113 Kitchen 07/17 Tue 10a Hernandez 4 - 2 hr

### Spanish - Intermediate / Conversation

Designed for fluent speakers of Spanish. Emphasis will be placed on oral and reading skills. Translation, some writing, conversation, and vocabulary will be covered. Class will be conducted in Spanish.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89  
FL523 Syphax 107 07/02 Mon 10a Umanan 3 - 2.5 hr

### Latin Language Workshop

Take a break from the summer heat and dive into the language of Ancient Rome! We will cover pronunciation, simple phrases, famous quotations, inscriptions, graffiti, and Roman numerals. No previous experience with Latin is necessary. This course is not a prerequisite for taking Beginning Latin I in the fall.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89  
FL605 Syphax 170 07/31 Tue 7p Egbert 3 - 2 hr

### Italian for Travelers

Planning a trip to Italia? This fun interactive course, will get you ready for basic language needs and situations such as, at the airport, hotel, restaurant, on the metro, while sightseeing or in an emergency. Travel tips, culture, cuisine and other curiosities will be explored.

Arl. Res. \$159 Arl. Sr. \$139 Non-Res. \$179  
FL546 Wash. Lee 2019 07/11 Wed 7p Staff 6 - 2 hr

### Italian - Beginning I Review

Prerequisite: Italian Beginning I. Maintain the Italian that you gained this past spring, by joining us this summer for this four-week review class. Students will continue to build vocabulary, review grammar and explore basic conversation.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99  
FL656 Wash. Lee 2228 07/11 Wed 7p Ghiglia 4 - 2 hr

### Italian - Beginning II /III Review

Prerequisite: Italian Beginning II. Maintain the Italian that you gained this past spring, by joining us this summer for this four-week review class. Students will continue to build vocabulary, review grammar and explore basic conversation.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99  
FL653 Syphax 150 07/12 Thu 11:30a Stoss 4 - 2 hr

### Italian - Beginning III Review

Prerequisite: Italian Beginning III. Maintain the Italian that you gained this past spring, by joining us this summer for this four-week review class. Students will continue to build vocabulary, review grammar and explore basic conversation.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99  
FL656 Wash. Lee 2228 07/11 Wed 7p Da Vela 4 - 2 hr

### Italian Review for Basic Conversation

Prerequisite: Italian Intermediate I or equivalent knowledge. Refine your Italian conversation skills over the summer with this four-week review class. Students will read and discuss current events, build vocabulary and review grammar.

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109  
FL654 Wash. Lee 2214 7/17 Tue 7p Vigliocco-Cockrell 4 - 2.5 hr

### German for the Traveler

Prerequisite: Introduction to German or German for the Traveler. Class will move beyond simple phrases and repetition and focus more on grammar, reading and writing skills, German culture and current events. No text required for this class.

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109  
FL530A Wash. Lee 2016 07/18 Wed 7p Waters 5 - 2 hr  
FL530B Syphax 150 07/31 Tue 10a Lubkans 5 - 2 hr

## First Aid & Health

### First Aid

Learn to provide basic first-aid for medical emergencies such as breathing problems; choking, allergic reactions; heart attack; fainting; diabetes, low blood sugar; stroke; seizure; shock. This is a great class for teens as well, especially those who are babysitters.

Tuition: \$69  
GI361 Syphax 113 07/21 Sat 12:30p Vialpando 1 - 2 hr

### CPR- Cardiopulmonary Resuscitation and AED

Learn vital lifesaving skills, in a fun, very informative environment, hands on training, using cutting edge technology. Participants will meet health/safety standards requirement for a variety of job qualifications. Obtain your American Heart Association Heartsaver® CPR certification card and gain confidence for acting in a life saving emergency situation for adults, children and infants. Class includes learning to help an adult, child or infant who is choking, and the use and AED, a machine with a computer in it that can shock the heart and help it work properly again, improving your chances of saving a victims life. This is a great class for teens as well, especially those who are babysitters.

Tuition: \$109  
GI362 Syphax 113 07/21 Sat 9a Vialpando 1 - 3 hr

## Housing & Real Estate

### FLIP That Home: Strategies for Real Estate Purchase and Resale

This four-week course includes: basic strategies, what mistakes to avoid, financing options, legal ramifications, ethical/ moral obligations, and flipping versus investing - all relative to today's market.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
GI163 Syphax 150 07/05 Thu 7p Bentz 2 - 2 hr

### Investing in Real Estate

What do I need to know to invest in real estate in today's market? When and where should I invest? How do I read the real estate markets? How do I determine a good investment? What are the factors that drive the market? Evaluate Net Operating Income (NOI) and CAP Rates. Come with questions, leave with confidence. Learn from a leader. Learn to succeed and grow wealth.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
GI648 Syphax 117 07/10 Tue 7p Bentz 1 - 2 hr

### Virginia Real Estate License

This 60-hour program satisfies all educational requirements for obtaining a salesperson's real estate license in the Commonwealth of Virginia. Real Estate Principles provides a thorough overview of the theoretical and practical aspects of real estate transactions. It surveys the latest real estate laws, regulations, and business practices nationwide, presenting the material in a clear and organized fashion.

Tuition \$259  
GI164A Syphax 117 07/16 Mon through Sat 5p Bentz 12 - 5 hr  
GI164B Syphax 108 07/16 Mon, Wed 5p Bentz 12 - 5 hr

### Designing Your Home Landscape

Learn everything you need to know about designing and maintaining a residential landscape. Taught by a professional landscaper, students will learn important aspects of landscape design, such as: sun vs shade, tree location, water drainage and erosion, lawn, esthetics and security. We will also discuss patios, walkways and ground cover. Photo analysis and critique of your yard will be available.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
GI199 Syphax 115 07/11 Wed 7p Sullivan 2 - 2 hr

## Finance & Business

### The Secret to Successful Cover Letter Writing

Learn the tips and techniques for a successful cover letter. Instruction includes formatting, paragraph structure, job announcement analysis and business writing. Learn how to prepare a cover letter for each job that they apply for and how to integrate their relevant skills and experience into the body of the cover letter.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
GI441 Wash. Lee 2224 07/11 Wed 7p Carey 2 - 2 hr



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Check us out online at [www.apsva.us/adulted](http://www.apsva.us/adulted) or call us at (703) 228-7200

### **NEW** Professional Oral and Written Communication for the Workplace

Students will gain a complete understanding of the professional communication requirements essential in today's workforce. You'll gain skills in professional communication and will apply those skills to real life scenarios. Students will be challenged to think in terms of business management, customer satisfaction, manager and team communication and conflict and problem resolution. Students will complete the course with a broad view of business requirements and the contribution they will make to both their professional growth and business success.

Arl. Res. \$119    Arl. Sr. \$99    Non-Res. \$139  
G1442 Wash. Lee 2017 07/19 Thu 7p Carey 6 - 2 hr

### **NEW** Resume Writing Tips You Need in Today's Competitive Job Market

Build an effective and marketable resume, one that can be easily read and understood by employers. Learn how to format, design and write a resume to showcase your experience, skills and education. Students will learn how to apply both their experience and career goals into a marketable resume that highlights their strongest assets.

Arl. Res. \$69    Arl. Sr. \$59    Non-Res. \$79  
G1444 Wash. Lee 1127 07/25 Wed 7p Carey 2 - 2 hr

### **NEW** Personalized Career Management through Discovery and Exploration

This course has been designed for personalized one-on-one instruction. We will help you understand your career options through career exploration and discovery. You'll have the opportunity to examine your skills, interests and values to determine career opportunities that would be the best fit for you. Gain exposure to various industries, career paths and organizations to assist in making thoughtful and meaningful career choices.

G1443 Syphax To schedule an appointment, email Raul Matos at [raul.matos@apsva.us](mailto:raul.matos@apsva.us). Tutoring session cost \$40 per hour.

### Organize Your Estate Information, Assets & Documents

Learn how and be motivated to: identify, locate, and record all your personal and business estate information, assets, and documents. Emphasis will be on how to complete the job in a systematized manner. Having one's estate in administrative order makes estate planning easier and more efficient for you, your family and heirs. Determine how much you are really worth. Minimize the potential for sibling discord. Pay fewer fees and taxes. Have less bureaucracy and expedite settlement and receipt of monies due. Receive supporting handouts. Help yourself, your family, loved ones, and executor/executrix while you still can!!

Arl. Res. \$59    Arl. Sr. \$49    Non-Res. \$69  
G1742 Syphax 107 07/21 Sat 10a Zalfa 1 - 2.5 hr

### Federal Employee Pre-Retirement Guide Overview

No matter where you are in your career with the Federal government - it's never too early to begin to gather the information you need to make more informed decisions about your retirement from Federal service. In this special one-night class, you will get an overview of how your retirement, social security and survivor benefits are calculated and how to use your TSP to the fullest, now and in retirement.

Arl. Res. \$49    Arl. Sr. \$39    Non-Res. \$59  
G1796 Wash. Lee 2017 08/22 Wed 7p Davidson 1 - 2.5 hr

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### Small Business Start-Up

Creating your own part-time or full-time business enterprise can be an exciting and rewarding adventure. This seminar will review the entrepreneurial and administrative skills needed for success. Options for legal structuring a business will be reviewed, such as sole proprietorship, partnership, LLC, and incorporation. Tools and strategies for efficient daily management will be discussed, along with a review of marketing, finances, expansion, and other crucial elements to a successful startup. Learn how to successfully start your own business enterprise.

Arl. Res. \$89    Arl. Sr. \$79    Non-Res. \$99  
ME300 Wash. Lee 2013 07/19 Thu 7p Bromley 2 - 2.5 hr

## General Interest

### Self Defense for Women

Improve your personal safety, protect yourself, enhance your confidence, and relax control -- but without changing to a superhero costume or a martial arts suit. This class is a practical guide to managing your risk against assailants while you're going to and from work, shopping, school, exercising, and errands. You'll get information on avoiding incidents, escaping them if possible, and then taking action if you have to. This is not an exercise or workout class, it is a class on raising your survival rate in the event of an assault or battery.

Arl. Res. \$59    Arl. Sr. \$49    Non-Res. \$69  
G1342 Syphax 170 08/01 Wed 7p Law 2 - 1.5 hr

### **NEW** Discover the Secrets of Aromatherapy

Students are invited to explore the many benefits of using Aromatherapy by increasing the ways to enhance, restore and maintain mental, physical, and emotional wholeness. We will create therapeutic blends to share in class.

Arl. Res. \$59    Arl. Sr. \$49    Non-Res. \$69  
G1445 Syphax 107 07/13 Fri 6:30p Staff 1 - 2.5 hr

### Beginner's Guide to Essential Oils

Essential oils, the essence of the plant, have amazing healing properties that work with the body to restore and maintain optimum health. You are invited to explore the benefits of using essential oils to reduce stress, cleanse and detoxify the body, soothe tired, sore muscles, and help your family manage and improve their health.

Arl. Res. \$69    Arl. Sr. \$59    Non-Res. \$79  
G1684 Syphax 113 07/21 Sat 9a Vu 1 - 3 hr

### Make-Up Magic

Makeup can be MAGIC when properly applied. Learn how to prepare your face and properly apply makeup with basic colors and application techniques to enhance your facial assets and minimize other features. Achieve an attractive appearance by creating a desired illusion with makeup. You will go step-by-step to create a natural and professional look as you do a full face makeup application. Before and after photos are taken. Instructor is a Licensed Esthetician and Makeup Artist.

Arl. Res. \$59    Arl. Sr. \$49    Non-Res. \$69  
HE357A Syphax 117 07/09 Mon 6:30p Thomas 1 - 2.5 hr  
HE357B Syphax 113 08/20 Mon 6:30p Thomas 1 - 2.5 hr

### Help the Honeybees!

Come explore what's happening in the honey bee world. Students will learn about how the changing environment affects the honey bees, the research on their disappearance and what you can do to help them survive. Class will also discuss what it takes to be a beekeeper.

Arl. Res. \$59    Arl. Sr. \$49    Non-Res. \$69  
G1790 Career Ctr. 122 08/21 Tue 7p Diehl 1 - 3 hr

### Arlington Community Learning e-Newsletter

Be the first to know when our new catalog is coming out, when the new semester begins, when new classes are added, community concerts, special events and discounts.

Sign up by scanning here



or add this url into your browser:

<https://tinyurl.com/ydxcakdj>

## Music Classes

### Guitar - Beginning I

This class is designed for students who have no experience playing the guitar. Beyond learning basic music theory, students will learn chords, strumming patterns, finger placement, and several scales. Students are required to bring their own guitar (acoustic or electric) to class. Assignments / handouts will be provided.

Arl. Res. \$109    Arl. Sr. \$99    Non-Res. \$119  
MU100A Career Ctr. 105 07/10 Tue 8:15p Delos Reyes 5 - 1.5 hr  
MU100B Syphax 171 07/14 Sat 10a Siekkinen 5 - 1.5 hr

### Guitar - Beginning II

Prerequisite: Guitar Beginning I or equivalent experience. This class will continue to assist students learn chords, strumming patterns, finger placement, and several scales. Students are required to bring their own guitar.

Arl. Res. \$109    Arl. Sr. \$99    Non-Res. \$119  
MU101 Career Ctr. 105 07/10 Tue 6:30p Delos Reyes 5 - 1.5 hr

### Guitar - Beginning III

Prerequisite: Guitar Beginning II or equivalent experience. This class is to assist students with their strumming techniques, chords and scales and will be introduced to basic improvisation skills. Bring your own guitar, tuner and metronome. Handouts provided.

Arl. Res. \$109    Arl. Sr. \$99    Non-Res. \$119  
MU102 Syphax 171 07/13 Fri 10a Siekkinen 5 - 1.5 hr

### **NEW** Percussion - Beginning I

Have no rhythm at all and feel lost in music comprehension. This is the right class for you. Learn about tempo and duration with good hearing techniques: volume, muting, dynamics, pulse, beats, measure, alteration and more. Metric structure, composite rhythm, rhythm notation, is the heart of this class. Just relax and open your mind to the percussion world. Handouts provided.

Arl. Res. \$99    Arl. Sr. \$89    Non-Res. \$109  
MU092 Syphax 171 07/19 Thu 10a Staff 4 - 2 hr

### Piano - Beginning I

Learn how to play piano. Class is for students with no piano playing experience. We will cover basic chords, rhythms, musical terms and the use of the metronome. Book Alfred All-in-One Level 1 ISBN 10:0-88284-818-6

Arl. Res. \$129    Arl. Sr. \$109    Non-Res. \$149  
MU110 Syphax 113 Kitchen 07/12 Thu 7p McGuire 6 - 2 hr



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## Arlington Community Learning...Where Learning Never Ends!



### Piano Beginning I - Review

Calling all Piano Beginning I students! Remember, piano takes practice, don't lose what you've learned. This Piano Beginning I review class is designed to strengthen the skills you've learned in class. Focus will be placed on timing, accuracy and note reading.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99

MU118A Syphax 113 Kitchen 07/19 Thu 7p Ruble 4 - 2 hr  
 MU118B Syphax 113 Kitchen 07/19 Thu 1p Ruble 4 - 2 hr



### Piano Beginning II - Review

Keep up the good work! We will review chords and musical scales on the piano and focus on reading music and putting the notes together to create music.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99

MU119 Syphax 113 Kitchen 07/11 Wed 1p Ruble 4 - 2 hr



### Piano Beginning III - Review

We'll help you maintain the skills you have gained on the piano with this 4 session review class. Focus will be placed on repertoire building.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99

MU120 Syphax 117 07/11 Wed 10a Ruble 4 - 2 hr

### Ukulele - Beginning I

What has a sound that makes you smile when you hear it, is small and fun play? The Ukulele of course. You'll learn the important skill of strumming and finger placement, playing chords and tempo. Do something different with your time, learn to play the Ukulele. Bring your own Ukulele to class. (Sorry, no baritone ukuleles.)

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119

MU129A Syphax 150 07/13 Fri 11:45a Siekkinen 5 - 1.5 hr  
 MU129B Syphax 171 07/17 Tue 8:15p Siekkinen 5 - 1.5 hr

### Ukulele - Beginning II

Now that you got the basics down, start building on your skills in the level II class. We will continue to focus on strumming, chords and tempo. We will have you strumming basic songs in no time. A great way to start your Saturday morning.

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119

MU131 Syphax 171 07/17 Tue 6:30p Siekkinen 5 - 1.5 hr

### Ukulele - Intermediate

Continue building on what you've learned. Finger placement, speed and accuracy will be emphasized. In this class you'll begin to really enjoy the sounds coming from your Ukulele.

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119

MU134 Syphax 117 07/14 Sat 11:45a Siekkinen 5 - 1.5 hr

### Violin for Beginners I

No experience at all? Students will start from zero and work through basic posture, bow technique, music reading and finger placement. Learn how to play easy tunes. Build your skills and confidence and get ready to take it to the next level. Students are required to have their own instrument.

Arl. Res. \$129 Arl. Sr. \$109 Non-Res. \$149

MU146 Kenmore Chorus Rm 07/10 Tue 7p McGuire 6 - 2 hr



### Violin Beginning I - Review

Calling all Violin Beginning I students! Remember, violin takes practice, don't lose what you've learned. This Violin Beginning I review class is designed to strengthen the skills you've learned in class. Focus will be placed on finger placement, reading music and achieving the appropriate sound.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99

MU141 Kenmore Chorus Rm 07/16 Mon 7p McGuire 4 - 2 hr



### Violin Beginning II - Review

Keep up the good work! We will review chords and musical scales on the violin and focus on reading music and putting the notes together.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99

MU142 Kenmore Chorus Rm 07/18 Wed 7p McGuire 4 - 2 hr

### Voice Lessons for Adults - Level I

This Voice Lesson class is designed for students who want to improve and develop their singing talents. This class is for beginners and for those who have not experienced singing lessons or techniques before. Learn singing basics which will include methods of warm up, breath control, clear singing pronunciation of lyrics, scales, and terminology. Students will practice singing songs throughout the course.

Arl. Res. \$159 Arl. Sr. \$139 Non-Res. \$179

MU201 Career Ctr. 229 07/10 Tue 7p Stuart 6 - 2 hr



## Trades & Industry

### Introduction to Architectural Drawing using Google Sketchup

Learn the basics to architectural design in Google Sketchup (a free software developed by Google). Our class project will be to design a one-story house, which will include interior and exterior doors, windows, exterior and interior walls, floors, roof and structural foundation. The 3D capability in Google Sketchup will give you a realistic view of your final design.

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119

T1230 Career Ctr. 213 07/11 Wed 7p Martinez 3 - 2 hr

### Trim Carpentry

This 3-hour seminar demonstrates the tools, materials, and methodology involved in installing interior trim - examples include: chair rail, baseboard, crown molding, and fenestration casing.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79

T1326 Career Ctr. Wood Shop 08/15 Wed 6:30p Daly 1 - 3 hr

### Hardwood Flooring - Installation and Maintenance

You can do this. Installing your own hardwood flooring can be done once you understand the tools, materials and techniques involved. Learn from an experienced woodworker the "tricks to the trade" and gain the confidence to do the job. Through instruction, flooring samples, start-to-finish layout procedures and tips on avoiding mistakes, you can gain the knowledge necessary to lay your own floors. Other topics covered in the class will include, sanding, staining and maintenance.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69

T1329 Career Ctr. 112 07/10 Tue 7p Jackson 1 - 2.5 hr

### Understanding Your Home: How to Spot, Correct & Avoid Defects & Keep Everything Running

Anyone who wants to buy or sell or maintain a home can benefit from this class. Dozens of money-saving tips on how to identify structural, mechanical and cosmetic defects in both older and new homes will be presented. The course will provide a basic understanding of how everything in your house works, when to repair or replace and how to go about finding reliable services. Students will also review construction materials, trade practices and environmental issues, including indoor air pollutants such as mold, radon and allergens.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69

T1332 Career Ctr. 112 08/09 Thu 7p Jackson 1 - 2.5 hr

### Minor Plumbing Repairs

With some plumbing repairs there is no need to call a professional. Save money and learn how to perform minor repairs yourself. Drips, leaks, clogs, fixture replacement, and routine system maintenance will all be discussed in this one-session class.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79

T1347 Career Ctr. Wood Shop 08/13 Mon 6:30p Daly 1 - 3 hr



### Drywall Repair Workshop

Tricks from the trades will teach you how to repair cracks, holes, and peeling tape in drywall and plaster surfaces in order to put your finishing touches on them in preparation for painting. Students will also learn how to properly choose and use various compounds, tapes, and fasteners.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79

T1348 SEEC SEEC 08/06 Mon 6:30p Daly 1 - 3 hr

# English as a Second Language (ESL)



## REEP

Arlington Education and Employment Program  
**English Classes for Adult Learners**  
 Syphax Education Center, 2110 Washington Blvd. #106  
 Arlington, Virginia 22204

[www.apsva.us/reep](http://www.apsva.us/reep)

[reep@apsva.us](mailto:reep@apsva.us)

### Intensive English Classes

Beginning, intermediate, and advanced levels of intensive English instruction, taught by trained and experienced ESL professionals, are offered in 12-week sessions at the following locations:

#### Syphax Education Center

2110 Washington Blvd., Room 106  
 Classes begin in January, March, July, and September:

Monday-Friday 9:00 a.m.-12:00 p.m.  
 Monday-Thursday 6:45 p.m.-9:00 p.m.

\$285.00 morning/\$200 evening for Arlington residents and employees. Scholarships are available.\*\*

#### Arlington Mill Community Center

909 South Dinwiddie Street, Room 403  
 Classes begin in February, May, August, and November:

Monday-Thursday 4:15 p.m. - 6:30 p.m.  
 Monday-Thursday 6:45 p.m. - 9:00 p.m.

\$200.00 for Arlington residents and employees.  
 Scholarships are available.\*\*

Note: Some classes will be held at Wakefield High School

### Conversation Classes Intermediate & Advanced Levels

#### Syphax Education Center

2110 Washington Blvd., Room 106  
 Eleven week classes, taught by trained and experienced ESL professionals, begin July, October, January and April.

Tuesday and Thursday 1:00 p.m.-3:00 p.m.  
 \$125.00\*\* for Arlington residents and employees.  
 No scholarships available.

### BEGINNING ENGLISH CLASSES IN COMMUNITY CENTERS

Free non-intensive, **beginning-level** classes taught by trained volunteers at:

**Arlington Mill**, 909 S. Dinwiddie St.  
**Gates of Ballston**, 4108 N. 4th St.

Call (703) 228-4200 for current class schedule.  
 No placement test required. AM and PM classes offered.

### Volunteers Needed

See <https://www.apsva.us/reep/volunteering> for position descriptions and contact information.

### **NEW** INTENSIVE ENGLISH AND WORK CERTIFICATE PROGRAMS



ServSafe® Certification  
 ■ Food Manager Certificate ■

- For Intermediate and Advanced English students
- 12-week course
- Classes will be held at Syphax education Center
- Certification classes meet 1 day per week in combination with Intensive English classes. See schedule above.
- Call for more information



**(703) 228-4200**

\*\*Tuition is higher for students who do not live or work in Arlington, is subject to change, and includes a \$35.00 non-refundable testing and registration fee.\*\*\*

Some scholarships for intensive classes are available to Arlington residents through a lottery for qualified applicants. Scholarship recipients pay \$35.

Payment by money order or credit card. No checks or cash.  
 Registration must be in person. No telephone or mail-in registrations can be accepted for these programs.

# Arlington Community Learning...Where Learning Never Ends!

## Things You Should Know

**REGISTRATION:** Please register early to avoid disappointment. Tuition may be paid by check (returned checks are subject to a fee), money order, or credit card. We accept Visa, MasterCard and Discover Card. Make checks payable to: Arlington Public Schools. Registration is complete once payment is received. Cash payments are not accepted. **You will not receive confirmation**, unless you register online, in which you will receive an email confirmation. You must register before attending class. Instructor may not receive payment.

All Arlington resident Adult Education students 62 years or older receive a discount on tuition.

**REFUND POLICY:** You will receive a full refund if class is canceled by Adult Education. Refund requests received before the first class are subject to a 10% service charge (minimum \$10.00). Refund/transfers before the second class (of a multiple session course) are subject to a 10% service charge, plus a prorated fee for each class held before receipt of request whether or not the participant attended. No refund/transfers after second class. No refund for single night class if you were unable to attend. No refund on material fee if student cancels 48 hours prior to class.

**WEATHER RELATED CLOSINGS:** Adult Education classes are canceled whenever Arlington Public Schools close for inclement weather. Closings are announced on the Arlington Public Schools' website at [www.apsva.us](http://www.apsva.us) and local radio and TV stations.

You can also call the weather hotline at 866-322-4277. When an announcement is made that there is a morning school delay (not closing), **all Arlington Adult Education classes will take place as regularly scheduled.** If class is canceled, classes that meet once are rescheduled for the next week, when possible. Classes that meet more than once will meet at the next scheduled session and students will receive make-up information in class.

### Parking at Syphax Education Center

Parking at the Syphax Education Center is located in the parking garage, adjacent to the building. There is also street metered parking which is discounted during that day and free after 6pm, also free on the weekends. For evening classes, exit the parking garage on the lower level. Bicycle racks are available. Staff and student parking located at B1 and B2.

**TEXTBOOKS:** Textbooks are becoming more expensive. We encourage students to purchase books online at discount book sites or bookstores. Many books may be purchased from Barnes and Noble in Clarendon. Some may be found used online. The Adult Education Program now sells a limited number of foreign language books. Prices may vary.

**ATTENTION:** Arlington Public Schools prohibits discrimination on the basis of race, religion, gender, sexual orientation, national origin, age, disability, pregnancy or marital status. This policy provides equal access to courses and programs, counseling services, physical education and athletics, vocational education, instructional materials and extra-curricular activities. Report violations of this policy to the Assistant Superintendent for Administrative Services, 703-228-6008, or the Assistant Superintendent for Personnel, 703-228-6110.

\*\*\* The Arlington Community Learning provides partial scholarships to Arlington residents who qualify, call for more information. \*\*\*

**OFFICE HOURS:**  
**Monday through Friday:**  
9:00 a.m. - 5:00 p.m.

**HOLIDAYS AND CLOSINGS:**  
No classes will be held on:  
Independence Day: July 4th

### Arlington Community Learning e-Newsletter

Be the first to know when our new catalog is coming out, when the new semester begins, when new classes are added, community concerts, special events and discounts.

Sign up by scanning here



or add this url into your browser:

<https://tinyurl.com/ydxckadj>

Register Online



[www.apsva.us/adulted](http://www.apsva.us/adulted)

FAX it in!



703-228-8049

Mail it in!



2110 Washington Blvd. #106  
Arlington, VA 22204

Call it in!



703-228-7200

Walk it in!



Same as our Mailing address

## Class Registration Form

Please fill out completely. Registration is complete upon processing of this form. Indicate second student on separate form. If mailing, make check/money order payable to Arlington Public Schools. Cut and mail with tuition to Adult Education Program, 2110 Washington Blvd. #106, Arlington, VA 22204. Or fax to (703) 228-8049.

Confirmation will be sent, only upon request. Report to class unless otherwise advised.

Last Name			First			Middle			Male <input type="checkbox"/>	Senior 62+ <input type="checkbox"/>	
									Female <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	
Local Address (street, city, state & zip)										Daytime Telephone	
Email:										Evening Telephone	
Credit Card Information <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover										Donation to JGMS (see website for details)	
CC # _____ Exp. Date _____ Security Code _____										\$	
Cardholder/Check Name (if other than student) _____										Total Charged	
										\$	
M	T	W	Th	F	S	Time	Date	Course #	Name of Course	School	\$
Registration Card Arlington Adult Education Program <a href="http://www.apsva.us/adulted">www.apsva.us/adulted</a>						Tuition Paid _____ <input type="checkbox"/> Charge			Internal Use:		
Date Paid _____ <input type="checkbox"/> Check											

Arlington Public Schools  
Career, Technical, and Adult Education  
2110 Washington Blvd.  
Arlington, Virginia 22204

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# Arlington Community Learning

*...where learning never ends!*



*Discover the Guitar,  
Piano, Voice Lessons or  
Violin this summer!*

Register online at [www.apsva.us/adulted](http://www.apsva.us/adulted)

Tel: 703-228-7200



Sign up for our e-Newsletter and be the first to know about upcoming catalogs, new classes, discounts, concerts & more!



**Arlington  
Public  
Schools**