

# Arlington Community Learning

Fall 2018 Catalog

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## FOCUS ON LEARNING



Arlington  
Public  
Schools ...*where learning never ends!*



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Arlington Community Learning



@arl\_learning

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

## Message from the Superintendent

Dear Lifelong Learners,

As you might expect, our primary goal as a school system is to provide an excellent learning experience to the children of our community. Starting with pre-kindergarten and through the 12th grade of high school, our highly qualified staff provides services, support and a superior level of education to our students. We believe that learning continues at the end of high school and after college, and allows us to grow and develop new interests and skills as a lifelong pursuit.

The Arlington Community Learning Program's mission is to promote and provide continuous learning experiences. With over 300 classes to choose from, we hope you will find something that will spark your interest and motivate you to learning something new and exciting. Computer classes, voice lessons, art, financial planning, carpentry, poetry, foreign languages and acting classes are just a brief sample of what you will find in this catalog. Enjoy the rest of your summer and we wish you wonderful learning experiences in the fall!

Sincerely,

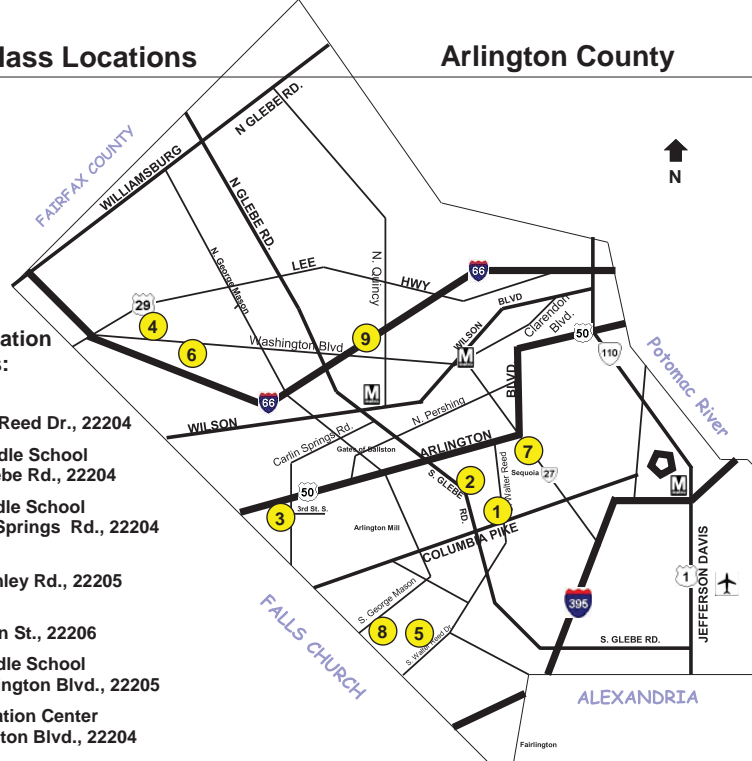


Patrick K. Murphy, Ed. D.  
Superintendent, Arlington Public Schools

## Table of Contents

American Sign Language . . . . .	pg. 7
Art & Photography . . . . .	pg. 9 - 10
Automobile Repair . . . . .	pg. 16
Business Classes . . . . .	pg. 13
Computer Classes . . . . .	pg. 4 - 6
Cooking Classes . . . . .	pg. 8 - 9
Encore Learning . . . . .	pg. 17
ESL for Adults . . . . .	pg. 18
Financial Planning . . . . .	pg. 11 - 12
Floral Design Classes . . . . .	pg. 10
Foreign Languages . . . . .	pg. 3 - 4
GED Program . . . . .	pg. 17
Medical and Health . . . . .	pg. 11
Music & Voice . . . . .	pg. 14 - 15
Personal Enrichment . . . . .	pg. 12 - 13
Technology & Industry . . . . .	pg. 16
Textile Arts . . . . .	pg. 13
Writing Classes . . . . .	pg. 7 - 8
Complete Course Index found online	
Rules and Policies. . . . .	pg. 19
Registration Form. . . . .	pg. 19

**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)

# Arlington Community Learning

*Choose the right foreign language class for you!*

## ***Beginning I***

This course is for beginner students without any knowledge of the language. Course includes basic elements of grammar, vocabulary, oral skills, listening comprehension, and small amount of reading and writing.

## ***Beginning II***

Prerequisite: Beginners I or equivalent knowledge. This class is a continuation of Beginners I and is designed for students with some knowledge of the language. Course will focus on elements of grammar, building vocabulary, pronunciation, listening comprehension, and reading and writing.

## ***Beginning III***

Prerequisite: Beginners II or equivalent knowledge. A continuation of Beginners II. This course is designed to expand grammar and vocabulary. Class focus on developing conversation skills through oral and written exercises on a variety of topics.

## ***Intermediate I***

Prerequisite: Beginners III or equivalent knowledge. A continuation of Beginners III. This course will continue to expand your vocabulary and improve your grammar skills. More emphasis will be placed on conversation skills through oral and written exercises on a variety of topics.

## ***Intermediate II***

Prerequisite: Intermediate I or equivalent knowledge. A continuation of Intermediate I. This course is primarily taught in the foreign language with some English. Course will focus on more fluid conversation skills. Reading, writing and oral exercises in the foreign language will be practiced.

## ***Intermediate III***

Prerequisite: Intermediate II or equivalent knowledge. A continuation of Intermediate II. This course is taught in the foreign language. Course will focus on more fluid conversation skills. Reading, writing and oral presentations in the foreign language will be practiced.

## ***Conversation***

Designed for fluent speakers. Emphasis will be on oral and reading skills. Translation, some writing, conversation, and vocabulary will be covered. Class will be conducted in the foreign language.

## ***Foreign Languages***

### **French - Beginning I**

Text: French Now Level 1 fifth Edition ISBN 978-1-4380-72791.  
Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL500A Wash. Lee 2230 09/12 Wed 7p Van Duyn 10 - 2 hr  
FL500B Syphax 170 09/20 Thu 10a Stuart 10 - 2 hr  
FL500C Syphax 117 09/22 Sat 11:15a Stuart 10 - 2 hr

### **French - Beginning II**

Text: French Now Level 1 fifth Edition ISBN 978-1-4380-72791.  
Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL501A Wash. Lee 2229 09/13 Thu 7p O'Neil 10 - 2 hr  
FL501B Syphax 117 09/22 Sat 9a Stuart 10 - 2 hr

### **French - Beginning III**

Text: French Verb Tenses ISBN 978-1-4380-0290-3.  
Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL507 Wash. Lee 2229 09/12 Wed 7p Stuart 10 - 2 hr

### **French - Intermediate I**

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL511 Wash. Lee 2213 09/11 Tue 7p Razatovo 10 - 2 hr

### **French - Intermediate II**

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL512 Wash. Lee 2213 09/13 Thu 7p Razatovo 10 - 2 hr

### **French Conversational**

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL504A Wash. Lee 2229 09/17 Mon 7p Van Duyn 10 - 2 hr  
FL504B Syphax 170 09/11 Tue 10a Farzaneh 10 - 2 hr

### **Spanish - Beginning I**

Text: Dicho y Hecho 7th Edition. ISBN-10: 0471268860  
Arl. Res. \$239 Arl. Sr. \$219 Non-Res. \$259  
FL517A Wash. Lee 2213 09/10 Mon 7p Sarmiento 10 - 2.5 hr  
FL517B Wash. Lee 2226 09/11 Tue 7p Contreras 10 - 2.5 hr  
FL517C Syphax 107 09/12 Wed 10a Sarmiento 10 - 2.5 hr

### **Spanish - Beginning II**

Text: Dicho y Hecho 7th Edition . ISBN-10: 0471268860  
Arl. Res. \$239 Arl. Sr. \$219 Non-Res. \$259  
FL518A Syphax 107 09/06 Thu 10a Sarmiento 10 - 2.5 hr  
FL518B Wash. Lee 2213 09/12 Wed 7p Sarmiento 10 - 2.5 hr

### **Spanish - Beginning III**

Text: Dicho y Hecho 7th edition . ISBN-10: 0471268860  
Arl. Res. \$239 Arl. Sr. \$219 Non-Res. \$259  
FL519A Wash. Lee 2215 09/11 Tue 7p Manzano 10 - 2.5 hr  
FL519B Syphax 171 09/12 Wed 10a Santos 10 - 2.5 hr

### **Spanish - Intermediate I**

Dicho y Hecho 7th Edition. ISBN-10: 0471268860  
Arl. Res. \$239 Arl. Sr. \$219 Non-Res. \$259  
FL520A Syphax 107 09/11 Tue 10a DeLeon 10 - 2.5 hr  
FL520B Wash. Lee 2215 09/12 Wed 7p Manzano 10 - 2.5 hr

### **Spanish - Intermediate III**

Text: Dicho y Hecho , 7th Edition. ISBN-10: 0471268860  
Arl. Res. \$239 Arl. Sr. \$219 Non-Res. \$259  
FL522 Syphax 150 09/11 Tue 10a Hernandez 10 - 2.5 hr

### **Spanish - Daytime Intermediate / Conversation**

Arl. Res. \$239 Arl. Sr. \$219 Non-Res. \$259  
FL523 Syphax 107 09/10 Mon 10a Umarn 10 - 2.5 hr

### **Spanish - Grammar Workshop - Level 1**

Prerequisite: Spanish Beginning I or Beginning II. To speak a language correctly, it's important to know that grammar. This class is designed specifically with that purpose in mind. Students will review the conjugation of verbs, practice basic conversation, build vocabulary and review grammar skills.  
Arl. Res. \$129 Arl. Sr. \$109 Non-Res. \$149  
FL524A Syphax 107 09/12 Wed 1p Santos 6 - 2 hr  
FL524B Wash. Lee 2211 09/20 Thu 7p Ballester 6 - 2 hr



### **Spanish - Grammar Workshop - Level 2**

Prerequisites: Grammar-Workshop I or Spanish Beginning III or Intermediate level I. Improve your Spanish grammar by reviewing the conjugation of simple and compounds verb tenses in some moods. You will also practice your basic levels of conversation, writing, reading, listening and comprehension with new vocabulary and grammatical patterns.  
Arl. Res. \$129 Arl. Sr. \$109 Non-Res. \$149  
FL525A Syphax 170 10/24 Wed 1p Santos 6 - 2 hr  
FL525B Syphax 235 11/01 Thu 7p Ballester 6 - 2 hr

### **Portuguese - Beginning I**

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL528 Syphax 150 09/18 Tue 7p Alston 10 - 2 hr

### **Portuguese Conversation**

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL585 Syphax 170 09/13 Thu 7:30p Moghrabi 10 - 2 hr

### **Latin - Beginning I**

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL606 Career Center 103 09/13 Thu 7p Strang 10 - 2 hr



### **Latin - Beginning III**

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL608 Career Ctr 105 09/11 Tue 7p Strang 10 - 2 hr

### **Italian - Beginning I**

Text: Oggi in Italia 7th edition. ISBN 0-618-11220-0.  
Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL544A Syphax 150 09/19 Wed 10a Vigliocco 10 - 2 hr  
FL544B Wash. Lee 2227 09/13 Thu 7p Ghiglia 10 - 2 hr

### **Italian - Beginning II**

Text: Oggi in Italia 7th edition. ISBN 0-618-11220-0.  
Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL545A Wash. Lee 2214 09/11 Tue 7p Ghiglia 10 - 2 hr  
FL545B Syphax 170 09/12 Wed 10a Vigliocco 10 - 2 hr

### **Italian - Beginning III/III**

Text: Oggi in Italia 7th edition. ISBN 0-618-11220-0.  
Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL548 Syphax 117 09/13 Thu 11:30a Stoss 10 - 2 hr

### **Italian - Intermediate**

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
FL547 Wash. Lee 2227 09/11 Tue 6:30p Buccelli 10 - 2 hr

### **German - Beginning I**

Textbook: German Phrases for Dummies by Pauline Christensen; ISBN-13 978-07645-9553-0  
Arl. Res. \$189 Arl. Sr. \$169 Non-Res. \$209  
FL537A Syphax 117 09/11 Tue 11a Lubkans 8 - 2 hr  
FL537B Wash. Lee 2023 10/02 Tue 7p Waters 8 - 2 hr

### **German Conversation**

Arl. Res. \$189 Arl. Sr. \$169 Non-Res. \$209  
FL529 Wash. Lee 2023 10/02 Tue 7p Waters 8 - 2 hr



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

### Russian - Beginning I

Text: Russian: Face to Face - Beginning ISBN 0844243027  
 Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
 FL570 Syphax 150 09/13 Thu 7p Scheuchenzuber 10 - 2 hr

### Russian - Beginning III

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
 FL573 Syphax 150 09/12 Wed 7p Scheuchenzuber 10 - 2 hr

### Arabic - Beginning I

Text: Al-Kitaab Intro to Arabic Letters and Sounds, ISBN 1-58901-102-3.

Arl. Res. \$189 Arl. Sr. \$169 Non-Res. \$209  
 FL538A Syphax 150 09/19 Wed 10a Haddad 8 - 2 hr  
 FL538B Wash. Lee 2018 09/19 Wed 7p Haddad 8 - 2 hr

### Arabic - Beginning III

Arl. Res. \$189 Arl. Sr. \$169 Non-Res. \$209  
 FL533 Wash. Lee 2018 09/17 Mon 7p Melki 8 - 2 hr

### Chinese Mandarin - Beginning I

Text: Integrated Chinese 3rd Edition, Level 1, part 1 - Simplified characters ISBN 9780887276385.

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
 FL550 Wash. Lee 2017 09/13 Thu 7p Li 10 - 2 hr

### Chinese Mandarin - Beginning II/III

Text: Integrated Chinese 3rd Edition, Level 1, part 1 - Simplified characters ISBN 9780887276385.

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239  
 FL552 Wash. Lee 2017 09/12 Wed 7p Wang 10 - 2 hr

### Korean - Beginning I

Arl. Res. \$189 Arl. Sr. \$169 Non-Res. \$209  
 FL561 Syphax 171 09/19 Wed 7p Song 8 - 2 hr

### Korean - Beginning II

Arl. Res. \$189 Arl. Sr. \$169 Non-Res. \$209  
 FL567 Syphax 150 09/17 Mon 7p Song 8 - 2 hr

## *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 09/11 Tue 10a Allen 1 - 1.5 hr

### Organizing Your Computer Files & Folders

Learn the basic skills for organizing photos, files and music on your computer and how to use Windows to create folders, display the date and time a file was last saved and sort by name or date. Also learn how to move files around on your computer, delete files, and create shortcuts on your desktop. Naming and searching for files will also be covered.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
 BE209 Syphax 115 10/04 Thu 1p Matos 2 - 1.5 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. \$109 Arl. Sr. \$99 Non-Res. \$119  
 BE441 Syphax 115 09/19 Wed 10:30a Matos 3 - 2 hr

### Learn Computers at a Slow Pace - Level II

Now that you have covered the basics, let's dig a little deeper. Learn to transfer files from a flash drive to your computer, create a basic Excel spreadsheet, a letter in Microsoft Word and use free online resources to improve your typing skills. Gain the confidence you need to continue putting into practice what you've learned.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89  
 BE442 Syphax 115 10/10 Wed 10:30a Matos 2 - 2 hr

### Google, MUCH More Than Search

In this highly interactive class, learn and do better all things that are Google such as Gmail, search tips, organize photos w/ Google photos, creating google docs, creating a personalized/shared calendar, make free phone calls w/ Google voice, print anything/anywhere with cloud print, download books, apps, music & more from the Google play store, utilize google keep to take notes, google translate to over 50 languages and much more.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
 BE366 Syphax 115 10/12 Fri 10a Livingston 1 - 2 hr

### What Google Can Do for You

Beginning with Google Chrome, Gmail, and Contacts, this overview course give 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. \$79 Arl. Sr. \$69 Non-Res. \$89  
 BE440 Career Ctr. 213 11/06 Tue 6:30p Dooley 2 - 2 hr

### Google Docs/Drive: An Introduction

Come experience the power of Google Docs. We will review Google's version of a spreadsheet, word processor and presentation software, very similar to what Microsoft Office offers. The best thing is that you can access your files from anywhere, work from anywhere and collaborate with anyone. And remember, it's all free with your Google account.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89  
 BE524 Syphax 115 10/24 Wed 10a Matos 2 - 2 hr

### Computer Maintenance

Students will learn how to keep their computers running smoothly by learning to use system tools, utility programs, firewalls, and virus protection. They will also learn how to handle a computer crash, decipher error messages, delete files and unwanted programs and keep their computers updated automatically. In addition, computer hardware maintenance will be discussed, along with proper surge protection and wireless network protection.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89  
 BE387 Syphax 115 09/28 Fri 1:30p Livingston 2 - 2 hr

### Today's Technology for Baby Boomers

Confused about all the technology that society is using? Want to stay connected and learn to utilize the latest in computers, tablets & wireless devices? Want to explore the world and not leave your home? This informative, 2-week course will delve into cell/ smart phones/prepaid, social media (Facebook, Linked In, senior match, twitter, etc.). Learn about I-Tunes, IPads & iPods & useful apps to make your life easier & more productive. Learn what a blog is, what Wi-Fi & Bluetooth are & FREE things you can do with Google to connect with your family, friends & community.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89  
 BE390 Syphax 115 09/21 Fri 10a Livingston 2 - 2 hr

### Typing Skills I

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

Arl. Res. \$159 Arl. Sr. \$139 Non-Res. \$179  
 BE406 Wash. Lee 2010 09/18 Tue, Thu 7p Stanley 8 - 1.5 hr

### Typing Skills II

Prerequisite: BE-406 or good keyboarding skills. Continue developing keyboarding speed and accuracy. This course introduces production of business and personal documents.

Arl. Res. \$159 Arl. Sr. \$139 Non-Res. \$179  
 BE407 Wash. Lee 2010 10/16 Tue, Thu 7p Stanley 8 - 1.5 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 115 10/18 Thu 10a Matos 1 - 2 hr

### Decrease Your Telecom Costs

Want to explore ways to decrease your landline, wireless and cable bills? In this highly informative class, find out about new technologies like Roku, Aereo & Hulu. Find out how to get free HDTV and go wireless to help save you money. Communicate via FaceTime & Google Voice to replace your landline phone.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
 BE230 Syphax 115 09/07 Fri 10a Livingston 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 our Craigslist.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
 BE262 Syphax 115 09/12 Wed 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 09/19 Wed 7p Hamdad 1 - 2.5 hr

# Arlington Community Learning

## YouTube - Getting Started

Stop simply viewing YouTube and start contributing to it. Students will learn how to create an account, upload videos, add comments to content and create your own YouTube channel. Sharing your videos and video quality will be included.  
Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE267 Syphax 115 09/05 Wed 7p Hamdad 1 - 2.5 hr

## 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. \$79 Arl. Sr. \$69 Non-Res. \$89  
BE453 Syphax 115 10/16 Tue 10a Gutnick 2 - 2 hr

## Keep Your Smartphone Safe and Secure

Today's smartphones are so powerful and useful, many of us store a wide variety of information which we can't afford to lose. Whether you've got an iPhone or Android, this class will help you protect your device and its contents. Topics include effective use of the lock screen, data encryption, locating a missing device, protecting privacy, two-factor authentication, safe network connections, avoiding malware, and data backups.  
Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE536 Syphax 115 09/18 Tue 10a Gutnick 1 - 3 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. \$79 Arl. Sr. \$69 Non-Res. \$89  
BE537 Syphax 115 10/02 Tue 10a Gutnick 2 - 2 hr

## Windows 10 - Discover the Improvements!

Windows 10 is Microsoft's latest version for PCs and tablets. There are plenty of changes - a lot of improvements to love, and also a fair number of annoyances. Here's your chance to learn about the differences and how to make the most of your computing environment.  
Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
BE533 Syphax 115 11/06 Tue 6:30p Gutnick 1 - 3 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 170 10/10 Wed 7p Martinez 3 - 2 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, Linked-In, Google Me, and You Tube. Class will be lecture and demonstration.  
Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE526 Syphax 117 10/02 Tue 6:30p Dooley 1 - 2.5 hr

## NEW Revit - The Basics

Ready to learn the basics of Autodesk Revit Architecture. Whether you're looking to make the transition from other drafting/modeling software, such as AutoCAD or SketchUp, or you're starting from the beginning of architectural design, this interactive course will equip you with the knowledge to successfully navigate the program. You will become familiar with the user interface and get insight into the possibilities that using Revit for your design and construction documents can do for you.  
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129  
BE285 Syphax 115 09/27 Thu 7p Wrustle 2 - 2.5 hr

## NEW Email Marketing with Mailchimp

Increase your marketing or publicity through targeted email campaigns. Using MailChimp as the email platform, students will learn how to set up an account, choose effective templates, upload emails and launch your campaign. Learn how to effectively collect emails from your customers, clients and followers and engage them through the most common method of business communication - email!  
Arl. Res. \$39 Arl. Sr. \$29 Non-Res. \$49  
BE236 Syphax 115 09/12 Wed 10:30a Matos 1 - 1.5 hr

## Before Creating Your Website

Thinking of creating a website? Through demonstration and lecture you will learn how to create and select a proper domain name, how to host your site, some basic HTML functions and more. We will also discuss design techniques and how to get you're your site published.  
Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE251 Syphax 115 11/20 Tue 10:30a Matos 1 - 1.5 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 10/30 Tue 10a Matos 1 - 2.5 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 secure environment in your home or your company.  
Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE359 Syphax 108 10/03 Wed 6:30p Allen 1 - 3 hr

## NEW Avoid Social Media and Digital Missteps

Learn about your digital footprint and what it conveys. Gain understanding into your personal data, online habits, including what our social media likes, shares, posts and clicks are communicating. Discover the secrets of your metadata and learn how to protect your digital reputation.  
Arl. Res. \$39 Arl. Sr. \$29 Non-Res. \$49  
BE605 Syphax 171 10/10 Wed 10a Richardson 1 - 2.5 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. \$49 Arl. Sr. \$39 Non-Res. \$59  
BE566 Syphax 115 10/05 Fri 10a Matos 1 - 2 hr

## Facebook Training and Security

This highly interactive class description will teach you all you need to know about Facebook. From security and privacy settings to protecting your information to posting and tagging. In addition, we will explore Facebook messenger, marketplace, offers, live and fundraiser.  
Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
BE565 Syphax 115 10/12 Fri 1:30p Livingston 1 - 2 hr

## Facebook for Business

Facebook is a great way to find new customers, connect and engage with your current customers and ultimately increase revenue. Learn ways to increase awareness of your product or service, get "likes" on your page and drive up sales. Boosting posts, advertising, researching demographics and increasing traffic to your business website will all be discussed. Social media is low cost, effective marketing. Don't miss out!  
Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE557 Career Ctr 105 09/18 Tue 6:30p Dooley 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  
BE362 Syphax 115 09/26 Wed 7p Hamdad 4 - 2 hr

## WordPress - The Next Level

Now that you understand how WordPress works and are familiar with setting up a basic site, you're ready for the "next level" class. In this hands-on class, we will continue to discuss proper techniques to build and maintain your site, but also cover some trouble-shooting tips. Bring your questions, and apply what you learn the very next day.  
Arl. Res. \$159 Arl. Sr. \$149 Non-Res. \$169  
BE363 Syphax 115 10/24 Wed 7p Hamdad 4 - 2 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 09/25 Tue 6:30p Dooley 1 - 2.5 hr

## Selling On EBay

Have a lot of "stuff" in your garage/basement collecting dust? In this "How to sell on EBay" course you will learn how to list items for sale, tend the auction, finalize the sale w/ PayPal. You also learn all the tips and tricks to maximize your online auction experience, all part of this fun eBay class. Prerequisite: Have an item in mind that you would like to sell when you come to class. Learn how to use eBay effectively today!  
Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89  
BE527 Syphax 115 10/19 Fri 10a Livingston 2 - 2 hr

## JavaScript

Prerequisite: Basic understanding of HTML. Students will learn the basics of combining HTML and JavaScript to perform functions, event handling, control structure and Windows. Towards the end of class student will also use Java script to create form validation, animation and cookies.  
Arl. Res. \$169 Arl. Sr. \$159 Non-Res. \$179  
BE394 Syphax 108 09/25 Tue 6:45p Boukhris 4 - 3 hr

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

### SQL Programming

Introduction to Structured Query Language (SQL) programming includes SQL programming commands and concepts of relational databases. Database objects will be created using SQL statements. In addition, students will learn how SQL relates to other programming application such as HTML and PHP.

Arl. Res. \$179 Arl. Sr. \$159 Non-Res. \$199  
BE451 Syphax 115 10/18 Thu 6:45p Boukhris 5 - 3 hr

### Cloud Computing: How (and Why) to Get Started

Cloud computing: it's not just hype. Store your files on the Internet - documents, music, photos, spreadsheets, presentations - so you can access them from any computer. Better yet, synchronize your e-mail, calendar, and contacts between your computer and your smartphone or tablet. Save the expense and hassle of application software upgrades, and don't worry about losing work due to system failures. We'll look at free resources that are easy to use. If you can use a Windows PC or a Mac - or a smartphone or tablet - you can work in the cloud.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE454 Syphax 107 10/30 Tue 6:30p Gutnick 1 - 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. \$169 Arl. Sr. \$159 Non-Res. \$179  
BE425 Syphax 115 09/10 Mon 6:30p Kauffman 4 - 3 hr

### Microsoft 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:

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
BE458 Syphax 115 12/04 Tue 6:30p Kauffman 1 - 3 hr

### Microsoft Excel Functions: Techniques and Traps

Excel functions can really simplify your work. You'll save time and effort. Learn the techniques and traps from a pro. John Kauffman will walk you through the steps in an easy and effective manner. After taking this class, you will have at your disposal a number of formulas to help you master Excel.

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129  
BE561 Syphax 108 11/19 Mon 6:30p Kauffman 3 - 3 hr

### Using Excel and Word Together

Dramatically increase your work productivity by learning to combine the power of the most widely used spreadsheet software (Microsoft Excel) with the most popular word processing software (Microsoft Word). Save valuable time with techniques that allow you to seamlessly integrate data, images and text into your documents. Shortcuts, hotkeys and other strategies practiced in class will make you more efficient in your work.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
BE345 Syphax 115 11/27 Tue 6:30p Kauffman 1 - 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

BE494A Syphax 117 11/05 Mon 7p Cassalt 1 - 2 hr

### Microsoft Excel Macros/VBA Level 1

Automate tasks in Excel by using Macros and VBA. Learn to record macros then use the editing tool. Understand range reference syntax, range properties and methods. Practice solving the traps of troubleshooting and debugging. 30% lecture and 70% exercises with particular attention to solving common mistakes. 4 meets of 3 hr. Prerequisite: in Excel can navigate, format and use functions like SUM(). Text: options from \$0-60.

Arl. Res. \$169 Arl. Sr. \$159 Non-Res. \$179

BE571 Syphax 115 10/15 Mon 6:30p Kauffman 4 - 3 hr

### Microsoft Word 2016 - The Basics

Prerequisite: Working knowledge of Microsoft Windows. 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.

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

BE469 Career Ctr. 223 10/25 Thu 10a Matos 2 - 2.5 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. \$109 Arl. Sr. \$99 Non-Res. \$119

BE498 Syphax 115 11/27 Tue 7p Matos 2 - 2.5 hr

### Microsoft PowerPoint 2016

Prerequisite: Working knowledge of Windows. The student will create presentations and slides, work with PowerPoint objects, put text on slides, and add visuals to slides such as graphics, charts, clip art, and shapes. Using PowerPoint special effects tools such as slide transition, timing and sound will be covered.

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

BE480 Syphax 115 10/11 Thu 6:30p Matos 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 115 09/11 Tue 7p Matos 3 - 2 hr

### Adobe Photoshop CS6 Level 2

Students will go beyond the basics in the class and will discover tools and techniques that will give your photos and publications a professional look. Masking, color enhancements, contrast correction and more will be understood. Prerequisite: BE482

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

BE483 Syphax 108 10/23 Tue 7p Matos 3 - 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. \$129 Arl. Sr. \$109 Non-Res. \$149

BE505 Syphax 115 11/28 Wed 7p Martinez 3 - 2 hr

### Adobe InDesign - An Introduction

Prerequisite: Working knowledge using a PC. Learn the basics of this professional, industry standard page layout program to produce newsletter, flyers, brochures, catalogs and much more. Learn basic layout skills, typesetting rules, copyfitting techniques, how to place graphics from Photoshop. Students will create a flyer or brochure.

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

BE513 Syphax 107 10/02 Tue 7p Matos 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 Center 205 11/01 Thu 7p Randolph 2 - 2 hr

### Mac Basics

Prerequisite: Basic skills using a computer mouse or trackpad. Using an iMac computer, learn beginning computer skills such as how to open, resize, move, zoom, and close windows; create, copy, and delete files and folders; use menus, control panels; and execute keyboard commands. You will be introduced to word processing, spreadsheet, and presentation programs. Finally, you will learn how to surf the Internet and email basics.

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

BE502 Wash. Lee 1117 09/25 Tue 7p Hirai 3 - 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 10/16 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. \$129 Arl. Sr. \$109 Non-Res. \$149

BE529 Wash. Lee 1117 11/27 Tue 7p Hirai 3 - 2 hr

# Arlington Community Learning

## Writing & Communications

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

CE100A Syphax 117 09/12 Wed 10a Haines 6 - 2 hr

CE100B Syphax 113 10/24 Wed 10a Haines 6 - 2 hr

### Speak in Public with Confidence

The key to any good presentation is confidence. This class prepares you to speak with confidence, capitalizing on strengths and learning to manage nervous energy. It provides practice in presenting ideas and information clearly and convincingly. You will deliver brief presentations in class and receive constructive support through the use of video and group feedback. Gain a better understanding of presentation methods, platform skills and preparation techniques.

Arl. Res. \$139 Arl. Sr. \$119 Non-Res. \$159

CE117 Wash. Lee 2213 09/25 Tue 7p Jackson 4 - 2.5 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 Wash. Lee 2226 11/01 Thu 7p Staff 1 - 2 hr

### Maximizing Your Assertiveness

This course will examine what assertive communication looks like when it has your unique style and signature. Students will learn practical strategies to help overcome real life challenges. Proven techniques include specific language strategies designed to keep the conversation flowing, determining ways to keep a positive mind-set intact and understanding the roles of beliefs, stress level and boundary-setting. Feel more at ease and have greater success with difficult conversations and situations.

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

CE127 Wash. Lee 2002 11/21 Wed 6:30p Sawyer 1 - 2.5 hr

### Acting Workshop for Beginners

For anyone who's ever dreamed of being an actor, this practical workshop exploring the fundamentals is for you. Aimed at those with no, or very little experience, it will provide guidance and insight from a professional stage actor/director, and will convince you that acting can be as fun as it looks.

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

CE139 Kenmore Chorus 09/19 Wed 7p Staff 6 - 2.5 hr

### Writing Your Own Screenplay

Have you ever seen a movie and thought you could do better? Here's your chance to learn or further develop your screenwriting skills. This class is for those with plenty of ideas but don't know where to begin, for those who started and need help finishing, and everyone in between. We will discuss generating ideas, creating believable characters, using effective storytelling, and organizing it all into a professional screenplay structure.

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

CE179 Career Ctr. 118 09/13 Thu 7p Johnson 6 - 2 hr

### Writing Your Own Screenplay - Level 2

Here's the class you've been waiting for. This level two class will teach and encourage you to continue your character and plot development. More importantly, we will share ideas, critique scenarios and improve storytelling techniques. Your instructor will share strategies and classmates will contribute with feedback so you can further develop and organize your screenplay.

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

CE194 Career Ctr. 118 10/25 Thu 7p Johnson 6 - 2 hr

### American Sign Language I

This course introduces the basics of American Sign Language. Students will focus on the acquisition of both comprehension and production skills. Increased knowledge of the deaf community and the development of cultural awareness, which will improve communication interaction. Basic fingerspelling skills, readiness activities, questions, and conversational etiquette will also be stressed. Text: Learning American Sign Language 2nd Edition, ISBN 0-205-27553-2.

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239

CE142 Wash. Lee 2001 09/20 Thu 7p Zambrano 8 - 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. \$219 Arl. Sr. \$199 Non-Res. \$239

CE145 Wash. Lee 2013 09/18 Tue 7p Zambrano 8 - 2.5 hr

### Writing the Memoir

Learn to write your own life stories as we read excerpts from published memoirs, picking them apart as a group to define for ourselves what makes a memoir successful or unsuccessful. You will then leap into the process of writing your own story and develop the power to express your individual voice. Refine your writing with prompts, exercises and peer review. We will conclude with an edited and polished sample chapter which will be necessary for students interested in publishing their work. Model memoirists include: Maya Angelou, Anne Frank, Ernest Hemingway, Mary Karr, David Sedaris, Patti Smith and Richard Wright.

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

CE159A Wash. Lee 1117 09/12 Wed 7p Staff 6 - 2 hr

CE159B Wash. Lee 1117 10/31 Wed 7p Staff 6 - 2 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 2013 10/04 Thu 6:30p 1 - 2.5 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 170 09/12 Wed 7p Miller 3 - 2 hr

### Introduction to Creative Writing

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. \$139 Arl. Sr. \$119 Non-Res. \$159

CE193 Career Ctr. 205 09/18 Tue 7p Stevens 5 - 2 hr

### Comprehensive Approach to Self-Publishing

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 107 10/15 Mon 7p Sullivan 3 - 2 hr

### Evening Writers

Are you working in fiction or nonfiction, short stories, travelogues or blog posts? Whichever genre appeals to you, you won't want to miss this class. 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. \$159 Arl. Sr. \$139 Non-Res. \$179

CE172 Syphax 170 10/23 Tue 7p Stevens 6 - 2 hr

### Fundamentals of Grant Writing

If you want to write a grant that will convince funders to provide funding for your project and you don't know where to start, this class is for you. In this course, you will be introduced to the key components of a grant application. Using the 5 "W's" (Who, What, When, Where, and Why), you will learn how to write a grant proposal that gets results. Whether you're a beginner or experienced grant writer who just needs a refresher on the fundamentals of grant writing, come and discover how easy grant writing can be using this proven technique.

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

CE235 Syphax 170 09/25 Tue 7p Speigner 2 - 2 hr

### Get Acquainted with Shakespeare

Get acquainted with four of Shakespeare's hit plays. 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. \$89 Arl. Sr. \$79 Non-Res. \$99

CE239 Syphax 170 10/29 Mon 1p Stuart 4 - 2 hr



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

### Know Laughing Matter - Get Started in Standup Comedy

Standup comedy is a solo performance with just a microphone and usually without accessories or music. Every night of the week there are standup comedy shows in our area which welcome comedians of any ability or experience to an "open-mike" to share their material on stage. In this 2 hour overview, learn how and where to launch your hobby or even your career as a standup comedian. Hear tips on writing jokes, how to effectively practice and hone your routine, and gain insight on specific venues that best match your style and goals. Note that we will not cover other forms of comedy such as improvisational or sketch; this will only be for standup. Your instructor has performed throughout the DC area for all types of audience.

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

CE238 Wash. Lee 2024 10/17 Wed 6:30p Mola 1 - 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!

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

CE242 Syphax 107 09/12 Wed 7p Bloudford-Indelicato 4 - 2 hr

### Influential African American Authors

Come and take a journey, explore the fruitfulness of African American Literature. From our nation's beginning, African American writers have influenced and impacted our country. This course explores the rich diversity of African American Literature from the colonial period to the present. Discover the poetry, short stories, and essays written by Phillis Wheatley, Frederick Douglas, Francis Ellen Watkins Harper, and contemporary writers including Gwendolyn Brooks, August Wilson, and Patricia Smith.

Art. Res. \$99 Art. Sr. \$89 Non-Res. \$109

CE250A Years 1740 to 1900 - Career Ctr. 112 09/13 Thu 7p 3 - 2 hr

CE250B Years 1900 to Present - Career Ctr. 112 10/18 Thu 7p 3 - 2 hr

## Cooking Classes

### Delicious Holiday Cookies

There is nothing that brings on holiday cheers than these festive cookies, like the Decorated Sugar Cookies, Gingerbread Cookies, Lemon Crinkles, and Sandwich Cookies with Peppermint Fillings. Will show how to present these delicious cookies as a gift.

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

CN157 Syphax 113 12/08 Sat 9a Montesa 1 - 4 hr

### Sweet Baklava and Pavlova

Learn these easy-to-do delicious desserts. The baklava is made with phyllo dough, nuts and honey. Pavlova is a dessert of crispy meringue topped with cream and fruits.

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

CN166 Syphax 113 11/17 Sat 9a Montesa 1 - 4 hr

### Fall Vegetarian Soups and Stews

Fall is a time where you grab for something wholesome and warm. Using seasonal vegetables and simple techniques, students will learn to make three different types of comforting soups and stews that are as healthy as they are tasty!

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

CN561 Syphax 113 11/06 Tue 7p Krishnan 1 - 3 hr

### An Array of Appetizers, Anywhere, Any Time

This is for the home-chef looking to jazz up their hors d'oeuvres offerings by having a few simple ingredients available in the pantry. Learn how to shop and stock your kitchen with fundamental ingredients, then master a duxelle of wild mushrooms, prepare petit crepes with a variety of savory and sweet toppings, caviar potatoes, stuffed pepidou peppers, mini-crab cakes, cheese puffs, caramelized onion tartlets, Belgian endive spears and more. Bring a humble appetite to sample the food preparations as they are completed.

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

CN167 Syphax 113 09/19 Wed 7p O'Donnell 1 - 2.5 hr

### Quick and Easy Weeknight Meals

Expand your weeknight repertoire with quick and easy dishes. In this hands-on class, students will learn how to combine fresh, healthy ingredients and exciting flavors to create meals the whole family will love. Menu will include: Whole Wheat Pasta with Sardines, Pine Nuts and Parsley, Green Curry Chicken with Zucchini, Poached Eggs in Tomato Sauce with Chickpeas and Feta.

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

CN180 Syphax 113 09/13 Thu 6:30p Desai 1 - 3 hr

### Everyday Indian Vegetarian

Simple Indian vegetarian can be wholesome, flavorful and easy! Using spices and simple techniques, students will learn to create a home-cooked Indian meal fit for any day of the week. Dishes may include a spiced lentil dal, a seasonal vegetable curry and cooling raita.

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

CN412 Syphax 113 10/18 Thu 6:30p Krishnan 1 - 3 hr

### One-Pot Vegetarian Meals

What if you could whip together a delicious and healthy meal in just one pot. Using fresh ingredients, and inspiration from cuisines around the world, students will learn the basics of making hearty vegetarian one-pot meals perfect for the busy professional. Dishes may include southwestern one-skillet quinoa, vegetarian chili, or a hearty Malaysian vegetable curry.

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

CN425 Syphax 113 10/04 Thu 6:30p Krishnan 1 - 3 hr

### Fast and Easy Soups

Description: Learn how to take every day fresh or frozen vegetables and create healthy, filling, and delicious soups for your whole family. Soup options include roasted tomato with carrot and garlic, chicken meatballs and orzo, and carrot, corn, poblano chowder. Recipes will use a stock base and omit heavy cream for a lighter and healthier option!

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

CN247 Syphax 113 11/15 Thu 6:30p Desai 1 - 3 hr

### Authentic Italian Ravioli

In this class, we'll begin by making fresh pasta dough then move on to preparing a few seasonal fillings before assembling the ravioli by hand. At the end of the class, you'll taste all the different varieties, and prepare sauces to go along with them.

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

CN259A Syphax 113 09/12 Wed 6:30p De Bernardinis 1 - 3 hr

CN259B Syphax 113 10/09 Tue 10a De Bernardinis 1 - 3 hr

### Italian Appetizers

Handmade gorgonzola cheese and walnuts vol-au-vent, capriciosa salad, vegetable strudel, Tuscan panzanella are recipes we will enjoy. Learn how to make easy appetizers for starting a dinner or surprising your guests.

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

CN261A Syphax 113 10/30 Tue 6:30p De Bernardinis 1 - 3 hr

CN261B Syphax 113 10/31 Wed 10:30a De Bernardinis 1 - 3 hr

### Rice and Risotto

Risotto is a northern Italian rice dish cooked in a broth to a creamy consistency. The broth can be derived from meat, fish or vegetables. One of the most common ways of cooking rice starts with onion or shallot, and extra virgin olive oil and butter. Sunchoke risotto, beans and rice and mushrooms risotto will be prepared during class.

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

CN254A Syphax 113 12/05 Wed 6:30p De Bernardinis 1 - 3 hr

CN254B Syphax 113 12/06 Thu 10a De Bernardinis 1 - 3 hr

### Meatballs Are Not Just for Meat

Your typical meatball is ground meat mixed with different ingredients like eggs, bread crumbs, minced onion, cheese, and herbs. Sometimes the main ingredient is not meat. We will make turkey and pumpkin meatballs, lemon chicken meatballs, tuna and ricotta balls, and bread balls. Put something new on your pasta!

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

CN255A Syphax 113 11/07 Wed 6:30p De Bernardinis 1 - 3 hr

CN255B Syphax 113 11/06 Tue 10a De Bernardinis 1 - 3 hr

### Handmade Pizza Workshop

Delicious homemade pizza is easier to make than you think, and it's so much tastier than takeout. Learn to make the perfect pizza dough from mixing and kneading right through rising and shaping. This hands-on class will include instruction on different pizza cooking techniques as well as sauces, cheeses and topping options that are sure to please everyone.

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

CN257A Syphax 113 09/06 Thu 6:30p De Bernardinis 1 - 3 hr

CN257B Syphax 113 10/24 Wed 10a De Bernardinis 1 - 3 hr

### The Gnocchi Workshop

Gnocchi, little Italian pasta dumplings, are comforting and delicious. Learn the techniques needed to prepare these perfectly every time. The class will feature Potato Gnocchi with Bolognese Sauce, Ricotta Gnocchi with Walnut Parsley Pesto, and Butternut Squash Gnocchi with Sage Butter.

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

CN258A Syphax 113 09/25 Tue 6:30p De Bernardinis 1 - 3 hr

CN258B Syphax 113 10/11 Thu 10a De Bernardinis 1 - 3 hr

### Lasagna is Served!

Learn how to make lasagna with your oven-ready lasagna. Your family friends will be surprised by your skill and you will be so proud by yourself. Fresh or thawed lasagna. Dinner is ready! Pumpkin gorgonzola and walnuts lasagna, pesto sauce lasagna, spinach and ricotta lasagna. Different toppings for every palate. We will also make bechamel sauce, also known as white sauce... one of the most important sauce in the kitchen.

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

CN260A Syphax 113 11/14 Wed 6:30p De Bernardinis 1 - 3 hr

CN260B Syphax 113 11/13 Tue 10a De Bernardinis 1 - 3 hr

### Buche de Noel

Buche de Noel or Christmas Yule Log is a traditional French Christmas cake, frosted to resemble the bark of a tree. It is decorated with meringue mushrooms, sugar holly leaves and berries for a festive look. It is a dessert to served and enjoyed during the holidays.

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

CN269 Syphax 113 12/01 Sat 9a Montesa 1 - 3 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.

Art. Res. \$119 Art. Sr. \$109 Non-Res. \$139

CN297 Syphax 113 11/05 Mon 6:30p Mnatsakanova 1 - 3 hr



# Arlington Community Learning

## Culinary Intuition: Cooking Without Recipes

Strengthen your culinary intuition and cook without recipes by following some simple guidelines. Key methods and ingredients can be used to improvise untold food possibilities for everyday dishes. Students will understand the traditions and chemistry of food, and will learn to rely on their senses to lead the way - sense of taste, touch, smell, sight, and sound. Doing is the best way to learn... so come peel, chop, stir and taste the goodness. Please bring a container for leftovers!

Art. Res. \$79 Art. Sr. \$69 Non-Res. \$89  
CN296 Syphax 113 10/09 Tue 6:30p Mnatsakanova 1 - 3 hr

## Gourmet Sauces

The make or break part of any gourmet meal is certainly the sauce. Come learn about, create, and most importantly, demystify the sauce making process. We will discuss the five mother sauces and their off-shoots. We will create many different kinds from simple reductions to the more complex Butter sauces and egg sauces such as Hollandaise.

Art. Res. \$59 Art. Sr. \$49 Non-Res. \$69  
CN411 Syphax 113 10/22 Mon 6:30p Mnatsakanova 1 - 3 hr

## Indian Cooking

Indian cooking is known for its sophisticated and subtle use of many spices. Come learn about the basic principles, cooking techniques, and ingredients of Indian home cooking while preparing tasty vegetarian and non-vegetarian dishes. Menu will include Chicken Stewed in Fragrant Onion-Tomato Sauce (Murgh Masala), Cauliflower and Potatoes with Ginger (Aloo Gobhi), and more!

Art. Res. \$69 Art. Sr. \$59 Non-Res. \$79  
CN413 Syphax 113 10/10 Wed 6:30p Desai 1 - 3 hr

## International Chicken

Do something new with the chicken you prepare. Learn to make a popular dish in Indonesia called (Ayam Panggan), which is seasoned just right with a little spicy kick. Then we'll cook Irish chicken prepared with mustard, black pepper, tarragon and other spices, with grilled potatoes and onions. We'll finish with Mexican chicken fajitas prepared with onions, green peppers and cilantro all on a warm tortilla.

Art. Res. \$79 Art. Sr. \$69 Non-Res. \$89  
CN434 Syphax 113 10/29 Mon 6:30p Mnatsakanova 1 - 3 hr

## 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. \$59 Art. Sr. \$49 Non-Res. \$69  
CN520 Syphax 113 10/01 Mon 10a Moore 1 - 2.5 hr

## Cooking Fundamentals

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.

Art. Res. \$144 Art. Sr. \$134 Non-Res. \$154  
CN570 Syphax 113 09/10 Mon 6:30p Mnatsakanova 3 - 3 hr

## Roast Duck Dinner for Autumn

Entertain your friends with a special dinner to celebrate autumn. We will prepare Roasted Duck Breast with Plum Chutney, Bosc Pear salad with fennel and walnuts, and Italian Apple Cake. The techniques are easy, and soon you can host your own roast duck dinner party.

Art. Res. \$69 Art. Sr. \$59 Non-Res. \$79  
CN646A Syphax 113 10/11 Thu 6:30p McKean 1 - 3 hr  
CN646B Syphax 113 10/17 Wed 10a McKean 1 - 3 hr

## Cooking to Combat Inflammation

Chronic inflammation within the body has been linked to many diseases such as diabetes, heart disease, rheumatoid arthritis, Crohn's disease, and Alzheimer's. Scientific research has identified a host of foods that have the capacity to suppress inflammation. In this 2-part hands-on class, students will learn how chronic inflammation impacts health and wellbeing, and how to create healthy dishes using cooking techniques and ingredients that maximize each dish's healing properties.

Art. Res. \$99 Art. Sr. \$89 Non-Res. \$109  
CN585 Syphax 113 11/08 Thu 6:30p Staff 2 - 3 hr

## Autumn Harvest Dinner

Now is the time to make great use of vegetables and fruits at their peak in early fall - red peppers, spinach and seasonal greens, apples, and plums. We will make roast red pepper soup, green rice with Gruyere cheese, apple salad with aged goat cheese and walnuts, and Italian plum torte.

Art. Res. \$69 Art. Sr. \$59 Non-Res. \$79  
CN641A Syphax 113 09/20 Thu 6:30p McKean 1 - 3 hr  
CN641B Syphax 113 09/26 Wed 10a McKean 1 - 3 hr

## North African Feast

Savor the vibrant flavors of Tunisia and North Africa! We will make Tunisian Fish with Preserved Lemon, Couscous with vegetables, and Cardamom yogurt cake. These dishes are easy to prepare, and you will create your own Tunisian spice mixture to take home. You will leave with the tools to host your own North African dinner party.

Art. Res. \$69 Art. Sr. \$59 Non-Res. \$79  
CN647 Syphax 113 11/01 Thu 6:30p McKean 1 - 3 hr

## Keto Cooking

Learn the basics of a ketogenic diet and get equipped with the tools you need to make shopping and meal prep a breeze. Remove the intimidation of sticking to a keto diet; whether you're eating at home, or going out to dinner, it is still possible to eat the foods you're craving and stay keto! Join us to learn how to navigate the world of keto cooking!

Art. Res. \$59 Art. Sr. \$49 Non-Res. \$69  
CN720A Syphax 113 09/11 Tue 7p Wrustle 1 - 2.5 hr  
CN720B Syphax 113 09/25 Tue 10a Wrustle 1 - 2.5 hr

## Keto Cooking for the Holidays

This workshop will help you avoid the dreaded holiday weight gain by giving you tools and tips to celebrate with your favorite holiday flavors, all while sticking to your keto diet. Whether you are new to a ketogenic diet, or you are looking to add recipes and cooking tips to your holiday menus, this class will delight your taste buds and give you the confidence to pull off a healthy holiday.

Art. Res. \$59 Art. Sr. \$49 Non-Res. \$69  
CN722A Syphax 113 12/04 Tue 7p Wrustle 1 - 2.5 hr  
CN722B Syphax 113 12/11 Tue 10a Wrustle 1 - 2.5 hr

# Arts Classes

## Painting with Paper

Different tools produce different art. This course will teach you to use various papers as your delivery mechanism for color, shape and texture. You will create art by tearing, cutting, layering and gluing ephemera. You will also learn to turn "bleeding tissue paper" into "paint sticks". The resulting art will be a unique expression of your interests and aesthetics. See website for examples.

Art. Res. \$69 Art. Sr. \$59 Non-Res. \$79  
FA242 Wash. Lee 1127 10/03 Wed 7p Young Gerard 2 - 2 hr

## Paint Like Monet, Picasso and Van Gogh

Have fun while you paint on canvas. The instructor will guide students as they reproduce paintings by the Masters. Each class will escort students through the creation of a composition which will range from landscapes to still life. No experience necessary, each week we will create a different painting in class using acrylics, that can be taken home and hung. Students will be amazed how much fun and easy it is to paint. Bring out your inner Master artist and have fun at the same time. See website for supply list.

Art. Res. \$169 Art. Sr. \$149 Non-Res. \$189  
FA245 Wash. Lee 1123 09/12 Wed 7p Wrustle 6 - 2.5 hr

## Friday Night Drawing Workshop

Come do something different on Friday night with this one-night drawing workshop. We'll discuss the many different drawing tools, such as graphite pencils, charcoal sticks, etc. Try your hand at some of the drawing techniques that your instructor will demonstrate. The lines and shapes will capture your attention and inspire you to continue down your artistic path. See website for supply list.

Art. Res. \$59 Art. Sr. \$49 Non-Res. \$69  
FA257 Syphax 113 10/19 Fri 7p Hamdad 1 - 2.5 hr

## Daytime Drawing for Beginners

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. \$149 Art. Sr. \$129 Non-Res. \$169  
FA258 Syphax 113 10/04 Thu 1p Benkert 6 - 2 hr

## Art Appreciation

Study the most famous works that hail from the early movements in art history: from prehistoric cave art, Mesopotamia, Egypt, Rome, great classical works from ancient Greece, the glory of Byzantine art and medieval manuscripts of the Catholic Church to the perfection of the Renaissance in DaVinci, Michelangelo and Raphael.

Art. Res. \$89 Art. Sr. \$79 Non-Res. \$99  
FA294A Syphax 150 10/02 Tue 10a Ruble 3 - 2 hr

## Date Night in the Art Studio

Looking for a fun new date idea? Join us for a hands-on workshop that will be sure to hit all the senses. Bring out your creativity and have fun exploring your artistic side. Using acrylic paint, create your own masterpiece...with a little help from your teacher. See website for supply list.

Art. Res. \$59 Art. Sr. \$49 Non-Res. \$69  
FA440 Syphax 113 09/21 Fri 7p Wrustle 1 - 2.5 hr

## Pastel or Oil Painting

Beginning through advanced, oil or pastels. Students will pick one of these mediums. The class will help beginners feel confident to start and complete a painting. More experienced painters will perfect their skills. Demonstrations will be given throughout the semester on techniques pertaining to landscapes, still lifes, portraits and figures. Teacher will demonstrate in both oil and pastel. Students can work from still life set ups or from photographs. See website for supply list.

Art. Res. \$219 Art. Sr. \$199 Non-Res. \$239  
FA307A Reed Art 09/10 Mon 7p Coonce-McElvany 10 - 2.5 hr  
FA307B Reed Art 09/13 Thu 7p Coonce-McElvany 10 - 2.5 hr

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

### Daytime Painting

Beginning through advanced, oil or pastels. The class will help beginners feel confident to start and complete a painting. More experienced painters will perfect their skills. Demonstrations will be given throughout the semester on techniques pertaining to landscapes, still lifes, portraits and figures. Students can work from still life set ups or from photographs. New students call 703 228-7200 for supply list.

Art. Res. \$239 Art. Sr. \$219 Non-Res. \$259

**FA301A** Reed Art 09/12 Wed 9:30a Coonce-McElvany 10 - 3 hr  
**FA301B** Reed Art 09/13 Thu 9:30a Coonce-McElvany 10 - 3 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. See website for supply list.

Art. Res. \$179 Art. Sr. \$159 Non-Res. \$199

**FA311** Wash. Lee 11/27 09/17 Mon 7p Hamdad 6 - 2.5 hr

### Classical Drawing the Next Level

Prerequisite: Classical Drawing or equivalent knowledge. This class will focus on the human anatomy. Using models as your subject, sharpen your drawing skills while focusing on lighting, contrast, depth perceptions and proportion. See website for supply list.

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

**FA319** Wash. Lee 11/23 11/05 Mon 7p Hamdad 4 - 2.5 hr

### Creating Mosaics

Make your own unique mosaics. Beginners learn the basic terms and techniques of mosaic art including layout, design, gluing, grouting, and finishing. Students will complete three simple projects on a variety of surfaces that will increase in degree of difficulty. Supply fees are included in the cost of the tuition. Kenmore Middle School, Tech. Ed. lab.

Art. Res. \$179 Art. Sr. \$159 Non-Res. \$199

**FA324** Kenmore 0 09/18 Tue 7p Nowak 4 - 2.5 hr

### Creating Mosaics II

This class is designed for students with some basic mosaic experience. Students will build on current skills to create a project large in scope and more focused on design. Students will make a custom designed table or with instructor approval, students can work on their own projects. Call for material information. Kenmore Middle School, Tech. Ed. lab.

Art. Res. \$179 Art. Sr. \$159 Non-Res. \$199

**FA325** Kenmore 0 10/16 Tue 7p Nowak 4 - 2.5 hr

### Painting with Acrylics and Oils

Spend the morning painting in either acrylics or oils. New and experienced students will experiment with a variety of techniques in this project-oriented course. Teacher led instruction with an emphasis on individual interests. Both still-lives and photographs will be used as reference for paintings. Both painting techniques will be explored according to skill. See website for supply list.

Art. Res. \$169 Art. Sr. \$149 Non-Res. \$189

**FA330** Swanson 214 10/11 Thu 4p Corcoran 6 - 2.5 hr

### Clay - The Art of Slab Construction: Beginning through Advanced

This class is designed for beginners to more advanced students who enjoy making fine art ceramic pieces using slab construction. The instructor will demonstrate the basic steps in the process as needed, and support students in their quest to find their personal expression in clay through sketches, models, building techniques, and glazing techniques. Create your own beautiful ceramic piece of art. The cost for the course includes the use of basic tools and the firing, but not the materials and supplies used. Call for supply list.

Art. Res. \$199 Art. Sr. \$179 Non-Res. \$219

**FA395** Kenmore Art Rm 09/18 Tue 6:30p Norris 8 - 2.5 hr

### Watercolor Painting Techniques for Beginners

Watercolor techniques will be taught in this step-by-step, hand-on approach class. These effective techniques for watercolor painting include, color mixing, brush handling, value control, washes, glazing and masking. Each class, students will discover and practice a new skill. See website for supply list.

Art. Res. \$169 Art. Sr. \$149 Non-Res. \$189

**FA426A** Syphax 117 10/05 Fri 9:30a Staff 6 - 2.5 hr

**FA426B** Wash. Lee 11/23 09/25 Tue 6:30p Siddique 6 - 2.5 hr

### Watercolor Painting Workshop

Spend your evenings painting watercolors (beginners through advanced) and experiencing the joy of creating your own artwork. 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. We will have fun exploring color mixing, gouache, transfer techniques, faux textures, and masking. See website for supply list.

Art. Res. \$199 Art. Sr. \$179 Non-Res. \$219

**FA305** Wash. Lee 11/23 09/19 Wed 7p Jones 8 - 2.5 hr

## Photography Classes

### Create Your First Photobook

It's fun, easy and a great way to capture memories for a lifetime. Students will learn how to create their own photobook, using online templates and websites. Strategies and tips will be covered but books will not be created in class...but you'll know how to create it.

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

**FA418** Syphax 115 10/11 Thu 10a Matos 1 - 2 hr

### Saving Your Digital Pictures

Step by step instructions will be given on how to take digital pictures from your camera, email or internet and save them to your computer. Preserve the memories digital pictures provide by learning these easy techniques. Don't risk losing your photos or deleting them by accident. Effective exercises will be conducted in class to ensure that students leave with the confidence needed to secure these memories.

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

**FA260** Syphax 115 10/08 Mon 10a Matos 1 - 3 hr

### Smartphone Photography

The best camera is the one you have with you. Learn how to take great photos with your smart phone! 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).

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

**FA298** Syphax 107 09/25 Tue 6:30p Gutnick 1 - 3 hr

### 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. \$119 Art. Sr. \$99 Non-Res. \$139

**FA232** Syphax 171 09/18 Tue 10a Cassatt 6 - 2 hr

### Digital Photography - An Introduction

Class is designed for beginning photographers using digital cameras. Students will better understand their equipment and many of the functions that today's cameras have to offer. Fundamental concepts of photography will be covered, including composition, lighting, motion, and we will also explore the artistic side of digital photography. Projects will be assigned and photo critiques provided.

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

**FA341** Wash. Lee 2002 10/03 Wed 7p Cassatt 6 - 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

**FA387A** Wash. Lee 2016 09/05 Wed 7p Cassatt 3 - 2 hr

**FA387B** Wash. Lee 2016 11/14 Wed 7p Cassatt 3 - 2 hr

### History of 19th Century Photography

Take an exciting journey back in history as you learn about the "History of 19th Century Photography" beginning in 1826 through 1900. We will examine the photographic processes, learning how the photographs were made along with the cameras, optics and famous inventors and artists who were responsible for one of the greatest inventions of all time. Original photographs from the 1800-1900's will be provided along with a hands on demonstration of the 4X5 camera.

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

**FA457** Syphax 107 10/04 Thu 7p Douglass 1 - 2 hr

## Floral Design

### 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

**FA354A** Buckingham Florist 09/18 Tue 7p Kim 3 - 1.5 hr

**FA354B** Buckingham Florist 10/16 Tue 7p Kim 3 - 1.5 hr

# Arlington Community Learning

## Wedding Floral Arrangements

Learn how to make a bridal cascade, boutonnieres, corsages, and small centerpieces for the reception table. Add a personal touch to this special occasion with custom floral arrangements. 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.  
Ar. Res. \$49 Ar. Sr. \$39 Non-Res. \$59  
FA355 Buckingham Florist 11/13 Tue 7:30p Kim 1 - 1.5 hr

## Housing & Real Estate

### Independent Living, Assisted Living & Continuing Care Retirement Communities

Learn about the various kinds of independent and assisted living options which can help retirees maximize their independence as they progress through retirement. We will discuss age restricted communities, various group and assisted living communities, and continuing care retirement facilities, potential legal and financial pitfalls, and techniques for maximizing value while utilizing these options.

Ar. Res. \$49 Ar. Sr. \$39 Non-Res. \$59  
GI138 Syphax 170 10/17 Wed 1p Staff 1 - 2 hr

### 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.

Ar. Res. \$89 Ar. Sr. \$79 Non-Res. \$99  
GI163 Syphax 171 09/11 Tue 7p Bentz 2 - 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.

Ar. Res. \$259 Ar. Sr. \$239 Non-Res. \$279  
GI164A Syphax 115 09/29 Sat 8:30a Bentz 12 - 5 hr  
GI164B Wash. Lee 1318 10/01 Mon, Wed, Fri 5p Bentz 15 - 4 hr

### Landlording

Are you a landlord or are you considering renting out your home or purchasing an investment property? This class will help you understand your rights and responsibilities as a residential landlord in Virginia. Determine whether your rental(s) are exempt from the Virginia Residential Landlord Tenant Act and learn the essentials on how to avoid landlord/tenant problems from the onset. The class will also discuss collections and the eviction process.

Ar. Res. \$49 Ar. Sr. \$39 Non-Res. \$59  
GI640 Wash. Lee 2002 09/27 Thu 7p Mothershead 1 - 2 hr

### NEW Become a Successful Accessory Homestay Host - And Turn Your Extra Room into Extra Cash

Join the "sharing economy" by renting out space in your home to Arlington County visitors. In 2016, the county issued zoning rules that allow residents to provide short term rentals through platforms such as Airbnb and VBRO. Learn about county and state licensing requirements, business taxes, insurance issues, how to list and manage your property, business accounting, and income tax reporting. Taught by an Arlington resident who is a CPA and Airbnb Superhost.

Ar. Res. \$49 Ar. Sr. \$39 Non-Res. \$59  
GI335 Syphax 107 09/26 Wed 7p Paige 1 - 2.5 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.

Ar. Res. \$49 Ar. Sr. \$39 Non-Res. \$59  
GI648 Syphax 171 09/20 Thu 7p Bentz 1 - 2 hr

### So, You Want to Become a Real Estate Agent!

Learn the ins and outs and the pros and cons of this exciting part-time or full-time career. Learn what it takes to prepare for and pass the Virginia real estate exam and obtain your license. We will discuss how agents are compensated, how to work with your broker, what technologies are available, and the time and effort you can expect to put into the job. Leave with the answers you need to decide if this is a career for you.

Ar. Res. \$29 Ar. Sr. \$19 Non-Res. \$39  
GI847 Wash. Lee 2013 09/24 Mon 7p Bentz 1 - 1.5 hr

### NEW Home Decorating

Are you looking for pro tips and techniques in all things home design. Learn the basics of interior redesign, styling and home staging techniques; from furniture arranging, picking paint colors, how to style and accessorize. Come with questions and pictures of the spaces in your home that need inspiration and a professional touch, and we'll go over ways to get the maximum impact with an updated design.

Ar. Res. \$89 Ar. Sr. \$79 Non-Res. \$99  
GI682A Syphax 113 10/02 Tue 7p Wrustle 2 - 2.5 hr  
GI682B Syphax 113 10/11 Thu 10a Wrustle 2 - 2.5 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. Great class for teens as well, especially those who are babysitters.

Tuition: \$69  
GI361 Syphax 171 10/27 Sat 12:30p 1 - 2.5 hr

### CPR- Cardiopulmonary Resuscitation, 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. Great class for teens, especially those who are babysitters.

Tuition: \$109  
GI362 Syphax 171 10/27 Sat 9a 1 - 3 hr

### Medical Billing & Coding

This billing and coding course offers the skills needed to perform complex coding and billing procedures. The course covers CPT (Introduction, Guidelines, Evaluation, and Management), specialty fields (such as surgery, radiology, and laboratory), ICD-9 (Introduction and Guidelines), an ICD-10 intro, and basic claims processes for insurance reimbursements.

Tuition: \$1199  
HE8750L Online - Start any time after 09/01

### Nurse Aide Training

With an increasing number of people needing specialized health care services and an aging population, job opportunities as a nurse aide continue to grow. Course is designed to provide students with skills needed to earn certification as a Certified Nurse Aide. The certification will equip students to work in nursing homes, hospitals, and home health settings. This 15-week course combines practical experience in a local nursing home with classroom instruction. Classroom instruction is held at the Arlington Career Center on Tuesday and Thursday evenings from 6:30-9:30 p.m. Practical experience is held at a local nursing home on Saturday mornings. Tuition of \$999 includes textbooks. To request an application, call (703)228-7200. A pre-entrance test is required and will be offered during the months of August and September 2018.

Tuition \$999  
HE900 Career Ctr. PT 09/18 Tue/Thu 6:30p 40 - 3 hr

## Personal Finance

### Get That Will Written!

It's never too early to get your "last will and testament" written. If you don't have a will, you're taking your chances at protecting your spouse, your kids, and your hard-earned finances. The financial security of your family is simply too important to put off. Learn what should be written in your will, the typical costs associated with writing a will, and what other considerations, resources and alternatives are available to you. In this two hour class, get the information you need to make informed decisions. Materials provided.

Ar. Res. \$49 Ar. Sr. \$39 Non-Res. \$59  
GI320 Syphax 107 09/20 Thu 7p Mothershead 1 - 2 hr

### NEW Investing for the Young Professional

Younger investors have unique investment needs and opportunities and need to be making different investment choices. Choices you make early in your career have leverage not available later. Learn what you need to do now to maximize your investments.

Ar. Res. \$49 Ar. Sr. \$39 Non-Res. \$59  
GI909 Wash. Lee 2019 10/4 Thu 7p Brownell 1 - 2.5 hr

### Financial Planning for Women

Financial planning is a very personal and important activity, but it is often subjected to a one-size-fits-all approach. By contrast, this course will take an unbiased approach to exploring the pertinent issues that women face as they plan for the future by providing educational content that focuses on issues such as goal setting, risk tolerance, asset allocation, tax efficiency and retirement income.

Ar. Res. \$69 Ar. Sr. \$59 Non-Res. \$79  
GI774 Wash. Lee 2019 10/11 Thu 7p Brownell 2 - 2.5 hr

### Financial Strategies for a Successful Retirement

Learn to maximize income and seek more from investments, social security and retirement plans. The registration fee includes a colorful, in-depth seminar workbook and entitles each student to an optional one-on-one consultation after the conclusion of the seminar.

Ar. Res. \$109 Ar. Sr. \$99 Non-Res. \$119  
GI780 Wash. Lee 2019 09/19 Wed 7p Kurtz 3 - 2.5 hr



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

### 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  
GI742 Syphax 107 10/20 Sat 10a Zalfa 1 - 2.5 hr

### Savvy Social Security Planning: What Baby Boomers Need to Know to Maximize Retirement Income

This workshop will cover: 5 factors to consider when deciding when to apply for benefits; when it makes sense to delay benefits -- and when it does not; why you should always check your earnings record for accuracy; how to estimate your benefits; how to coordinate benefits with your spouse; how to minimize taxes on Social Security benefits; how to coordinate Social Security with your other sources of retirement income.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
GI785 Wash. Lee 2012 09/12 Wed 7p Kurtz 1 - 2 hr

### Pre-Retirement Guide for Federal Employees

If you are a Federal employee, this class is for you! Get the information you need to make fully informed decisions about your retirement from Federal service. Session 1 will cover your retirement, social security & survivor benefits. The focus of session 2 will be your health and life insurance benefits along with an introduction to your Thrift Savings Plan. The class will conclude by focusing on the TSP and financial planning considerations now and in retirement.

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119  
GI791 Wash. Lee 2017 10/03 Wed 7p Davidson 3 - 2.5 hr

### Are Your Mutual Funds Making the Grade?

This is an opportunity to receive a detailed analysis of the mutual funds that you own. Navigate through a mutual fund analysis report. If you choose, the instructor will provide the report on mutual funds that you hold so you can apply the information directly to your portfolio. Learn how your funds have performed over the short-term and long-term; how your funds compare against both the appropriate market index and against its peers; and how to evaluate the funds risk profile against the benchmarks and your own risk tolerance. Instructor is a Certified Financial Planner with twenty years of experience in Portfolio Management and Performance Analysis. It is not required to use your own mutual funds, but if you choose this option, the instructor will need your fund names prior to class.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
GI911 Wash. Lee 2012 10/16 Tue 7p Kehoe 1 - 2 hr

### How to Use a Financial Planner

What is the difference between a financial advisor and a financial planner? How do you know what is right for you? What questions to ask? How much does it cost? CFP, CLU, ChFC, ChIA, what do they all mean? Class will discuss the financial planning industry and how to determine what is right for your situation.

Arl. Res. \$29 Arl. Sr. \$19 Non-Res. \$39  
GI938 Wash. Lee 2012 10/09 Tue 7p Kehoe 1 - 1.5 hr

### Common Estate Planning Mistakes & to Avoid Them

An estate plan that works, melds counseling-based estate planning to meet changing client objectives and a shifting legal environment. Mistakes, such as not updating after three years your current plan, unfunded living trusts, pre-2001 marital trusts, poor choice of substitute decision-makers, lack of or inadequate disability planning, failure to plan for the payment of long-term care, and (mis)use of joint tenancy with adult children, will be examined so you can avoid these pitfalls. Also addressed are the traps in beneficiary designations, insurance and annuities.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
GI920 Wash. Lee 11/17 10/11 Thu 7p Mothershead 1 - 2 hr

### Ready to Retire: Exploring the Non-Financial Aspects of Retirement

Getting Ready to Retire: 10,000 Americans retire every day. Will you be ready? Geared to people anticipating retirement within 1-3 years, class focuses on important non-financial aspects of retirement, through group discussion and practical exercises designed to anticipate challenges and plan for a happy and fulfilling retirement. Class also explores retirement expenses and financial opportunities, and provides a step-by-step guide to forming your own retirement decision group to assist in retirement readiness.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
GI921 Syphax 107 09/22 Sat 9a Dessingue 2 - 2 hr

### ABC's of Investing

This is a primer course in investing. Review stocks, bonds and short term investments, what they can do for you and how to buy and sell them. You will learn where to find and how to read financial information to monitor your investments. Cover the nuances of choosing stocks for growth or income; call features on bonds; whether to choose taxable or tax free bonds; how the exchanges work; and how to or if to use a professional. Discuss how to invest assets in retirement accounts. There will be a discussion of investment "packages" and how to analyze them.

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109  
GI937 Wash. Lee 2012 09/11 Tue 7p Kehoe 3 - 2 hr

### Exchange Traded Funds: What Are They and Do They Belong in Your Portfolio?

Exchange Traded Funds can fill a unique role in your portfolio. That said you need to understand just how they work and the differences among the dizzying variety of ETFs now available. Understand what an ETF is and what are the pros and cons. We will also cover how to evaluate an ETF, cost advantages, tradeoffs and they invest.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
GI948 Wash. Lee 2012 10/23 Tue 7p Kehoe 1 - 2 hr

## General Interest

### 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. \$49 Arl. Sr. \$39 Non-Res. \$59  
GI790 Career Ctr. 122 10/09 Tue 7p Diehl 1 - 3 hr

### Applying for a Federal Job

Thousands of people will retire from the federal government this year, and the United States government will need qualified people to fill those positions. Learn to decode the federal job websites, and create an application that best highlights your qualifications and unique abilities.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
GI838 Syphax 107 11/01 Thu 6:30p Law 1 - 2.5 hr

### Historical European Martial Arts

The martial arts of medieval Europe were sophisticated systems of combat, in armor and without. Two opponents might engage with spear, sword, sword and buckler, dagger, or even unarmed. This unique workshop will focus on the martial arts system of medieval Europe. In addition to the weaponry and skills of the time, students will learn about the surviving documents from which these techniques are based.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
GI187 Wash. Lee 2010 10/23 Tue 7p Muir 1 - 2 hr

### Medieval to Gothic Architecture & Crusader Castles

Come learn and marvel at the hidden sanctuaries of Byzantine Coptic Churches, Roman Imperial architecture, Gothic flying buttresses as found in the Notre Dame of Paris, stained glass windows and crusader castles. Optional field trip to the Washington National Cathedral.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
GI665 Syphax 173 10/23 Tue 10a Ruble 1 - 2 hr

### Aromatherapy - Discover the Benefits

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  
GI445 Syphax 171 10/10 Wed 6:30p Jackson 1 - 2.5 hr

### Self Defense for Women

Improve your personal safety, protect yourself, enhance your confidence, and retake control -- but without changing to a super hero 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  
GI342 Syphax 117 10/03 Wed 7p Law 2 - 1.5 hr

### Create Your Vision Board & Reach Your Potential

Create your our Vision Board which will be your unique visualization tool that creates a private, sacred space to define your dreams, goals and desires. You will accomplish this by making a collage of inspiring pictures, motivating quotes, personal affirmations and powerful words from magazines and other print medium. To that collage you can add personal photos, decorative lettering, and various embellishments to enhance and personalize your board.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89  
HE238 Syphax 170 09/10 Mon 6:30p Staff 2 - 3 hr

### 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 09/11 Tue 7p Carey 2 - 2 hr

### 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  
GI444 Wash. Lee 1127 09/26 Wed 7p Carey 2 - 2 hr

# Arlington Community Learning

## 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  
GI442 Wash. Lee 2017 10/01 Mon 7p Carey 6 - 2 hr

## 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.

GI443 Syphax To schedule an appointment, email Raul Matos at [raul.matos@apsva.us](mailto:raul.matos@apsva.us). Tutoring session cost \$40 per hour.

## **NEW** Mindfulness Meditation - The Direct Path from Stress to Happiness

The class taps into the wisdom of the body. Specifically, participants learn (1) to reawaken the senses to enhance the capacity to experience every dimensions of life with heightened sensibility, (2) enlist the nervous systems to fight against sensory motor amnesia, and (3) generate feelings of peace, contentment, gratitude, and greater connection with oneself, with life and others.

Arl. Res. \$189 Arl. Sr. \$169 Non-Res. \$209  
HE200 Syphax 107 09/14 Fri 10a Pham 8 - 1.5 hr

## **NEW** Mindfulness Meditation - Unlock the Power of Your Mind

Become equipped with the tools and techniques to assist in releasing stress and anxiety in order to appreciate the "here and now" and be truly present in life. Through mindfulness exercises and guided meditations, you will learn the skills to unlock hidden power to clear your mind and find spaces of calm and tranquility in any circumstance.

Arl. Res. \$159 Arl. Sr. \$129 Non-Res. \$179  
HE201 Syphax 171 11/01 Thu 7p Howard 7 - 2 hr

## Self-Motivation 101

You know yourself better than anyone and sometimes there is no one else to count on - learn the strategies and techniques to "turn the key" to your own motivation. Build confidence, set goals and recognize your worth and contributions. You won't want to miss this workshop.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
ME314 Syphax 170 09/19 Wed 7p Sawyer 1 - 2.5 hr

## Makeup 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.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
GI110 Syphax 107 11/17 Sat 10a Staff 1 - 2.5 hr

## Makeup Artistry

Here's your chance to learn the techniques and practices the pros use to create that "flawless look" for you and your clients. Learn about different makeup looks, color theory and matching, proper application practices, concealing and correcting blemishes as well as contouring and highlighting facial features. Apply make up the right way for daytime and nighttime occasions. Supply list.

Arl. Res. \$179 Arl. Sr. \$159 Non-Res. \$199  
GI110 Syphax 107 09/18 Tue 7p Hooker 5 - 2 hr

## Bridal Makeup Artistry

Taught by the author of DIY Bridal Makeup, you'll learn her special techniques for bridal makeup that she uses as a professional makeup artist. Learn to do bridal makeup starting with color matching, contouring and highlighting, the perfect bridal eye makeup application, lip sculpting, lash enhancements, and maintaining the glow for fresh makeup all day. Learn the secrets to fast and flawless makeup as well as how to work with demanding brides and what to charge for your services. Supply list found on website.

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109  
GI112 Syphax 117 10/23 Tue 7p Hooker 3 - 2 hr

## Haircutting

Learn the latest techniques in haircutting. Learn how to cut hair for men, women, and children. Course will also cover the proper use of scissors, clippers, trimmers, razors, and various haircutting combs. Save your money, learn to cut hair! Not a licensed course. Course taught in the Cosmetology Lab at the Career Center. Students must purchase own mannequin.

Arl. Res. \$159 Arl. Sr. \$139 Non-Res. \$179  
HE358 Career Ctr. 235 10/10 Wed 7p Peake 6 - 2.5 hr

## Become a Washington D.C. Tour Guide

Love showing your out-of-town friends and family the beautiful sites in Washington, DC and surrounding areas? Discover some of the "Must See, Should See and See If You Have Time" sites in our area. Learn who's hiring and who to contact from an experienced insider or learn how to be in business for yourself and market your own tours! This class is also great for those who simply wish impress friends and family who are visiting.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89  
ME187 Syphax 170 09/13 Thu 6:30p Longnecker 2 - 3 hr

# Textile Arts

## Sewing I

Sewing class is designed for beginners. There will be an introduction to the sewing machine, sewing terms, fabrics, patterns, pressing technique, and notions. First class project will prepare you for Sewing II. Bring thread and scissors to first class. Supply list distributed at first class.

Arl. Res. \$169 Arl. Sr. \$149 Non-Res. \$189  
HE600A Syphax 107 09/06 Thu 12:30p Hunter 6 - 2 hr  
HE600B Syphax 117 09/13 Thu 7p Hunter 6 - 2.5 hr

## Sewing II

Continue to advance your sewing skills in this class, and make a garment. Project and supply list distributed at first class.

Arl. Res. \$129 Arl. Sr. \$109 Non-Res. \$149  
HE601A Syphax 107 10/25 Thu 12:30p Hunter 4 - 2.5 hr  
HE601B Syphax 117 10/25 Thu 7p Hunter 4 - 2.5 hr

## Knitting - The Basics

Curious about Knitting? Come learn the basics of knitting - casting on, knit, purl, and binding off. Students will learn to read a pattern and will begin working on a simple but attractive scarf. Supply list found on the website.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99  
HE611A Syphax 117 09/26 Wed 12:30p Hunter 4 - 2.5 hr  
HE611B Syphax 117 10/24 Wed 7p Hunter 4 - 2 hr

## **NEW** Sewing Circle - DIY Sewing Projects

If you already know how to thread, and loop and the basics of your sewing machine, and simply need a scheduled time to sew, bounce ideas off of others and need occasional guidance from a teacher, this is the place for you! The Sewing Circle is a place to start, work on or complete your sewing projects in a fun, informative and creative atmosphere. Bring your ideas, projects, patterns and your own machine or use ours, and get ready for fun productivity. See website for supply list.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99  
HE614A Syphax 117 09/26 Wed 7p Hunter 4 - 2 hr  
HE614B Syphax 117 10/24 Wed 12:30p Hunter 4 - 2 hr

# Small Business

## Tax Strategies for the One-Person Business & Small Corporations

One-person businesses and small corporations frequently pay too much in taxes and do not know it! Explore the tax laws, unknown to you and/or your tax return preparer, which favor the smallest of businesses, such as sole proprietorships, LLCs, S Corporations and C Corporations. Save your money. Taught by a CPA with a masters degree in taxation.

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129  
ME185 Wash. Lee 2016 10/03 Wed 6:30p Ingles 2 - 3 hr

## **NEW** Why Not?" 10 Traits of Entrepreneurial Success

Starting your own business is more than a job - it's a lifestyle choice. Understand what it takes to facilitate your dream and be a successful entrepreneur. You will walk away with indispensable knowledge from a local professional who has successfully walked this path and developed a method for prosperity and accomplishment. Whether you are debating if business ownership is right for you, or you've already made the leap and are looking for the knowledge needed to take your next step. Learn tools & insight into a fulfilling & successful business path.

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129  
ME280 Syphax 173 09/17 Mon 7p Wrustle 2 - 2.5 hr

## 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 Syphax 115 09/27 Thu 7p Bromley 2 - 2.5 hr

## Develop a Successful Business and Marketing Plan

We will detail how to write your vision, creating a business and marketing development plan that you can easily update as you build your company. This is a perfect class for someone who wants to clarify their business, achieve financial goals, and learn how to identify their target audience to attract customers. The instructor has over 15 years, business plan writing experience.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69  
ME309 Syphax 171 10/11 Thu 7p Bromley 1 - 2.5 hr

## How to Start Your Nonprofit Organization

Creating a nonprofit from the ground up is a rewarding experience but requires dedication and hard work. This course walks you through the process from planning to realization and everything in between. Broken into three parts: legal requirements, strategic planning and fundraising; this course gives you a road map to start a nonprofit successfully.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99  
ME330 Wash. Lee 2024 08/29 Wed 7p Sawyer 2 - 2.5 hr

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

## 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 provided.

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

MU100A Career Ctr 105 10/15 Mon 7p Delos Reyes 8 - 1.5 hr  
 MU100B Syphax 171 09/12 Wed 7p Ray 8 - 1.5 hr  
 MU100C Syphax 171 09/20 Thu 11:45a Siekkinen 8 - 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. \$159 Arl. Sr. \$139 Non-Res. \$179

MU101 Career Ctr 105 09/11 Tue 6:30p Delos Reyes 8 - 1.5 hr

### Guitar - Beginning II/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. \$159 Arl. Sr. \$139 Non-Res. \$179

MU102 Syphax 171 09/21 Fri 10a Siekkinen 8 - 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. \$159 Arl. Sr. \$139 Non-Res. \$179

MU105 Career Ctr 105 09/06 Thu 7p Delos Reyes 8 - 1.5 hr

### Piano for Beginners 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. \$189 Arl. Sr. \$169 Non-Res. \$209

MU110A Syphax 117 09/10 Mon 7p McGuire 8 - 2 hr  
 MU110B Syphax 113 09/18 Tue 10a Ruble 8 - 2 hr  
 MU110C Syphax 113 10/03 Wed 7p Ruble 8 - 2 hr

### Piano for Beginners Level II

Prerequisite: Piano for Beginners or equivalent knowledge. Students will continue their study of the piano by becoming more proficient with chords and musical scales. More emphasis will be placed on reading music, rhythm and putting the notes together to create music.

Arl. Res. \$189 Arl. Sr. \$169 Non-Res. \$209

MU111A Syphax 113 09/11 Tue 1p Ruble 8 - 2 hr  
 MU111B Syphax 113 09/13 Thu 7p Ruble 8 - 2 hr

### Piano for Beginners Level III

Prerequisite: Piano for Beginners or permission from the instructor. Students will continue their study of the piano and become more proficient with chords. Emphasis will be placed on repertoire building.

Arl. Res. \$169 Arl. Sr. \$149 Non-Res. \$189

MU125 Syphax 113 09/13 Thu 1p McGuire 8 - 2 hr

### Piano Intermediate level

This class is a continuation of level III and will focus on playing, accuracy, tempo, voicing and repertoire building. Please come to the first class prepared to share with the class.

Arl. Res. \$189 Arl. Sr. \$169 Non-Res. \$209

MU121A Syphax 113 09/06 Thu 10a Jones 8 - 2 hr  
 MU121B Syphax 113 11/01 Thu 10a Jones 6 - 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. \$159 Arl. Sr. \$139 Non-Res. \$179

MU129A Syphax 171 09/20 Thu 10a Siekkinen 8 - 1.5 hr  
 MU129C Syphax 171 09/18 Tue 6:30p Siekkinen 8 - 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. \$159 Arl. Sr. \$139 Non-Res. \$179

MU131A Syphax 171 09/18 Tue 8:15p Siekkinen 8 - 1.5 hr  
 MU131B Syphax 171 09/21 Fri 11:45a Siekkinen 8 - 1.5 hr  
 MU131C Syphax 171 09/22 Sat 10a Siekkinen 8 - 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. \$159 Arl. Sr. \$139 Non-Res. \$179

MU134 Syphax 171 09/22 Sat 11:45a Siekkinen 8 - 1.5 hr

### Violin for Beginning 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. \$159 Arl. Sr. \$139 Non-Res. \$179

MU146 Kenmore 0 09/11 Tue 7p McGuire 8 - 1.5 hr

### Violin for Beginners II

Students will continue to focus on bow technique, music reading and improved speed and accuracy of finger placement. The music we play will gradually stretch your ability while improving your skills. Students are required to have their own instrument.

Prerequisite: Violin for Beginners I or equivalent experience.

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

MU148 Kenmore 0 11/06 Tue 7p McGuire 6 - 2 hr


### Opera Masterpieces

See and hear famous and familiar recording of operas which may include La Traviata, La Boheme, Madama Butterfly, Don Giovanni, The Marriage Of Figaro, The Valkyrie, and Tristan and Isolde. Before each presentation, learn about the composer, the setting, the cast and a synopsis of the opera. Following each video presentation the class will discuss the music, the opera singers singing and acting, costumes, scenery, props and lighting.

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

MU157A Syphax 150 09/20 Thu 10:30a Soranno 2 - 2 hr  
 MU157B Syphax 170 10/03 Wed 7p Soranno 2 - 2 hr

**L.A.M.P. Series**  
www.apsva.us/acl



Look, listen & learn about the greatest Literature, Art, Music and Poetry of all time.

The Arlington Community Learning program is proud to promote the humanities. Enlighten your mind with our new L.A.M.P. series of classes.

Beethoven p. 14	Classical Music p. 14
Bach p. 14	Brahms p. 15
Art Appreciation p. 9	Medieval Architecture p. 12
Opera Appreciation p.	Shakespeare p. 7
History of Photography p. 10	
History of American Music p. 15	

**BEETHOVEN! The Greatest of Them All**

He shocked the world and triggered the War of the Romantics. A classicist, a revolutionary, a boor, a genius, a social climber who created music (sometimes while totally deaf) that still astonishes. Furious at Napoleon, besotted by his nephew, tortured by inner demons, explore the masterpieces and meet the giant who broke-and rewrote-the rules and changed music forever.

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

MU168A Syphax 173 09/20 Thu 10a Munford 1 - 2 hr  
 MU168B Syphax 113 09/26 Wed 6:30p Munford 1 - 2 hr

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**Arlington Flute Choir**

This class is for all levels of amateur adult flutists. The auxiliary flutes such as piccolo, alto flute and bass flute are also welcome. The focus will be on reading and rehearsing mainstream flute choir repertoire consisting of original compositions and arrangements of classical, jazz and pop styles. Performance opportunities will include community concert series, charitable gala events and flute choir festivals. Please bring your flutes, music stands and pencils to rehearsals.

Arl. Res. \$219 Arl. Sr. \$199 Non-Res. \$239

MU153 Kenmore 116 09/12 Wed 7p Johnson Rajan 10 - 2 hr

**Discover Classical Music: The Unborn Story**

Four fun, fast-moving courses open the door to the amazing world of Bach, Beethoven, Brahms, Stravinsky and more. We'll reveal a world, and provide a roadmap, for exploring a lifetime of unparalleled listening pleasure. No technical or musical knowledge required - just an open heart and ears, and a willingness to be swept away by the most exciting, beautiful and fascinating music every created. For beginners and seasoned listeners alike. One word of caution: Once you enter... you'll never go back!

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

MU170A Syphax 170 10/09 Tue 7p Munford 4 - 2 hr  
 MU170B Syphax 150 11/01 Thu 10a Munford 4 - 2 hr

**The Timeless Music of J.S. Bach**

Ignored and forgotten in the generation after his death, the staggering power, beauty and craftsmanship of Bach's music was eventually rediscovered and ultimately revered as the gold standard of musical perfection. Incredibly prolific with over 1,000 works (and 20 children!), exploring the life, music and genius of Bach - performer, teacher, composer, (and jailbird!) - can be a lifetime adventure. Come begin the journey with a two hour introduction to the driving rhythms, soaring melodies and dazzling musical puzzles that are guaranteed to astonish and delight any music fan. Bach is the one great composer nobody doesn't love. Come hear-and learn-why.

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

MU171 Syphax 150 10/04 Thu 10a Munford 1 - 2 hr



# Arlington Community Learning

## **NEW** The Tragic Beauty, Power and Intellect of Johannes Brahms

Brahms burst onto the scene as the ideal Romantic - passionate, beautiful, noble. At the center of the "War of the Romantics," he was hailed as the savior of music, but reviled by others who proclaimed Liszt, Wagner and Bruckner as the way of the future. Brahms went on to create what is arguably the most powerfully beautiful music ever written...but which turned out to be the swan song of classical structure in music. Come discover the drama, passion and awesome beauty of the music's tragic hero, Johannes Brahms.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
**MU172** Syphax 150 10/11 Thu 10a Munford 1 - 2 hr

## **NEW** A History of American Popular Music: Tunes, Tales and Technology

Since the birth of our country, Americans have always made music. Over the decades, American musical styles have spread across the globe. This course examines popular song structures and how advances in materials, methods and technology shaped the music. Come with us as we discover every era of American popular music from Benjamin Franklin to John Philip Sousa to Louis Armstrong to Elvis to Justin Timberlake.

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109  
**MU080A** Syphax 150 10/04 Thu 6:30p Levine 3 - 2.5 hr  
**MU080B** Syphax 150 10/25 Thu 10a Levine 3 - 2.5 hr

## Opera Divas, Female Opera Superstars

Through lectures and recordings explore the world of Opera Divas: the most famous and familiar female opera singers. Presentations will feature such Opera Divas as Renee Fleming, Maria Callas, Joan Sutherland, Cecilia Bartoli, Renata Tebaldi, and many others. The operas we will student may include, La Traviata, Rigoletto, Aida, La Boheme, Tosca, Cosi Fan Tutte and others. Before presenting the recording of the Opera Diva singing an aria, the teacher will discuss characteristics of the singing voice, vocal technique, the roles performed by the singer and a synopsis of the opera/scene.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
**MU158** Syphax 173 10/25 Thu 10:30a Soranno 2 - 2 hr

## Famous Opera Male Singers

Come and learn and even better yet, listen to some of the most famous opera male singers. Using DVDs, we will explore the wonderful baritone and bass voices of Battistini, Ancona, Ruffo, Gobbi and the marvelous tenor voices of Domingo, Pavarotti and Gigli. Delight in the sound of the opera with this unique class.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
**MU173** Syphax 201 10/11 Thu 10:30a Soranno 2 - 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  
**MU201A** Syphax 117 09/10 Mon 1p Stuart 6 - 2 hr  
**MU201B** Career Ctr. 229 09/12 Wed 6:30p Jugdersuren 6 - 2 hr

## Voice Lessons for Adults - Level II

This class is a continuation of Voice Lessons for Adult level I. Students will continue to develop breath control, singing pronunciation of lyrics, scales, and terminology. Students will practice singing songs throughout the course.

Arl. Res. \$159 Arl. Sr. \$139 Non-Res. \$179  
**MU204** Syphax 117 10/24 Wed 11:30a Stuart 6 - 2 hr

## Arlington Concert Band

The Arlington Concert Band is a wind and percussion ensemble for adult musicians. This group is seeking musicians with intermediate to advanced playing skills, or players who have studied previously and want to return to their musical past and focus on performing in an ensemble. Arlington Concert Band aims to be an ensemble that will not only provide a local opportunity for musicians, but will serve as a promoter of music, music education and community. Openings exist for most positions - please call to inquire about open seats, contact Raul Matos at 703-228-7217. Annual Membership Fee per School Year only \$39. (Bring your own instrument)

HB Woodlawn Band Rm 9/11 Tue 7p 10 - 2 hr

MU-200A - Flute	MU-200H - Bassoon
MU-200B - Clarinet	MU-200I - French Horn
MU-200C - Oboe	MU-200J - Trumpet
MU-200D - Bass Clarinet	MU-200K - Trombone
MU-200E - Baritone Saxophone	MU-200L - Euphonium
MU-200F - Tenor Saxophone	MU-200M - Tuba
MU-200G - Alto Saxophone	MU-200N - Percussion

## Arlington Concert Orchestra

The Arlington Concert Orchestra is seeking musicians with intermediate to advanced musical skills, and all those who used to play an orchestral instrument and are looking to get back into a performance ensemble. This is a wonderful opportunity to play in a high caliber, volunteer orchestra! High quality performances, education, and fun are at the heart what we do.

Registration fee \$39 per semester. (Bring instrument)  
 Kenmore Band Rm 9/10 Mon 7p 10-2 hr

MU-208I - Bass	MU-208A - Violin	MU-208F - French Horn
MU-208J - Flute	MU-208B - Cello	MU-208G - Tuba
MU-208K - Clarinet	MU-208C - Harp	MU-208H - Viola
MU-208L - Percussion	MU-208D - Oboe	MU-208N - Trumpet
MU-208M - Trombone	MU-208E - Bassoon	MU-208O - Piano

## Arlington Community Chorus

If you love to sing, we would love to have you! Come join the Arlington Community Chorus and embrace the power of music. The ACC welcomes all singers who have sung in a choir, either in high school, college or even at church. If you haven't sung in a formal group before but would still like to join, call us and we will put you in contact with the conductor who can provide you with ways you can participate. We will perform a wide variety of choral literature, while at the same time having fun and enjoying the experience of singing. Concerts are programed throughout the school year. Tuition: \$130

MU-150A - Soprano	MU-150C - Tenor
MU-150B - Alto	MU-150D - Bass

Wash. Lee Choral 9/11 Tue Henderson 7pm 15 - 2hr

Visit our website at [www.apsva.us/acl](http://www.apsva.us/acl) for information on upcoming spring concerts performed by our very own Concert Orchestra, Concert Band, Community Chorus and Flute Choir.

# Parenting Classes

## Temper Tantrums as Learning Opportunities

Temper tantrums are the sign that your toddler or preschool child is beginning to develop important social skills. By understanding the root causes, you'll address the heat of the tantrum in a manner that promotes your child's skills and improves your nurturing parent-child relationship. Course PA100 is recommended but no required.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
**PA101A** Wash. Lee 2001 09/26 Wed 7p Bermudez 2 - 2 hr

## Potty Training: The Right Fit for Your Child

Is it time to start potty training or shift gears? Popular one-size-fits-all approaches may not fit with your child. Tailor your own unique approach to align with your child's temperament, signs of readiness, and the circumstances of your family. Get creative and have fun with what otherwise can be a frustrating experience... for both of you!

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
**PA101A** Wash. Lee 2001 10/23 Tue 7p Bermudez 2 - 2 hr

## **NEW** Digital Parenting

Provide parents with tools and techniques to keep their kids safe online and on their phones. Will cover insights about apps and personal data to safeguard privacy and to raise awareness about online reputation.

Arl. Res. \$39 Arl. Sr. \$29 Non-Res. \$49  
**PA119** Syphax 115 11/07 Wed 10a Richardson 1 - 1.5 hr

## **NEW** Parenting in the 21st Century: Helping Kids Navigate Our Digital World

Discover what apps, devices and games are the most popular among kids at various ages and stages, and what the experts say about how to best help kids manage their time with them. Learn about the latest tools for parents to help kids 'stay safe' in the cyber-world and share time-tested strategies for minimizing the risks associated with too much screen time (e.g., depression, social anxiety, gaming addiction).

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59  
**PA121** Wash. Lee 2016 10/03 Wed 7p Staff 1 - 2 hr

## **NEW** Surviving the 'Tweens' and Early Teens: Tips and Tools for Parents

Learn about theories of development that can inform our perspectives on the everyday challenges of early adolescence, including strategies for keeping the lines of communication open with your teenager. Class will also allow for sharing 'lessons learned' and talking through specific parenting examples. The focus will be less on 'how to get my tween/teen to do something' and more on navigating tough situations thoughtfully and effectively. Gaining and giving mutual support, sharing stories and highlighting effective strategies will be a key component of this class.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79  
**PA122** Wash. Lee 2016 10/17 Wed 7p Staff 2 - 2 hr

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

## SAT Test Prep

### SAT Prep - Language Arts

Learn the tools and techniques to reach the highest available score on the SAT test. Learn to visualize perspectives and concepts which may differ from your own. Course includes vocabulary building, sentence completion and critical reading. Arl. Res. \$119 Arl. Sr. \$99 Non-Res. \$139  
TP101A Wash. Lee 2212 09/11 Tue 7p Miller 4 - 2 hr

### SAT - Prep - Math

Learn the tools and techniques to reach the highest available score on the SAT test. Learn to visualize perspectives and concepts which may differ from your own. Course includes reviewing the math skills necessary to be successful on the exam. Arl. Res. \$119 Arl. Sr. \$99 Non-Res. \$139  
TP101B Wash. Lee 2212 09/13 Thu 7p El-Hakim 4 - 2 hr

## Automotive Care

### Automotive Repair Procedures

This course will be based on the automobile problems and needs of the students. Hands-on shop work on owners' vehicles will guide the weekly lesson. Basic repairs will be limited to shop time, space, and equipment. Diagnostic information will be supplied, as available, to assist the student in correcting problems. The purchase of some necessary basic hand tools and materials will be identified. Course is taught in the Auto Technology Lab. Arl. Res. \$239 Arl. Sr. \$219 Non-Res. \$259  
TI100 Career Ctr. Auto Lab 09/11 Tue 6:30p Little 8 - 3 hr

### Automotive Repair Procedures-Advanced

The curriculum of the course will be based on the automobile problems and needs of the students. Hands-on shop work on owners' vehicles will guide the weekly lesson. Basic repairs will be limited to shop time, space, and equipment. Course offers more advanced diagnostics. Course is taught in the Auto Technology Lab. Arl. Res. \$239 Arl. Sr. \$219 Non-Res. \$259  
TI103 Career Ctr. Auto Lab 09/12 Wed 6:30p Winchell 8 - 3 hr

### Car Maintenance Workshop

Class is designed for students who have limited to no knowledge of car maintenance. Students will learn how to perform simple maintenance on their car, such as changing the oil, topping off fluids and checking tire pressure. Students will also learn how to change a flat tire and what to do when the car overheats. This is a hands-on class. Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119  
TI106 Career Ctr. Auto Lab 11/28 Wed 6:30p Winchell 3 - 2.5 hr

## Industrial Technology

### 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  
TI120 Syphax 113 09/12 Wed 7p Sullivan 2 - 2 hr

### Get to Know Your Electrical Breaker Box

This class is perfect for new homeowners, do-it-yourselfers and for anyone who wants to understand the electrical breaker box in your home. This 1 hour workshop will explain electrical circuits, different amp breakers, why breakers trip, wire gauge and potential hazards to look for. Arl. Res. \$19 Arl. Sr. \$15 Non-Res. \$25  
TI125 SEEC Tech Lab 10/11 Thu 5p Daly 1 - 1 hr

### 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  
TI230 Syphax 117 09/12 Wed 7p Martinez 3 - 2 hr

### Introduction to Woodworking & Cabinetmaking

Course begins with a six-week orientation focusing on wood types and uses, wood joinery, cabinetry design, and proper, safe use of tools and equipment. For the remaining classes, students have full use of modern woodworking equipment, tools, and shop to construct individual furnishings. Student supplies lumber and materials for personal projects. Some storage is available. Course is taught in the Wood Shop. Arl. Res. \$229 Arl. Sr. \$209 Non-Res. \$249  
TI302 Career Ctr. Wood Shop 09/11 Tue 7p Redda 12 - 3 hr

### Advanced Woodworking and Cabinetmaking

Prerequisite: Prior participation in Introduction to Woodworking and Cabinetmaking (TI-302) is mandatory. This course allows students continued use of the fully equipped shop to construct items of personal interest and improve their woodworking skills. Emphasis is on advanced techniques such as veneering, millwork, lathe turning, and joinery. Student supplies lumber and materials for personal projects. Some storage is available. Taught in Wood Shop. Arl. Res. \$229 Arl. Sr. \$209 Non-Res. \$249  
TI303 Career Ctr. Wood Shop 09/13 Thu 7p Redda 12 - 3 hr

### Furniture Repair and Refinishing

Hands-on course. Each student works on one or more projects of their own choosing. Learn to recognize different qualities of furniture. For each project, learn how to identify what needs to be done, create a plan, select the right materials, and then, working together, either restore, conserve, or refinish the piece. Course includes basic furniture repairs, fixing damaged finish, coloring for authenticity, and reapplying finish. Bring one or more projects to the first class! Students will work on multiple projects. As materials vary for each project, instructor will provide supply lists at the first class. Course taught in the Wood Shop. Arl. Res. \$159 Arl. Sr. \$139 Non-Res. \$179  
TI305 Career Ctr. Wood Shop 10/17 Wed 7p Jackson 8 - 2.5 hr

### Plumbing

Study supply, drain, waste, and vent piping fabricated with copper, plastic, and iron/steel. Course covers the installation of new and remodeled systems as well as maintenance of existing systems. Class is taught in the Wood Shop. Text: Step by Step Guide Book for Home Plumbing. Arl. Res. \$209 Arl. Sr. \$189 Non-Res. \$229  
TI309 SEEC Tech Lab 09/10 Mon, Thu 6:30p Daly 6 - 3 hr

### Drywall

Learn how to hang, finish, and repair drywall. Proper tools, materials, and techniques will be stressed. Course is taught at SEEC. Text: Step by Step Room Finishing Arl. Res. \$209 Arl. Sr. \$189 Non-Res. \$229  
TI310 SEEC Tech Lab 10/29 Mon, Thu 6:30p Daly 6 - 3 hr

### Ceramic Tile

Learn the basics of proper tool usage, material selection and layout techniques in order to produce quality floor, wall and countertop jobs using ceramic tile. text: Hometime: How to Ceramic Tile ISBN 1890257052. Arl. Res. \$209 Arl. Sr. \$189 Non-Res. \$229  
TI316 SEEC Tech Lab 11/26 Mon, Thu 6:30p Daly 6 - 3 hr

### Electrical Wiring for the Homeowner

Course will cover tools, materials, and techniques necessary for the homeowner to maintain, repair, and/or modify the existing electrical service in a typical residential electrical installation. Practical hands-on application of electrical theory and NEC requirements will be utilized. Class is taught in the Wood Shop. Text: Step by Step Home Wiring. Arl. Res. \$209 Arl. Sr. \$189 Non-Res. \$229  
TI321 SEEC Tech Lab 10/01 Mon, Thu 6:30p Daly 6 - 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  
TI329 Career Ctr. 112 09/19 Wed 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. \$49 Arl. Sr. \$39 Non-Res. \$59  
TI332 Career Ctr. 112 09/26 Wed 7p Jackson 1 - 2.5 hr

### Kitchen and Bath Remodel - Design Concepts & Execution

Learn the new concepts, codes, design trends and execution of a successful Kitchen and Bathroom Remodel Project. Look at special layout, code implications, stylish materials & fixtures. Special attention to "Aging-in-place" design. Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99  
TI358 Career Ctr 103 10/10 Wed 7p Carter 2 - 2.5 hr

## Arlington Community Learning

### GED® (High School Equivalency Certificate)

The General Educational Development (GED) Program is designed for persons who were once enrolled in school, but who, for various reasons, did not complete the requirements for high school graduation.

#### ENGLISH GED PREPARATION OPTIONS

Classes help develop or refresh the skills necessary for successful completion of the GED test. Students are encouraged to take the GED test when their progress indicates their readiness.

New GED students are required to take an English and Math assessment to assure proper course placement. Assessment takes 3 hours. See placement assessment dates below:

\* Tues. 7/17 at 12:30 p.m. \* Thurs. 7/19 at 5 p.m. \* Tues. 7/24 at 12:30 p.m.  
\* Thur. 7/26 at 9 a.m. \* Thurs. 8/2 at 5 p.m. \* Weds. 8/8 at 12:30 p.m.  
\* Thur. 8/16 at 5 p.m. \* Weds. 8/22 at 12:30 p.m. \* Thurs. 8/30 at 9 a.m.

Call 703-228-7220 to schedule your placement assessment.

#### GED Preparation Classes Level 4

Monday, Wednesday and Friday. A combination of traditional teacher led classes and individualized instruction is included. Course will cover all four subjects of the GED test.

14-week Mornings 9am - 11:30am Cost \$129

GE-015A Syphax Ctr. 108 9/5 - 12/17 Joseph Mon./Wed./Fri.

16-week Evenings 6:30pm - 9:00pm Cost \$109

GE-015B Syphax Ctr. 108 9/5 - 1/14/2019 Van Buren Mon./Wed.

#### GED Preparation Class Level 3

14-week program meeting Tuesdays and Thursdays from 6:00 p.m. to 8:30 p.m. A combination of traditional teacher led classes and individualized instruction. Course will concentrate on improving Writing, Reading and Math skills.

Cost: \$89

GE-014 Wakefield A-331 9/4 - 12/11 Gonzalez Tue./Thurs.

#### GED Preparation Class Level 2

14-week program meeting Tuesdays and Thursdays from 6:00 p.m. to 8:30 p.m. A combination of traditional teacher led classes and individualized instruction. Course will concentrate on improving Writing, Reading and Math skills.

Cost: \$89

GE-013 Wakefield A-335 9/4 - 12/11 Brundidge Tues./Thurs.

#### Basic Math Class

14-week program meeting Tuesdays and Thursdays from 6:00 p.m. to 8:30 p.m. A combination of traditional teacher led classes and individualized instruction. Course will concentrate on basic Math skills.

Cost: \$89

GE-012 Wakefield A-339 9/4 - 12/11 Jones Tues./Thurs.

#### Skill Builder Class

14-week program meeting Saturday mornings from 10:00 a.m. to 12:30 p.m. A combination of traditional teacher led classes and individualized instruction. Course will concentrate on Language Arts and basic Math skills.

Cost: \$69

GE-023 Syphax Ctr. 108 9/8 - 12/15 Johnson Sat.

#### GED EN ESPAÑOL - CURSO PREPARATORIO Y DE REPASO

Se ofrecen clases de repaso de las materias abajo indicadas, las que ayudarán a desarrollar la preparación necesaria para pasar el examen del GED, y obtener el Certificado de Equivalencia de Educación Secundaria otorgado por el Estado de Virginia.

#### Requisitos:

Haber completado la mayoría de los estudios secundarios o demostrar el conocimiento básicos de lectura, escritura y matemáticas.

#### Materias de Estudio:

Matemáticas (aritmética, algebra, geometría), lectura y redacción y estudios sociales.

#### Lugares y Horario:

##### Kenmore Middle School

200 S. Carlin Springs Road Arlington, Va. 22204

Sala #290, Lunes y miércoles de 7:00 p.m. a 9:00 p.m. Las clases empiezan el 10 de septiembre y terminan el 5 de diciembre (12 semanas, no hay clases cuando hay un feriado). Matricula: \$129 Codigo: GE-003 Sparks/Downs

The 2014 version of the GED® test is given on the computer. To receive their GED® test credential, test-takers need to reach a score of 145 on each subject.



### ENCORE LEARNING

Offering daytime non-credit college-level courses, clubs & special events for those 50+ in the metropolitan area

[www.encorelearning.net](http://www.encorelearning.net)



#### Want to see what's available, Fall 2018?

Courses are posted online at

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

If you have questions or ideas, call the APS Department of School & Community Relations at 703-228-6005.



# 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 October:

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 H.S.

### Conversation Classes Intermediate & Advanced Levels

#### Syphax Education Center

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

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** ADVANCED ENGLISH AND WORK CERTIFICATE PROGRAMS



- For advanced English students
- 11-week course
- Classes held at Syphax Ed. Center
- Class meets 1 day per week for 4 hrs



- ServSafe® Certification
- Food Handler and 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

## 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.

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

**HOLIDAYS AND CLOSINGS:**  
No classes will be held on:

- Labor Day: September 3
- Columbus Day: October 8
- Veteran's Day: November 12
- Thanksgiving Day: November 22 - 24
- Winter Break: Dec. 21 - Jan. 1

No classes held at the Middle Schools on September 28, due to Back to School Night.

No classes held at the High Schools on September 27, due to Back to School Night.

**Arlington Community 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://goo.gl/XXSwR9>

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

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			
						Date Paid _____			<input type="checkbox"/> Check			
Internal Use:												

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

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Permit No. 1376

ECRWSS

Postal Customer  
or Current Resident

# Arlington Community Learning

*...where learning never ends!*



Pastel & Oil Painting p. 9  
Digital Photography p. 10

## Interested in teaching classes?

We are looking for teachers for:  
**Pottery Wheel Ceramics,**  
**Bicycle Maintenance, Cooking classes,**  
**Trumpet lessons, Enrichment classes for**  
**Kids, Harmonica Lessons, and many more**  
**topics listed on our website.**

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

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