

Arlington Community Learning

Summer 2019 Catalog

Register online at www.apsva.us/acl

Serving up some delicious classes this summer!



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 or call us at (703) 228-7200

Message from the Superintendent

Dear Lifelong Learners,

The Arlington Community Learning staff has prepared over 100 classes to enjoy this summer. Cooking classes with summer recipes, travel language classes, music, computer, sewing, art and much more can be found within the pages of this catalog. Many classes have been shortened in length to accommodate busy summer schedules.

With such a wide variety of classes, you can find short workshops that meet for only one evening, or more in-depth classes that meet for a few weeks. Along with many of the most popular classes, the program has introduced a handful of new classes as well.

All our locations have free parking and nicely air-conditioned classrooms. Take a break from the heat this summer and enjoy one or more of these engaging and instructive classes.

Arlington is a community of learners. Be a part of our learning and growing community and join the TEAM of learners of all ages!

Sincerely,

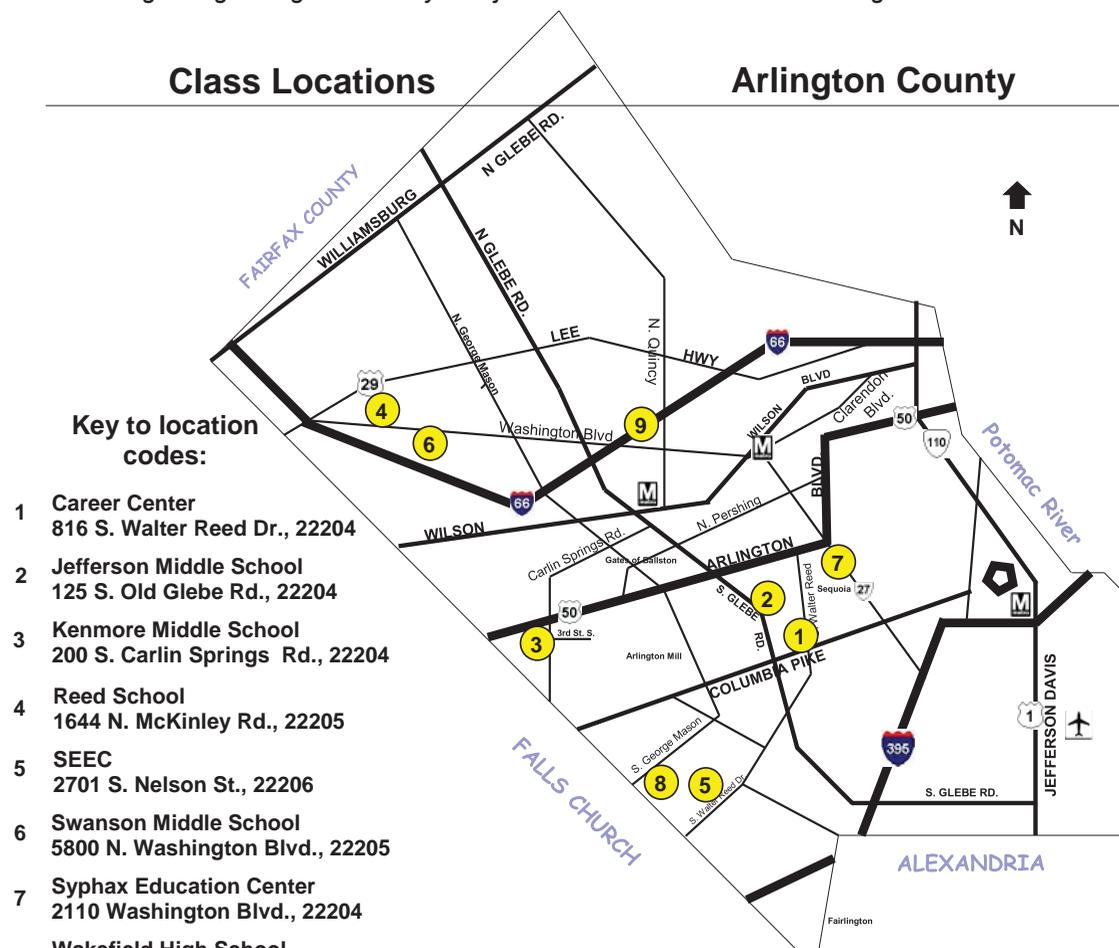


Patrick K. Murphy, Ed. D.
Superintendent, Arlington Public Schools

Table of Contents

American Sign Language . . .	pg. 5
Art Classes	pg. 6 - 7
Automobile Repair	pg. 9
Career & Business	pg. 7 - 8
Computer Classes	pg. 4 - 5
Cooking Classes	pg. 5 - 6
ESL for Adults	pg. 10
Financial Planning	pg. 8
Floral Design Classes	pg. 7
Foreign Languages	pg. 3
Home Improvement	pg. 9
Medical and Health	pg. 8
Music & Voice	pg. 9
Writing Classes	pg. 5

Complete Course Index found online
Rules and Policies.pg. 11
Registration Form.pg. 11



INTERPRETING COURSE INFORMATION (SAMPLE)

Course name	Course description	Resident, Non-Resident, and Senior Citizen prices
Painting	Beginning through advanced oil and acrylic; supplies (approx. \$54).	
Arl. Res. \$149	Arl. Sr. \$98	Non-Res. \$197
FA301	Glebe 11	6/7 T 1:00p
McElvany	5 - 3 hr	
Course number	Location code	Room number
Starting date	Day(s) course held	Starting time
Instructor	Number of classes	Hours per class

Arlington Community Learning

Choose the right foreign language class for you!

For Travelers

This class is designed for students with little to no knowledge of the language. Ideal for beginners who may be traveling abroad and wish to know how to properly pronounce common phrases and expressions and know the basics of the language. Even if there are no travel plans scheduled, this class would still be appropriate for beginners.

Beginning I - Review

This course is for beginner students who have completed level I or have the equivalent knowledge. Students will review basic elements of grammar, vocabulary, oral skills, listening comprehension, and small amount of reading and writing.

Beginning II - Review

Prerequisite: Have completed Beginners II or equivalent knowledge. This class will review the content covered in level II. Students will continue to focus on elements of grammar, building vocabulary, pronunciation, listening comprehension, and reading and writing.

Beginning III - Review

Prerequisite: Beginners III or equivalent knowledge. This course is designed to review grammar and vocabulary covered in the Beginning III class. We will focus on developing conversation skills through oral and written exercises on a variety of topics.

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

Spanish - For Travelers

Text: Dicho y Hecho, 7th Edition. ISBN-10: 0471268860
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL268A Syphax 170 07/10 W 10a Hernandez 5 - 2 hr
FL268B Wash. Lee 2012 07/15 M 7p Nova 5 - 2 hr

Spanish - Beginning I Review

Text: Dicho y Hecho, 7th Edition. ISBN-10: 0471268860
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL270A Syphax 107 07/11 Th 10a Sarmiento 5 - 2 hr
FL270B Wash. Lee 2226 07/15 M 7p Sarmiento 5 - 2 hr

Spanish - Beginning II Review

Text: Dicho y Hecho, 7th Edition. ISBN-10: 0471268860
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL271A Syphax 107 07/09 T 10a Sarmiento 5 - 2 hr
FL271B Wash. Lee 2213 07/10 W 7p Contreras 5 - 2 hr

Spanish - Beginning III Review

Text: Dicho y Hecho, 7th Edition. ISBN-10: 0471268860
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL272 Wash. Lee 2213 07/17 W 7p Staff 5 - 2 hr

Spanish - Beginning Conversation

Prerequisite: Spanish Intermediate II.
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL274 Wash. Lee 2010 07/18 Th 7p Nova 5 - 2 hr

Spanish - Intermediate /Advanced Review

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL276 Syphax 170 07/16 T 1p Santos 5 - 2 hr

French for Travelers

Text: French Now Level 1 -
Fifth Edition ISBN 978-1-4380-72791.
Arl. Res. \$129 Arl. Sr. \$109 Non-Res. \$149
FL280A Syphax 150 07/17 W 10a Rollins 6 - 2 hr
FL280B Syphax 173 07/17 W 7p Razatovo 6 - 2 hr

French - Beginners I Review

Text: French Now Level 1 -
Fifth Edition ISBN 978-1-4380-72791.
Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89
FL281 Syphax 107 08/10 Sa 9a Stuart 3 - 2 hr

French - Beginners II Review

Text: French Now Level 1 -
Fifth Edition ISBN 978-1-4380-72791.
Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89
FL282 Syphax 107 08/10 Sa 11:15a Stuart 3 - 2 hr

French - Beginners III Review

Text: French Verb Tenses ISBN 978-1-4380-0290-3.
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL283 Wash. Lee 2229 07/18 Th 7p Razatovo 5 - 2 hr

NEW French - Cajun Folktales and Conversation

Begin to enjoy reading in French, followed by discussion/ conversation. The reading selections are short, enjoyable and appropriate in level for any student having completed French Beginning II.
Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89
FL286 Syphax 170 08/07 W 7p Stuart 3 - 2 hr

Italian for Travelers

Text: Oggi in Italia 7th edition. ISBN 0-618-11220-0.
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL290A Syphax 117 07/01 M 10a Staff 5 - 2 hr
FL290B Wash. Lee 2229 07/22 M 7p Della Queva 5 - 2 hr

Italian - Beginning I Review

Text: Oggi in Italia 7th edition. ISBN 0-618-11220-0.
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL291A Syphax 150 07/08 M 9a Stoss 5 - 2 hr
FL291B Wash. Lee 2229 07/23 T 7p Della Queva 5 - 2 hr

Italian - Beginning II Review

Text: Oggi in Italia 7th edition. ISBN 0-618-11220-0.
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL292 Syphax 173 07/10 W 11:30a Stoss 5 - 2 hr

Italian - Beginning III Review

Text: Oggi in Italia 7th edition. ISBN 0-618-11220-0.
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL293 Syphax 170 07/18 Th 10a Sibilla 5 - 2 hr

Italian - Basic Conversation

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL295 Syphax 202 07/17 W 10a Sibilla 5 - 2 hr

Italian - Advanced Conversation

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL297 Wash. Lee 2215 07/16 T 7p Bucelli 5 - 2 hr

German for the Traveler

Textbook: Living Language German, Complete Course, The Basics ISBN 978-1-4000-2411-7
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL300A Syphax 150 08/01 Th 10a Lubkans 5 - 2 hr
FL300B Wash. Lee 2013 07/17 W 7p Waters 5 - 2 hr

Latin Language Workshop

Textbook included in the cost of the course.
Arl. Res. \$129 Arl. Sr. \$119 Non-Res. \$139
FL310 Wash. Lee 2212 07/25 Th 7p Owens 5 - 2 hr

Ancient Greek Language Workshop

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL315 Wash. Lee 2212 07/23 T 7p Owens 5 - 2 hr

Chinese Mandarin - Beginning I Review

Text: Integrated Chinese Level 1 - Part 1 ISBN: 978-0887276385
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL321 Wash. Lee 2214 07/15 M 7p Han 5 - 2 hr

Japanese for Travelers

Text: Japanese for Busy People I, ISBN 10: 1568363842
(Romanized version recommended).
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL330 Wash. Lee 2214 08/08 Th 7p Swanson 4 - 2.5 hr

Japanese - Beginning I Review

Text: Japanese for Busy People I, ISBN 10: 1568363842
(Romanized version recommended).
Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
FL331 Wash. Lee 2214 07/09 T 7p Staff 5 - 2 hr

Japanese - Beginning II Review

Text: Japanese for Busy People I, ISBN 10: 1568363842
(Romanized version recommended).
Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109
FL332 Wash. Lee 2214 07/11 Th 7p Swanson 4 - 2 hr

Korean - Beginning II Review

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109
FL342 Syphax 150 07/16 T 7p Song 4 - 2 hr

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

Computer Classes

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 08/07 W 10a Matos 2 - 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.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59
BE210 Syphax 115 08/21 W 10a Matos 1 - 2 hr

Get Smart with Your Android Smartphone (or Tablet)

It's more than just a phone! Your Android device puts an incredibly powerful computer in the palm of your hand, but it can be daunting to harness all that power. We'll give you plenty of tips so you can use it more effectively, and we'll highlight add-on programs ("apps") which improve your productivity and maybe even provide some fun.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
BE453 Syphax 170 08/21 W 10a Gutnick 2 - 2.5 hr

Get Smart with Your iPhone (or iPad)

It's more than just a phone! Your iPhone or iPad puts an incredibly powerful computer in the palm of your hand, but it can be daunting to harness all that power. We'll give you plenty of tips so you can use it more effectively, and we'll highlight add-on programs ("apps") which improve your productivity and maybe even provide some fun.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
BE537 Syphax 170 08/20 T 10a Gutnick 2 - 2.5 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. \$89 Arl. Sr. \$79 Non-Res. \$99
BE440 Career Ctr. 213 07/18 Th 6:30p Dooley 2 - 2.5 hr

Craigslist - Two-Hour Crash Course

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

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59
BE262 Syphax 115 08/28 W 7p Hamdad 1 - 2 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 115 08/07 W 7p Staff 3 - 2 hr

Computer Typing Basics

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

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
BE406 Wash. Lee 2210 07/09 T 6:30p Stanley 3 - 2 hr

Microsoft Excel 2016 - Level 1

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

Prerequisite: Comfortable with Windows or Mac.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99
BE424A Syphax 115 07/11 Th 6:30p Matos 2 - 3 hr
BE424B Syphax 115 07/25 Th 9a Kauffman 2 - 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. \$89 Arl. Sr. \$79 Non-Res. \$99
BE425 Syphax 115 08/08 Th 9a Kauffman 2 - 3 hr

Excel Pivot Tables

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

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
BE458 Syphax 108 07/25 Th 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 115 08/01 Th 6:30p Kauffman 3 - 3 hr

Adobe Lightroom - A Demonstration

In this 2-hour class, we will demonstrate the amazing capabilities Lightroom has to offer. See how to create a well-specified database where you can tag, score, catalog and edit your photos. 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
BE494 Syphax 171 08/27 T 7p Cassatt 1 - 2 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. \$109 Non-Res. \$149
BE482 Syphax 115 08/06 T 6:30p Matos 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. \$119 Non-Res. \$139
BE513 Syphax 117 08/07 W 6:30p Matos 3 - 2 hr

C++ Programming - An Introduction

In this beginners course, students will learn the basics of computer programming. C++ is one of the most popular programming languages available. It runs on a variety of platforms, such as Windows, Mac OS and Linux. The concepts taught in this course can be applied to other programming languages. We will cover concepts such as sequential programming, decision making, repetition (iteration) and object oriented programming. Practical applications such as calculating interest rate, calculating gas-mileages, generating menu or recipe list will be covered.

Arl. Res. \$159 Arl. Sr. \$149 Non-Res. \$169
BE217 Syphax 108 08/08 Th 7p Ha 4 - 2.5 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 07/22 M 10a Matos 1 - 2.5 hr

WordPress - Create Free Professional Looking Websites

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

Arl. Res. \$159 Arl. Sr. \$139 Non-Res. \$179
BE396 Syphax 115 07/10 W 7p Hamdad 4 - 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. \$69 Arl. Sr. \$59 Non-Res. \$79
BE524 Syphax 108 08/08 Th 10a Matos 2 - 2 hr

Managing Your Accounts with Quicken

Is it time to get your financial house in order? This two-session workshop will demonstrate the tools that Quicken has to offer to help you manage your accounts and budgets. (Demonstration)

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
BE567 Syphax 108 07/30 T 7p Staff 2 - 2 hr

Arlington Community Learning

Facebook for Seniors

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

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69
BE566 Syphax 115 07/18 Th 10a Matos 1 - 2.5 hr

Mac Basics

Are you new to Mac computers? Learn beginning Mac 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. Prerequisite: Basic skills using a computer mouse or trackpad.

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
BE502A Syphax 115 07/09 T 10a Hirai 3 - 2 hr
BE502B Career Ctr. 103 07/23 T 6:30p Randolph 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 08/08 Th 7p Randolph 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. \$79 Arl. Sr. \$69 Non-Res. \$89
BE529 Wash. Lee 1123 08/15 Th 6:30p Randolph 2 - 2 hr

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. \$109 Arl. Sr. \$99 Non-Res. \$119
CE100 Syphax 117 08/07 W 10a Haines 4 - 2 hr

Evening Writers

Calling all writers! This class is the perfect forum for honing your skills, experimenting with new writing forms and for preparing your work for sale and publication. Through weekly writing exercises and helpful group feedback, you'll see your writing develop and improve. We will cover the basics of writing memoirs, flash fiction, short stories, opinion pieces, letters to the editor -- and even novels. Published authors will visit class to give you their tips for getting started and getting published.

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119
CE172 Wash. Lee 2013 07/16 T 7p Stevens 4 - 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 2017 07/09 T 6:30p Staff 1 - 2.5 hr

Travel Writing - On the Road and In Your Words

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

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99
CE178 Syphax 150 08/03 Sa 9a Haines 2 - 3 hr

Introduction to Creative Writing Workshop

Have you always wanted to write fiction? Here's your chance to learn how. This class covers all the basics of creative writing, from developing plots and characters to writing realistic dialogue. We'll also experiment with different types of fiction - from flash fiction to short stories and novels. Published fiction writers will visit class to share their insights on how they started writing and how they got published. No previous writing experience is necessary.

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
CE193 Syphax 117 07/17 W 7p Stevens 3 - 2 hr

Improv 101: Fundamentals

Put your "yes-and" skills to work and learn to create comedic scenes through long-form improv! This class teaches the basics of improv including quick conversations starters, acting exercises, games, and comedy as we create scenes on the spot! Through the art of improvisation, we'll also tap into some useful skills we can use in our day-to-day life which include, improved reasoning, boosted self-confidence, enhanced listening skills, supported team work, and enriched communication techniques. All of this and more can be achieved through the fun of improv. Join the fun!

Arl. Res. \$119 Arl. Sr. \$99 Non-Res. \$139
CE247 Kenmore 116 07/23 T 7p Funes 4 - 2.5 hr

Comprehensive Approach to Self-Publishing Your Book

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

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
CE221 Syphax 150 08/13 T 7p Sullivan 2 - 2 hr

American Sign Language (ASL) Basics

Take advantage of these summer months to finally learn American Sign Language. During this class, students will learn the basics of finger spelling, conversational etiquette and gain an increased knowledge of the deaf community. Word recognition, vocabulary and comprehension skills will all be covered. Text: A Basic Course in American Sign Language, ISBN 10: 0932666248.

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
CE147 Wash. Lee 2001 07/25 Th 7p Tulloss 4 - 2.5 hr



American Sign Language Refresher

It doesn't matter if you learned ASL years ago and are a little rusty or if you just started learning the language, this class is designed to review the basics. Emphasis will be placed on reviewing vocabulary, building on what you already know and practicing ASL conversational skills. A Basic Course in American Sign Language, ISBN 10: 0932666248.

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
CE148 Wash. Lee 2001 07/23 T 7p Tulloss 4 - 2.5 hr

Public Speaking Workshop

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

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109
CE197 Wash. Lee 2016 07/16 T 6:30p Jackson 3 - 2 hr

Introduction to Grant Writing

How do you prepare a persuasive grant proposal? This course will introduce you to the fundamentals of grant writing. Using a framework of beginning, middle, and end, you will learn what is needed to put together a complete grant application. Whether you're interested in exploring what grant writing entails or you need a refresher before preparing your next grant application, come and gain new tools to help you with the grant writing process.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69
CE236 Syphax 117 07/24 W 6:30p Ahn 1 - 3 hr

Cooking Classes

Delicious Cookies

Get excited to learn cookie baking skills! A live demonstration of each skill will be performed on baking Chocolate Chip Cookies, Oatmeal Raisin and Walnuts Cookies, and Raspberry Thumbprints, with some student participation. Each student will receive cookies to take home!

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
CN157 Syphax 113 07/27 Sa 9a Montesa 1 - 4 hr

Cake Baking I

Come join the fun! Want to get into baking but unsure where to start? Learn the basic techniques needed for baking successful and delicious cakes, such the moist and soft Vanilla Chiffon Cake with Swiss Meringue Buttercream, Strawberry Roll Cake with Strawberry Creme Filling, and the Double Chocolate Cake with Creamy Chocolate Frosting. Cakes will be tasted after. Demonstration course only.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99
CN160 Syphax 113 08/10 Sa 9a Montesa 2 - 2 hr

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

Cupcakes I

Cupcakes are easy to prepare and can be served at parties, as a snack, at potlucks, and can even be arranged as a wedding cake. Four cupcakes will be baked from scratch (Red Velvet, Chocolate, Blueberry, and Yellow Cupcakes). Students will top the cupcakes with different frostings and decorations. Will demonstrate how to make beautiful toppings. Bring container for samples. Instructor will email students for decorating tools to bring.

Arl. Res. \$89 Arl. Sr. \$79 Non-Res. \$99
CN165 Syphax 113 07/13 Sa 9a Montesa 1 - 4 hr

Cooking - for the Busy Professional

Students will learn several techniques for preparing fast and healthy weeknight meals using fresh ingredients. Because this class focuses on techniques, not just recipes, students will learn skills that they can then apply to many recipes. Techniques learned will include cooking en papillote, pan sauces, and sheet pan roasting. Finally, students will learn how to use these techniques to elevate their cooking for a dinner party.

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119
CN178 Syphax 113 07/10 W 6:30p Hine 2 - 3 hr

Weeknight Vegetarian Meals

Discover how to make a quick, balanced meal in the oven with just one sheet pan. Great for family cooking or to make a week's worth of food. Learn how to make great meals, with minimal cleanup, prep, and waste.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89
CN181 Syphax 113 07/24 W 9:30p Krishnan 1 - 3 hr

French Bistro Menu

Bistros in France gained their popularity by offering a place where families and friends could gather around a table and share and enjoy traditional French cuisine. Join us and learn how to prepare tasty Bistro recipes: Mussels a la Marinier, Duck Cassoulet, and a classic Lemon Tart. Please bring a container for leftovers.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89
CN253 Syphax 113 07/20 Sa 9a Vu 1 - 4 hr

Mediterranean Cooking

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

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119
CN297 Syphax 113 08/12 M 6:30p Mnatsakanova 2 - 3 hr

Speak Italian With Your Mouth Full

The participants in this class will dive into learning basic conversational Italian, Italian culture, and food. Learning a new cuisine is a lot like learning a new language. Each class is based on the preparation of a delicious dish and on the bite-sized acquisition of parts of the Italian language and culture. Buon Appetito!

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
CN128 Syphax 113 07/30 T 7p Staff 3 - 2.5 hr

Speak Like You Eat with "La Famiglia"

Expose your entire family to an interactive, educational and fun learning experience. Our family cooking classes welcome children and teenagers along with their parents for hands-on cooking classes. Immerse yourself in the Italian culture and learn basic conversational Italian while cooking. Families will receive some great recipes to cook as a family. Buon Appetito! Call for discount pricing for multiple family members.

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
CN129 Career Ctr 105 07/20 Sa 12:30p Staff 3 - 2.5 hr

Mediterranean Summer Supper

Cool down and entertain your friends with a Mediterranean supper full of summer's bounty. We will create Heirloom Tomato Crostini with Fresh Herbs and Sherry Vinaigrette, Charred Octopus with Chickpea Puree and a Roast Garlic Yogurt Sauce, and Peach Parfait with Mascarpone and Amaretti biscuits. You will learn easy, straightforward techniques to create great Mediterranean flavor.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
CN299 Syphax 113 08/08 Th 6:30p McKean 1 - 3 hr

Organic Handmade Pasta and Sauce

This is the real deal! Learn to prepare authentic southern Italian style pasta made with semolina flour. Pasta includes cavatelli and Sardinian gnocchetti. Students will also prepare delicious sauces to accompany them. Never buy pasta from a box again.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
CN303 Syphax 113 07/08 M 6:30p De Bernardinis 1 - 3 hr

Handmade Sicilian Pizza Workshop

A culinary walk from Sicily to Lazio through Apulia will reveal the secret to making authentic Sicilian style pizza. Along the way we will also discover Apulian and Roman panzerotti made with authentic ingredients such as focaccia, black olives, sliced potatoes and rosemary. Enjoy pizza, the way it is supposed to be made.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
CN317 Syphax 113 07/01 M 6:30p De Bernardinis 1 - 3 hr

Japanese Tea Ceremony

Come learn and experience some of the basics about Japanese tea ceremony. This workshop includes a short demonstration, some background, and a chance to whisk your own bowl of tea and enjoy sweets. No background knowledge is necessary, just a curiosity for Japanese tea ceremony. For those who would like to learn Japanese words along with the Ceremony, a Wordlist will be provided.

Arl. Res. \$39 Arl. Sr. \$49 Non-Res. \$59
CN523 Syphax 173 08/03 Sa 9a Swanson 1 - 1.5 hr

A Taste of Russia

In this one-session class, Lucy will teach you favorite Russian and Ukrainian dishes, typically served in summer. In addition the instructor will share some basic phrases in Russian. Don't miss this culinary and cultural experience.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
CN569 Syphax 113 07/23 T 6:30p Scheuchenzuber 1 - 3 hr

Cooking Fundamentals I

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

Arl. Res. \$119 Arl. Sr. \$109 Non-Res. \$129
CN570 Syphax 113 07/15 M 6:30p Mnatsakanova 3 - 3 hr

Ethiopian Stews

Learn to cook traditional Ethiopian stews, known as wats, using authentic herbs, spices, and other ingredients, such as the traditional bread used to eat the delicious wats with; injera, a teff-based spongy bread. Students will be able to make at least one meat wat and several plant based wats. Walk away with the knowledge to make Ethiopian food at home as well as where to find traditional ingredients in the DC area.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89
CN628 Syphax 113 08/03 Sa 9:30a Vu 1 - 3 hr

Photography & More

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.

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119
FA232 Syphax 117 07/18 Th 10a Cassatt 4 - 2 hr

Maximizing Your Digital SLR Camera

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

Arl. Res. \$99 Arl. Sr. \$89 Non-Res. \$109
FA387 Wash. Lee 2002 07/16 T 7p Cassatt 3 - 2 hr

Smartphone Photography

"The best camera is the one you have with you." Since many people always have their smartphone or tablet with them, they always have a good camera at their disposal. We'll start with some photography basics, and then look at techniques and apps that can help you create great pictures, and we'll show you how to share them, whether by uploading to Facebook or Instagram or simply sharing via email or text message. (Both iPhone and Android are covered.)

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69
FA298 Syphax 170 08/24 Sa 10a Gutnick 1 - 3 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.

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59
FA457 Syphax 150 08/15 Th 7p Douglass 1 - 2 hr

Art Classes

Daytime Drawing Workshop

Bring your sketch pad and pencils to class and begin to draw what you see. Learn basic techniques in light and shadowing, depth perception, scale, symmetry and self-expression. 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 on website.

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

Arlington Community Learning

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.

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

FA311 Wash. Lee 1127 07/22 M 7p Hamdad 4 - 2.5 hr

Creative Watercolor 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, & masking. See website for supply list.

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

FA305 Wash. Lee 1123 07/16 T 6:30p Jones 4 - 2.5 hr

Mosaics Stepping Stone

Prerequisite: Stained Glass I or knowledge of glass cutting. Any project of your choice with emphasis on good design and advanced techniques using the copper foil method. Students are notified of materials needed at first class. Taught in the Tech. Ed. Lab.

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89

FA332 Kenmore Tech Lab 07/09 T 7p Nowak 2 - 2.5 hr

Fresh Flower Arrangements

Students will learn how to assemble and arrange lovely floral designs. Topics will include the conditioning and preparation of flowers, composing designs for a variety of containers, proper use of greens and fillers and basic color combinations and shapes. Material fee of \$75 payable to Arlington Public Schools at first class. Bring sharp hand clipper or scissors to class.

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

FA354A Syphax 117 07/16 T 7p Widhalm 3 - 2 hr

FA354B Syphax 173 08/01 Th 10a Widhalm 3 - 2 hr

(Grand) Parent and Child Fresh Flower Arrangements

Spend some inter-generational, creative time together and surprise someone with a self-made flower arrangement. This class will help identify and select flowers found in grocery stores or markets and teach how to create budget friendly, custom bouquets or centerpieces. (Grand)Parent and interested child age 5 years and up will work together (please allow 1:1 adult:child ratio) applying basic floral design principles and techniques to come up with their personal floral creations sure to be appreciated by the lucky recipient. Bring material fee of \$60 (this is for both participants, not each) payable to Arlington Public Schools to first class. Tuition: \$69 for (Grand) Parent and Child.

FA354Y Syphax 117 08/01 Th 1p Widhalm 3 - 1 hr

Wedding Bouquet Floral Arrangement

Learn how to make a bridal cascade, boutonnières, corsages, and small centerpieces for the reception table. Add a personal touch to this special occasion with custom floral arrangements. Material fee of \$45 payable to Arlington Public Schools. Bring sharp hand clipper or scissors to class.

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

FA355 Syphax 117 08/17 Sa 10:30a Widhalm 1 - 2hr

NEW Paint Your Garden Stepping Stone

Learn the techniques for transforming rocks, stones or cement (bricks or patios) into beautiful, personalized, garden art. We will use stenciling and acrylic painting techniques, to decorate a cement, garden paver. Learn techniques for using nature motifs and inspirational sayings to decorate stone and personalize your garden or exterior each student should bring to class: 16"x16" cement paver and acrylic paint provided.

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

FA403 Syphax 117 07/13 Sa 10a Jones Coleman 1 - 2.5 hr

NEW Hand-Painted Garden Signs

Learn techniques for transforming new or reclaimed wood, into whimsical, garden signs. Garden signs add humor and beauty to the garden and other exterior spaces. Learn stenciling and hand-painting techniques for wooden surfaces such as bird houses, fences and furniture. Thyme after Thyme, garden signs bring joy to the gardener!

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

FA404 Syphax 117 07/27 Sa 10a Jones Coleman 1 - 2 hr

NEW Introduction to Gelli Printing

Gelli Arts and Gel Printing Plates are all the rage! Gelli plate is a gelatin-based, printing plate, which can be used, to create colorful and unique backgrounds on paper (and fabric!) for art journals, cards, collage and other mixed media projects. It is easy to work with and makes printing fun. Beginners and experienced artists can enjoy the range of techniques available when printing with the Gelli Plate. Students will leave with some prints as well as a good understanding of how to have fun using their Gelli Plates at home.

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

FA406 Syphax 117 08/13 T 7p Jones Coleman 1 - 2.5 hr

NEW Brush Ink Painting from China & Japan - for Beginners

Discover the creativity and artistic freedom of this unique art media. Brush Ink Painting, popular in China and Japan uses various shades of black and white to bring to life landscapes, still lifes, flowers, and other themes on rice paper. See website for supply list and samples of art work.

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

FA361A Syphax 117 08/13 T 7p Staff 4 - 2 hr

FA361B Syphax 117 08/13 T 7p Staff 4 - 2 hr

Introduction to Silk Painting

In this Introductory course students will learn the beginner techniques for creating beautiful expressions of color using the ancient art form of silk painting. Learn how to stretch the silk, apply silk paint and use a resist to draw designs. You will learn how to steam the fabric as well as salt and alcohol techniques for adding texture. Students will complete one finished, painted, silk scarf.

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

FA411 Wash. Lee 1117 08/06 T 7p Jones Coleman 1 - 2.5 hr

Summer Art Camp

NEW Kid's Summer Art Camp (K-5)

Unleash your child's imagination this summer! This Summer Art Camp will provide children with a wonderful introduction to several forms of visual art. Each class will bring a new project that may include, painting, printmaking, fiber, collage, nature crafts, paper crafts, drawing and acrylics. Bring your own snacks to class. Two teachers to a maximum of 10 kids (1:5 ratio).

Arl. Res. \$299

FA222A Syphax 117 07/08 MTWThF 1p Jones Coleman 5 - 4 hr

FA222B Syphax 117 08/19 MTWThF 1p Jones Coleman 5 - 4 hr

Housing & Real Estate

FLIP That Home: Strategies for Real Estate Purchase and Resale

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

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

GI163 Syphax 170 07/11 Th 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.

Tuition \$259

GI164 Syphax 150 07/15 M 5p Bentz 12 - 5 hr

Designing Your Home Landscape

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

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

GI199 Syphax 117 07/10 W 7p Sullivan 2 - 2 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.

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

GI640 Wash. Lee 2010 08/08 Th 7p Mothershead 1 - 2 hr

NEW Sustainable Living Workshop

In this workshop we will explore how the actions we make in our daily lives have an impact on the world we live in and what steps we can take to be more conscious and sustainable. We will explore the rooms of a typical home to identify changes we can make to benefit the environment, save money, and positively impact our communities. Topics will include energy, water, waste, transportation, food and others.

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

GI201 Syphax 171 07/11 Th 7p Staff 1 - 2 hr

Investing in Real Estate

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

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

GI648 Syphax 170 07/09 T 7p Bentz 1 - 2 hr

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

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.

Arl. Res. \$29 Arl. Sr. \$19 Non-Res. \$39
GI847 Wash. Lee 2013 08/07 W 7p Bentz 1 - 1.5 hr

Career & Finance

Matching You and a Career

Before starting that job search, discover how your values, interests and skills can point you in the right direction. With the guidance of your instructor, a professional career coach, learn to match your unique abilities to positions, titles and jobs that fit you best.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69
GI262 Career Ctr. 114 08/06 T 6:30p Stewart 1 - 2.5 hr

Finding the Right Job for You

Do you feel stuck in your current job? Haven't found a job that makes you feel fulfilled? Discover more ways and better places to look. This 2.5 hour workshop will thoroughly cover the best results to online job searches, career fairs, effective networking, and other strategies to find that perfect job.

Arl. Res. \$59 Arl. Sr. \$49 Non-Res. \$69
GI266 Career Ctr. 112 07/08 M 7p Stewart 1 - 2.5 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 150 07/11 Th 6:30p Law 1 - 2.5 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 115 08/03 Sa 9a Dessingue 1 - 4 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 107 07/18 Thu 7p Bromley 2 - 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 2020 08/15 Th 7p Sawyer 2 - 2.5 hr

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 117 07/20 Sa 10a Zalfa 1 - 2.5 hr

Federal Employee Pre-Retirement Guide Overview

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

Arl. Res. \$49 Arl. Sr. \$39 Non-Res. \$59
GI796 Wash. Lee 2017 08/07 W 7p Davidson 1 - 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. \$99 Arl. Sr. \$89 Non-Res. \$109
ME187 Syphax 150 07/10 W 6:30p Longnecker 3 - 3 hr

Wellness & Health

First Aid

This is a video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, and bites and stings. This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory, or other requirements. Classes taught by Ms. Treadway, RN

Tuition: \$69
GI361A Syphax 107 07/11 Th 1p 1 - 2.5 hr
GI361B Syphax 107 07/19 F 8:30a 1 - 2.5 hr
GI361C Syphax 107 07/25 Th 1p 1 - 2.5 hr
GI361D Syphax 107 08/08 Th 1p 1 - 2.5 hr
GI361E Syphax 117 08/10 Sa 9a 1 - 2.5 hr
GI361F Syphax 107 08/15 Th 5p 1 - 2.5 hr

CPR- Cardiopulmonary Resuscitation, AED

This is a video-based, instructor-led course that teaches Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) use, infant CPR, and how to relieve choking in adults, children, and infants. This course teaches skills with the AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the student's learning of skills. This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. Classes taught by Ms. Treadway, RN

Tuition \$109
GI362A Syphax 171 07/09 T 1p 1 - 3 hr
GI362B Syphax 150 07/10 W 8a 1 - 3 hr
GI362C Syphax 171 07/23 T 1p 1 - 3 hr
GI362D Syphax 117 08/03 Sa 9a 1 - 3 hr
GI362E Syphax 171 08/06 T 1p 1 - 3 hr
GI362F Syphax 107 08/14 W 5p 1 - 3 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 170 07/31 W 7p Law 2 - 1.5 hr

Fundamentals of Mindfulness Meditation - Unlock the Power of Your Mind

Become equipped with tools and techniques to assist in releasing stress and anxiety, busting your personal blocks, and connecting to an ever present state of wellbeing. Through mindfulness exercises and guided meditations, you will learn the skills to unlock the hidden power to clear your mind and find spaces of calm and tranquility in any circumstance.

Arl. Res. \$109 Arl. Sr. \$99 Non-Res. \$119
HE212 Syphax 117 07/11 Th 6:30p Page 4 - 2 hr

NEW Meditation and Breathing Techniques to Decrease Anxiety and Stress

Feeling stressed? Finding it difficult to relax? Would you like to calm the constant chatter in your brain? Learn the basic techniques of meditation and breathing to reduce stress, increase energy, lessen anxiety and promote overall well-being and health.

Arl. Res. \$69 Arl. Sr. \$59 Non-Res. \$79
HE213 Syphax 115 07/23 T 6:30p Page 2 - 2 hr

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 3 1/2-week course combines practical experience in a local nursing home with classroom instruction. Classroom instruction is held at the Arlington Career Center on Monday through Friday from 8am to 4:30 p.m. Practical experience is held at a local nursing home. **Tuition of \$999 includes textbooks.** A pre-entrance test is required and will be offered during the months of June and July 2019.

Tuition \$999 (Call for more information)
HE900 Career Ctr. PT 08/01 Mon - Fri 8a Treadway 16 - 8 hr

Arlington Community Learning

Bicycle Maintenance & Repair

Looking to purchase a bicycle but don't know where to start? This class/demonstration will help you decide which type bicycle will suit your needs. Choosing the correct type and size bike will make cycling more safe and fun. We will also go over clothing, helmets, shoes and safety equipment. We will decide which equipment and tools are priorities, and which can wait to be purchased later.

Arl. Res. \$39 Arl. Sr. \$29 Non-Res. \$49

GI812 Arlington Mill Bike Shop 07/18 Th 7p Cuadra 1 - 2 hr

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. Handouts will be provided.

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

MU100A Syphax 171 07/09 T 8:15p Delos Reyes 5 - 1.5 hr

Guitar - Beginning II

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

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

MU101 Syphax 171 07/09 T 6:30p Delos Reyes 5 - 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.

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

MU102 Syphax 171 07/12 F 10a Siekkinen 6 - 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

MU110 Syphax 113 07/12 F 1p McGuire 8 - 2 hr

Piano - Beginning I Review

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

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

MU118A Syphax 107 07/16 T 7p Ruble 4 - 2 hr

MU118B Syphax 107 07/16 T 1p Ruble 4 - 2 hr

Piano - Beginning II Review

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

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

MU119 Syphax 113 07/10 W 1p Ruble 4 - 2 hr

Piano - Beginning III Review

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

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

MU120 Syphax 113 07/10 W 11a Ruble 4 - 2 hr

Ukulele - Beginning I

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

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

MU129A Syphax 171 07/12 F 11:45a Siekkinen 6 - 1.5 hr

MU129B Syphax 171 07/11 Th 10a Siekkinen 6 - 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. \$119 Arl. Sr. \$109 Non-Res. \$129

MU131 Syphax 171 07/11 Th 11:45a Siekkinen 6 - 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. \$119 Arl. Sr. \$109 Non-Res. \$129

MU134 Syphax 171 07/13 Sa 10:30a Siekkinen 6 - 1.5 hr

Violin - Beginning I Review

Violin Beginning I students, refresh your skills this summer with this short review session.

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

MU141 Syphax 202 07/17 W 7:30p McGuire 4 - 2 hr

Voice Lessons for Adults: Skills and Drills

Whether preparing for the start of fall choir season, to kick start your karaoke chops, or just to indulge your not-so-secret passion, come exercise your singing voice and learn a routine of vocal warmups and a song

Arl. Res. \$79 Arl. Sr. \$69 Non-Res. \$89

MU199 Syphax 117 08/09 F 3p Stuart 3 - 2 hr

Car & Home Maintenance

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 08/13 T 6:30p Winchell 3 - 2.5 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.

Tuition: \$19

TI125 SEEC 08/14 W 6p 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 108 07/10 W 7p Staff 3 - 2 hr

Trim Carpentry

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

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

TI326 SEEC 08/14 WTh 7p Daly 2 - 2.5 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 07/09 T 7p Jackson 1 - 2.5 hr

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

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

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

TI332 Career Ctr. 112 08/08 Th 7p Jackson 1 - 2.5 hr

Change Out Old 2 - Hole Outlets

Many of our everyday appliances and electronics use 3 prong outlets, but many older homes still have 2-hole outlets. Learn how to safely replace these older outlets, understand the basic theory of electrical currents, understand the difference between gauges of electrical wiring and learn how to properly ground each outlet you install

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

TI344 SEEC 08/19 M 7p Daly 1 - 2.5 hr

Minor Plumbing Repairs

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

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

TI347 SEEC 08/12 M 6:30p Daly 1 - 3 hr

Drywall Repair Workshop

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

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

TI348 SEEC 08/15 Th 6:30p Daly 1 - 3 hr

Designing a Purposeful Garden Space

Have you always wanted a fire pit, dining or lounge area in your garden but just don't know where to begin? Join us to design a beautiful and purposeful outdoor space in your landscape. We'll combine basic design principles with practical information about using and sourcing materials such as stone, plants, lighting, and more to create a workable plan that you can install- just in time for summer!

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

TI364 Syphax 117 08/08 Th 6:30p Robinson 2 - 2.5 hr

English Classes for Adult Learners (ESL)



REEP
 Arlington Education and Employment Program
 Syphax Education Center, 2110 Washington Blvd. #106
 Arlington, Virginia 22204
(703) 228-4200



www.apsva.us/reep

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, April, July, and September:

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

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

Arlington Mill Community Center

909 South Dinwiddie Street, Room 403

Classes begin in February, May, August, and November:

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

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

Note: Some classes will be held at Wakefield H.S.

Conversation Classes Intermediate & Advanced Levels

Taught by trained and experienced ESL professionals, the REEP Conversation Class aims to improve students' fluency and confidence in spoken English. 11-week course.

Syphax Education Center

July 16 - Sept. 26

Tues and Thurs, 1:00pm - 3:00pm

* \$125 for Arlington residents and employees.

Placement Exam Dates

Syphax Education Center: June 3, 10 & 17 (9am or 6pm)
 Arlington Mill Community Center: July 15, 22 & 29 (5pm)

A placement exam is required for intensive, conversation and TOEFL classes. The exam is free. You will receive your English level, tuition information and registration instructions at testing.

TOEFL Preparation

Advanced level students will focus on improving in the four key skill areas tested on the iBT. Includes practice tests and weekly homework assignments.



Syphax Education Center

July 13 - Sept. 28

Saturdays, 9:00am - 1:00pm

\$500

Free English Classes in Community Centers

Free non-intensive, beginning and intermediate level classes taught by trained volunteers at Arlington Community Centers:

Locations:

Arlington Mill - 4th floor, 909 S. Dinwiddie St.

Gates of Ballston - 2nd floor, 4108 N. 4th St.

Walter Reed - 2909 S. 16th St.

Volunteers Needed

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

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 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 makeup information in class.

Parking at Syphax Education Center

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

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

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

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

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

HOLIDAYS AND CLOSINGS:
No classes will be held on:

Independence Day: July 4th

Arlington Community 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:

<http://eepurl.com/daGLkv>

Register Online



www.apsva.us/acl

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.

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

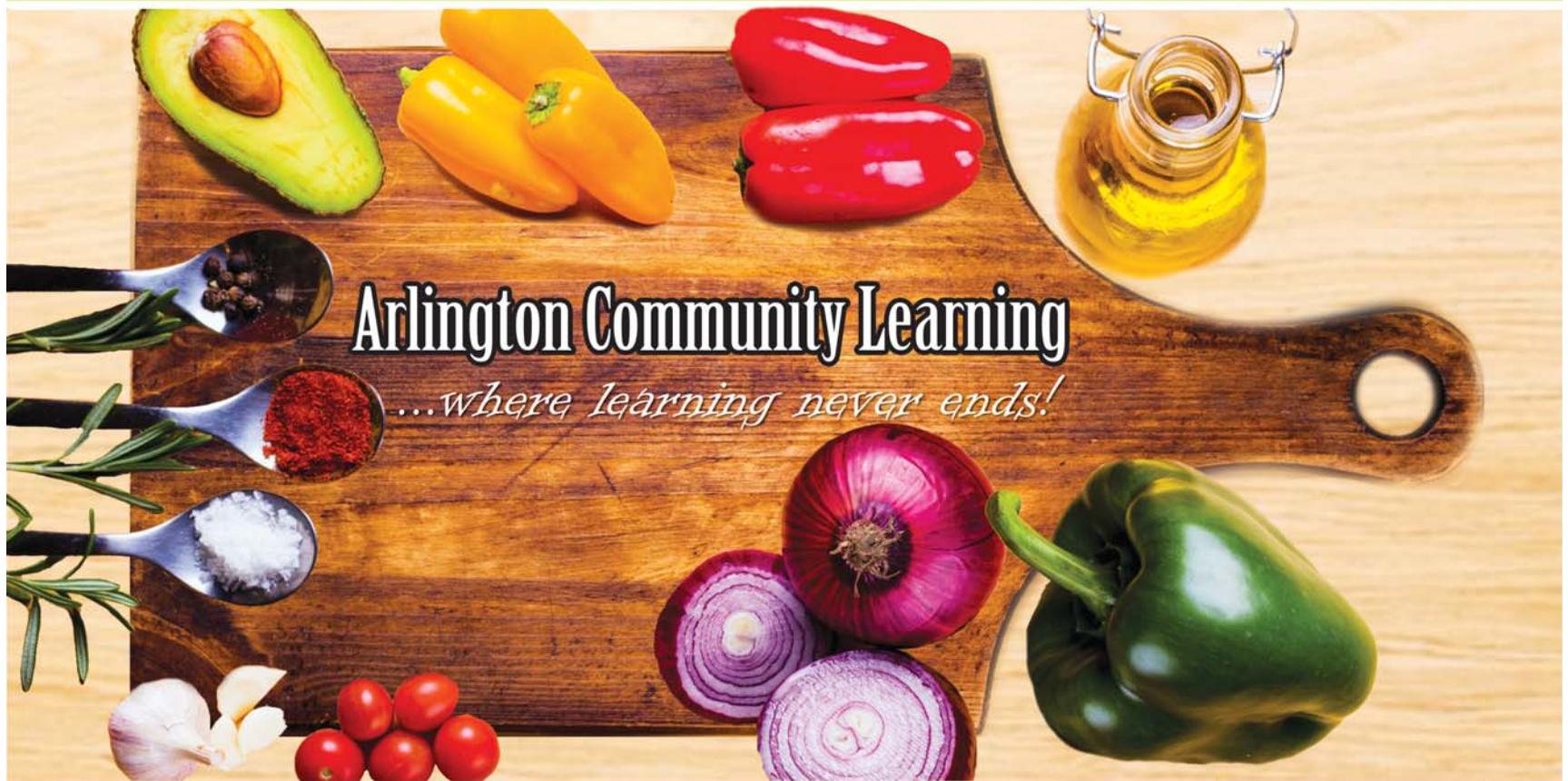
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Registration Card Arlington Adult Education Program www.apsva.us/adulted				Tuition Paid _____		Charge <input type="checkbox"/>					
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Internal Use:											

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

Non-Profit Org.
U.S. Postage
PAID
Laurel, MD
Permit No. 1376

ECRWSS

Postal Customer
or Current Resident



Register online at www.apsva.us/adulted

Tel: 703-228-7200



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



Arlington
Public
Schools