

# Arlington Community Learning

Fall 2019 Catalog

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*What will you  
learn today?*



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



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Arlington Community Learning



@arl\_learning

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## Message from the Superintendent

Dear Lifelong Learners,

For all of us here at Arlington Public Schools, fall is the most exciting time of the year. It is the beginning of the school year, which brings together eager students ready to learn with excited teachers prepared to teach. This same excitement is found in the Arlington Community Learning program.

The concept of neighbors teaching neighbors is what makes community education unique and special. The wealth of knowledge found within our community is truly amazing. Community education creates the bridge between those life and professional experiences of our teachers with the desire to learn and grow from our students.

As you peruse the pages of this catalog, we hope you will find a class or two that interests you. If you do not find what you are looking for, let us know by emailing Raul Matos, coordinator of the program at [raul.matos@apsva.us](mailto:raul.matos@apsva.us).

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,

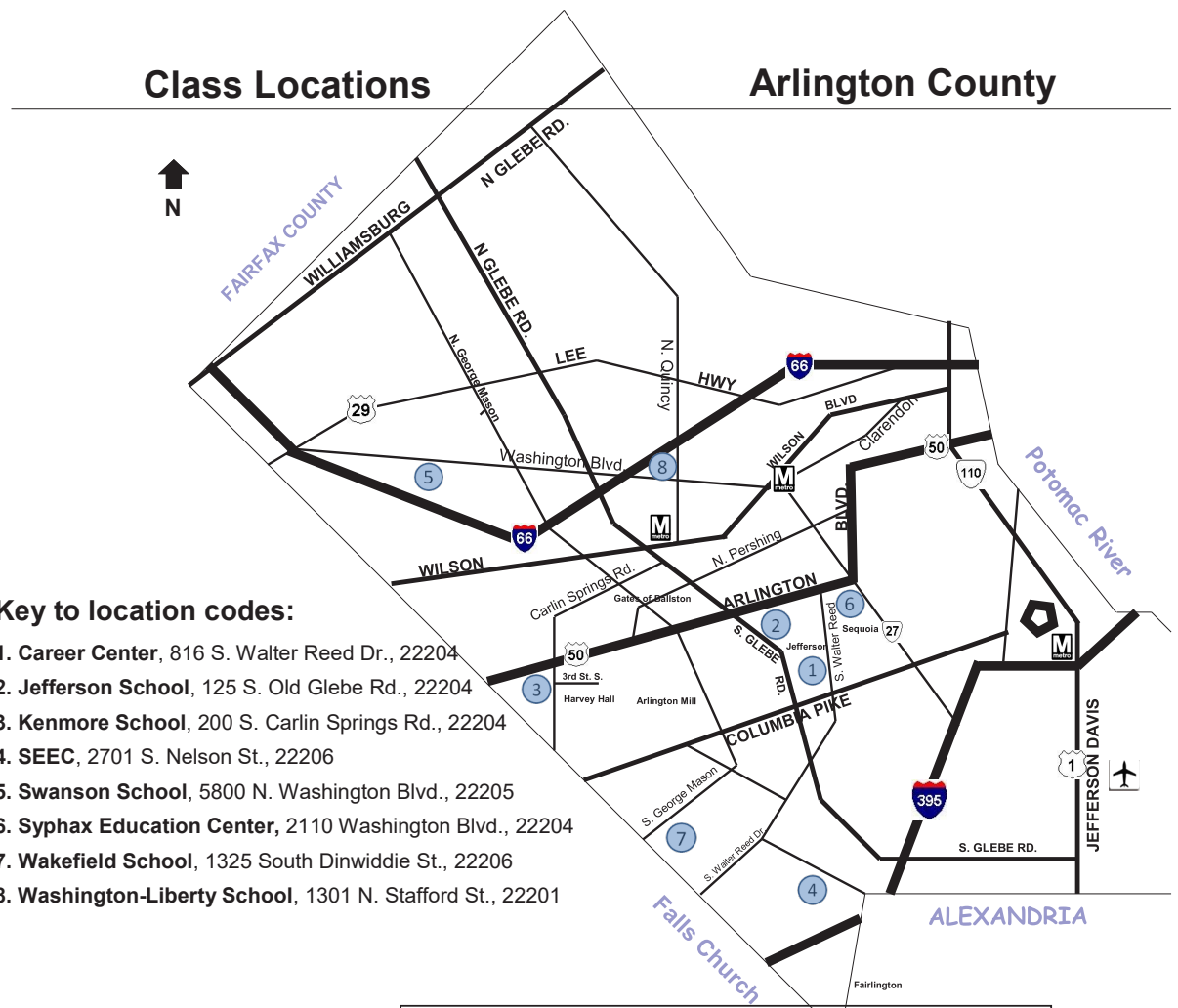


Patrick K. Murphy, Ed. D.  
Superintendent, Arlington Public Schools

## Table of Contents

American Sign Language . . .	pg. 7
Art Classes . . . . .	pg. 9 - 11
Automobile Repair . . . . .	pg. 16
Career & Business . . . . .	pg. 12
Computer Classes . . . . .	pg. 4 - 7
Cooking Classes . . . . .	pg. 8 - 9
Encore Learning . . . . .	pg. 17
ESL for Adults . . . . .	pg. 18
Financial Planning . . . . .	pg. 13
Floral Design Classes . . . . .	pg. 11
Foreign Languages . . . . .	pg. 3 - 4
GED Program . . . . .	pg. 17
Home Improvement . . . . .	pg. 16
Medical and Health . . . . .	pg. 12 - 13
Music & Voice . . . . .	pg. 14 - 16
Personal Enrichment . . . . .	pg. 13 - 14
Textile Arts . . . . .	pg. 14
Writing Classes . . . . .	pg. 7 - 8

Complete Course Index found online	
Rules and Policies. . . . .	pg. 19
Registration Form. . . . .	pg. 19



**INTERPRETING COURSE INFORMATION (SAMPLE)**

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

### 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.



#### **French Beginners I/II Review**

This course is designed for students who have completed French Beginning I or French Beginning II but who wish to review some topics of grammar, vocabulary, and dialogue as well as those who are looking to refresh their high school French.

Arl. Res. \$149 Arl. Sr. \$139 Non Res. \$159  
**FL285** Syphax 202 09/17 Tue 10a Rollins 6 - 2 hr

#### **French - Beginning - Level 1**

Text: French Now Level 1 fifth Edition ISBN 978-1-4380-72791.  
 Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL500A** Syphax 107 09/14 Sat 11:15a Stuart 10 - 2 hr  
**FL500B** W-L 2230 09/18 Wed 7p Van Duyn 10 - 2 hr  
**FL500C** Syphax 150 09/19 Thu 10a Mattioli 10 - 2 hr

#### **French - Beginning - Level 2**

Required Text: French Now Level 1 fifth Edition ISBN 978-1-4380-72791.

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259  
**FL501A** W-L 2229 09/11 Wed 7p Nemri 10 - 2 hr  
**FL501B** Syphax 107 09/14 Sat 9a Stuart 10 - 2 hr

#### **French - Beginning - Level 3**

Required Text: French Verb Tenses ISBN 978-1-4380-0290-3.

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259  
**FL502** W-L 2226 09/18 Wed 7p Razatovo 10 - 2 hr

#### **French Conversational**

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259  
**FL504A** Syphax 150 09/10 Tue 10a Farzaneh 10 - 2 hr  
**FL504B** W-L 2229 09/16 Mon 7p Van Duyn 10 - 2 hr

#### **French - Intermediate - Level 1**

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259  
**FL511** W-L 2213 09/12 Thu 7p Razatovo 10 - 2 hr

#### **French Grammar Workshop - Level 1**

Prerequisite: French 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. \$119 Arl. Sr. \$109 Non Res. \$129  
**FL513A** W-L 2213 09/17 Tue 7p Bachegour 5 - 2 hr  
**FL513B** Syphax 115 10/01 Tue 10a Nemri 5 - 2 hr



#### **French Pronunciation Workshop**

Through the reading aloud of short stories in French, the instructor will address the trickier points of proper pronunciation. In addition to the readings, additional exercises will be introduced to better simulate a native French speaker. Prerequisite: French Beginning II.

Arl. Res. \$119 Arl. Sr. \$109 Non Res. \$129  
**FL515** Syphax 170 09/14 Sat 10a Stuart 5 - 2 hr

#### **Spanish - Beginning - Level 1**

Required Text: Dicho y Hecho 7th Edition. ISBN-10: 0471268860  
 Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL517A** W-L 2213 09/09 Mon 7p Sarmiento 10 - 2 hr  
**FL517B** Syphax 107 09/11 Wed 10a Sarmiento 10 - 2 hr  
**FL517C** W-L 2226 09/17 Tue 7p Contreras 10 - 2 hr

#### **Spanish - Beginning - Level 2**

Required Text: Dicho y Hecho 7th Edition. ISBN-10: 0471268860  
 Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL518A** W-L 2213 09/11 Wed 7p Sarmiento 10 - 2 hr  
**FL518B** Syphax 107 09/12 Thu 10a Sarmiento 10 - 2 hr

#### **Spanish - Beginning - Level 3**

Required Text: Dicho y Hecho 7th edition. ISBN-10: 0471268860

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259  
**FL519A** W-L 2215 09/10 Tue 7p Nova 10 - 2 hr  
**FL519B** Syphax 117 09/11 Wed 10a Santos 10 - 2 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. \$119 Non Res. \$139  
**FL524A** Syphax 107 09/11 Wed 1p Santos 6 - 2 hr  
**FL524B** W-L 2219 09/19 Thu 7p Nova 6 - 2 hr

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

Prerequisites: Spanish Grammar Workshop I or Spanish Beginning 1 or 2. Improve your Spanish grammar by reviewing the conjugation of verb tenses. 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. \$119 Non Res. \$139  
**FL525A** Syphax 107 10/23 Wed 1p Santos 6 - 2 hr  
**FL525B** W-L 2211 11/07 Thu 7p Nova 6 - 2 hr



#### **Spanish Grammar Workshop - Level 4**

Prerequisites: Spanish Grammar Workshop 3 or Spanish Beginning 3 or Intermediate level 1. 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. \$119 Non Res. \$139  
**FL527** Syphax 113 09/18 Wed 1p Cevallos 6 - 2 hr

#### **Spanish - Intermediate - Level 1**

Required Text: Dicho y Hecho 7th Edition. ISBN-10: 0471268860  
 Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL520A** Syphax 117 09/10 Tue 10a Santos 10 - 2 hr  
**FL520B** W-L 2215 09/18 Wed 7p Manzano 10 - 2 hr

#### **Spanish - Intermediate - Level 3**

Required Text: Dicho y Hecho, 7th Edition. ISBN-10: 0471268860

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259  
**FL522** W-L 2019 09/17 Tue 7p Manzano 10 - 2 hr

#### **Spanish - Conversation**

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259  
**FL529A** Syphax 171 09/17 Tue 1p Cevallos 10 - 2 hr  
**FL523B** Syphax 171 09/11 Wed 7p Nova 10 - 2 hr

#### **Spanish - Daytime Advanced Conversation**

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259  
**FL523** Syphax 171 09/17 Tue 10a Cevallos 10 - 2 hr

#### **Italian - Beginning - Level 1**

Text: Oggi in Italia 7th edition. ISBN 0-618-11220-0.

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259  
**FL544A** W-L 2227 09/12 Thu 7p DiMuccio 10 - 2 hr  
**FL544B** Syphax 150 09/16 Mon 10:45a Stoss 10 - 2 hr

### Italian - Beginning - Level 2

Text: Oggi in Italia 7th edition. ISBN 0-618-11220-0.

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL545A** W-L 2214 09/10 Tue 7p Sibilla 10 - 2 hr

**FL545B** Syphax 150 09/11 Wed 12:30p Sibilla 10 - 2 hr

### Italian Grammar Workshop - Level 1

Prerequisite: Italian 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. \$119 Arl. Sr. \$109 Non Res. \$129

**FL540** Syphax 150 09/30 Mon 1p Stoss 5 - 2 hr

### Italian - Intermediate

Texts: The Ultimate Italian, Review and Practice, ISBN:10: 0071494871 and Italian Reading and Comprehension, Practice makes perfect, ISBN: 10: 9780071798952

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL547A** W-L 2227 09/10 Tue 6:30p Bucelli 10 - 2 hr

**FL547B** Syphax 113 09/11 Wed 10a Sibilla 10 - 2 hr

### Portuguese - Beginning - Level 1

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL581** Syphax 113 09/18 Wed 7p Mattioli 10 - 2 hr

### Portuguese Conversation

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL585** Syphax 150 09/19 Thu 7:30p Moghrabi 10 - 2 hr

### German - Beginning - Level 1

Required Textbook: Living Language German, Complete Course, The Basics ISBN 978-1-4000-2411-7

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

**FL531A** Syphax 173 09/10 Tue 11a Lubkans 8 - 2 hr

**FL531B** W-L 2023 10/23 Wed 7p Waters 8 - 2 hr

### German Conversation

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

**FL533** W-L 2023 10/22 Tue 7p Waters 8 - 2 hr

### Arabic - Beginning - Level 1

Textbook: Alif Baa - Introduction to Arabic Letters and Sounds, Third Edition, and Companion Website ISBN-10: 1626161224

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL535A** Syphax 150 09/18 Wed 10a Haddad 10 - 2 hr

**FL535B** W-L 2018 09/18 Wed 7p Haddad 10 - 2 hr

### Arabic - Beginning - Level 2

Text: Textbook: Alif Baa - Introduction to Arabic Letters and Sounds, Third Edition, and Companion Website ISBN-10: 1626161224

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

**FL536** W-L 2018 09/19 Thu 7p Staff 8 - 2 hr

### Arabic - Beginning - Level 3

Textbook: Alif Baa - Introduction to Arabic Letters and Sounds, Third Edition, and Companion Website ISBN-10: 1626161224

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

**FL538** W-L 2018 09/17 Tue 7p Melki 8 - 2 hr

### Chinese Mandarin - Beginning - Level 1

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL550** W-L 2017 09/19 Thu 7p Staff 10 - 2 hr

### Chinese Mandarin - Beginning - Level 2

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

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL551** W-L 2018 09/16 Mon 7p Han 10 - 2 hr

### Japanese - Beginning 1

Required Text: Japanese for Busy People I, ISBN 10: 1568363842 (Romanized version recommended).

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

**FL555** W-L 2228 09/25 Wed 7p Takamatsu 10 - 2 hr

### Japanese - Beginning 2

Required Text: Japanese for Busy People I, ISBN 10: 1568363842 (Romanized version recommended).

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

**FL556** W-L 2214 09/18 Wed 7p Yamashiro 10 - 2 hr

### Japanese - Beginning 3

Required Text: Japanese for Busy People I, ISBN 10: 1568363842 (Romanized version recommended).

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

**FL557** W-L 2002 09/19 Thu 7p Swanson 10 - 2 hr

### Korean - Beginning - Level 1

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

**FL561** Syphax 150 09/18 Wed 7p Song 8 - 2 hr

### Korean - Beginning - Level 3

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

**FL568** Syphax 150 09/17 Tue 7p Song 8 - 2 hr

### Travel Turkish

This class is designed for students with little to no knowledge of the Turkish 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.

Arl. Res. \$159 Arl. Sr. \$149 Non Res. \$169

**FL660** W-L 2228 09/10 Tue, Thu 7p Tanis 6 - 2 hr

### Russian - Beginning - Level 1

Text: Russian: Face to Face - Beginning ISBN 0844243027

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL570** Career Ctr. 103 09/16 Mon 7p Peoria 10 - 2 hr

### Russian - Intermediate - Level 2

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL576** Syphax 107 09/11 Wed 7p Scheuchenzuber 10 - 2 hr

### Russian - Beginning - Level 3

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FL573** Syphax 107 09/10 Tue 7p Scheuchenzuber 10 - 2 hr

### Ancient Greek - Beginning 1

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

**FL600** W-L 2016 09/23 Mon 7p Owens 8 - 2 hr

### Ancient Greek - Beginning 2

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

**FL601** W-L 2017 09/25 Wed 7p Owens 8 - 2 hr

### Latin - Beginning 1

The goal of this class is for students to gain a basic understanding of the Latin language. Our focus is reading comprehension using simplified Latin texts. We will cover vocabulary, grammar, morphology, and syntax, as well as common spoken phrases. No previous experience necessary.

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

**FL606** W-L 2215 09/18 Wed 7p Premo 8 - 2 hr

## Computer Classes

### Scam Alert for Arlington Seniors!! - 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. \$29 Arl. Sr. \$19 Non Res. \$39

**BE203** Syphax 115 09/11 Wed 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 10/02 Wed 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. \$119 Arl. Sr. \$109 Non Res. \$129

**BE441** Syphax 115 09/12 Thu 10:30a Matos 3 - 2 hr

### Typing Skills 1

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

Arl. Res. \$159 Arl. Sr. \$149 Non Res. \$169

**BE406** W-L 2010 09/17 Tue, Thu 7p Stanley 8 - 1.5 hr

### Typing Skills 2

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. \$149 Non Res. \$169

**BE407** W-L 2010 10/22 Tue, Thu 7p Stanley 8 - 1.5 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 10/04 Fri 10a Matos 1 - 2 hr

### Facebook Training and Security

This highly interactive class 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 11/08 Fri 10a Livingston 1 - 2 hr

# Arlington Community Learning

## 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 10/11 Fri 10a Livingston 1 - 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 09/27 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, LinkedIn, 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 09/13 Fri 1:30p Livingston 2 - 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 113 10/01 Tue 6:30p Dooley 1 - 2.5 hr

## LinkedIn - Networking Success

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

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

**BE542** Career Ctr. 213 09/24 Tue 6:30p Dooley 1 - 2.5 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 09/13 Fri 10a Livingston 1 - 2 hr



## Social Media Strategy for Business

Learn how to create your own plan to leverage social media marketing. We will cover the range of platforms available and help you understand which platforms make sense for your business. Learn about paid vs free social media, how often to post, and what you need to be posting to grow your business. Class will include high level brand content and audience differentiation strategy.

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

**BE234** W-L 2016 10/16 Wed 7p Mulchandani 2 - 1.5 hr



## Content Strategy for SEO

You have a website and/or social media for your business. Now what? This class will help you understand and develop your own editorial calendar (content plan) that will help your business support a search engine optimization (SEO) strategy. Participants are asked to come to class prepared to discuss their target customers and their business' value proposition (what makes you unique/why should your customer buy from you.)

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

**BE236** W-L 2016 11/06 Wed 7p Mulchandani 1 - 2 hr

## Craigslist - Two-Hour Crash Course

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

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

**BE262** Syphax 115 09/11 Wed 7p Hamdad 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. 103 09/10 Tue 7p 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

**BE524A** Career Ctr. 103 10/15 Tue 7p Matos 2 - 2 hr

**BE524B** Syphax 115 11/04 Mon 10a Matos 2 - 2 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 10/18 Fri 10a Livingston 2 - 2 hr

## Windows 10 - Discover the Improvements!

Windows 10 is Microsoft's latest version for PCs and tablets. Every 6-12 months, Microsoft releases a major new edition, with lots of improvements and new features, and also some annoyances. Here's your chance to learn about and try new features, so you can make the most of your computing environment.

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

**BE533** Syphax 115 11/12 Tue 6:30p Gutnick 1 - 3 hr

## Keep Your Smartphone Safe and Secure

Today's smartphones are such powerful and convenient computers that we store large amounts of personal data 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 your privacy, two-factor authentication, safe network connections, data backups, and avoiding malware.

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

**BE536** Syphax 115 09/17 Tue 10a Gutnick 1 - 3 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. \$79 Arl. Sr. \$69 Non Res. \$89

**BE537** Syphax 171 10/02 Wed 10a Gutnick 2 - 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. \$79 Arl. Sr. \$69 Non Res. \$89

**BE453** Syphax 171 10/16 Wed 10a Gutnick 2 - 2 hr

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

Cloud computing isn't just hype, but a great tool. Store your files on the Internet - documents, music, spreadsheets, etc. - so you can access them from any computer and easily share them. And synchronize your email, contacts, and calendar between all your devices - computer, phone, tablet. Save the hassle and expense of software upgrades, reduce your system complexity, and don't worry about losing data due to system failures. We'll look at free resources that are easy to use. If you have any device which connects to the Internet, you have all you need to harness the power of the Cloud!

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

**BE454** Syphax 115 10/29 Tue 6:30p Gutnick 1 - 3 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 173 10/02 Wed 6:30p Allen 1 - 3 hr

## Anybody Can Code!

Computers increasingly pervade nearly every aspect of our lives. With some inking of how programs make computers work, you can feel empowered instead of intimidated. We'll introduce a few key computer science concepts, painlessly, and guide you through creating your first computer program -- no experience or math skills needed.

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

**BE214** Syphax 108 11/05 Tue 7p Gutnick 1 - 2 hr

## Python Programming - Getting Started

Python continues to gain popularity as a versatile, general-purpose, computer programming language. It's one of the easier languages to learn, and it's used for everything from big data analytics and artificial intelligence to games and web applications. Learn what the buzz is all about...and begin programming with Python. Prior programming experience not required.

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

**BE330** Syphax 108 09/24 Tue 6:30p Gutnick 5 - 2.5 hr

## 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. \$169 Non Res. \$189

**BE451** Syphax 108 10/17 Thu 6:45p Boukhris 5 - 3 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 Wed 10a Matos 1 - 2.5 hr

## WordPress - Create Free Professional Looking Websites

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

Arl. Res. \$159 Arl. Sr. \$149 Non Res. \$169

**BE362** Syphax 115 09/25 Wed 7p Hamdad 4 - 2 hr

## WordPress - Advanced Customization

Now that you are familiar with the basics of WordPress, learn the newer and most powerful tools to craft your dream web site effortlessly. Class will focus on the Gutenberg editor which introduces designing your site with "blocks" used for the ultimate customization. Page Builders and Responsive Design are a "game changer" which allows your site to achieve superior functionality.

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

**BE347** Syphax 115 11/06 Wed 7p Hamdad 3 - 2 hr



## Server Connections for WordPress - The Basics

Some students simply need to learn how to use WordPress, but others need to know a little bit of the back end and how to connect the website to a server and launch publish it. If you are responsible to connecting the site and keep it running or if you would like to learn these skills, this class is for you. We will cover the basic setups and activities of online and local machine servers. We will focus areas converting your own computer to a local server, uploading and downloading a web site and its content between a local and an online server and setting up WordPress on local and online hosts.

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

**BE348** Syphax 115 10/23 Wed 7p Hamdad 2 - 2 hr



## Microsoft Office 365 Productivity Tools

Is your office or organization transitioning to Office 365? Learn how to use Office 365's new tools to boost your productivity to new heights. This course will introduce you to SharePoint for data management, Power BI for data visualization, Power Apps for user interface design and Flow for business process automation. In class projects will include creating a mobile app and budget tracking dashboard. Prerequisite: Working knowledge of basic Microsoft Office tools such as Word, Excel and PowerPoint. Students must be able to log in to their Office 365 account.

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

**BE588** Syphax 115 09/12 Thu 6:30p Harrison 3 - 2 hr



## Microsoft Office 365 Productivity Tools - Part 2

Take a deeper dive into Office 365's new productivity tools by streamlining common business processes, such as the employee onboarding process, asset inventory process and more. You'll learn how to use SharePoint, Power BI, Power Apps and Flow to achieve your own business process transformation. In class projects will include creating mobile apps, automated emails and dashboards. Prerequisite: Attending Part I of this series (Microsoft Office 365 Productivity Tools). Students must be able to log in to their Office 365 account.

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

**BE589** Syphax 115 10/10 Thu 6:30p Harrison 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. \$119 Arl. Sr. \$109 Non Res. \$129

**BE424A** Syphax 115 09/17 Tue 6:30p Kauffman 2 - 3 hr

**BE424B** Syphax 115 10/02 Wed 10a Matos 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. \$119 Arl. Sr. \$109 Non Res. \$129

**BE425A** Syphax 115 10/01 Tue 6:30p Kauffman 2 - 3 hr

**BE425B** Syphax 115 10/16 Wed 10a Matos 2 - 3 hr

## Using Excel and Word Together

Learn to combine your existing skills in Word and Excel. Understand the capabilities and traps of the clipboard across apps. Master using OLE to create live links from your Word Docs to Excel data. Go in depth with mail merge, including solving the most common problems that arise in making letters, labels and catalogs. Last, see how temporary moves of data can take advantage of functions of both apps.

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

**BE345** Syphax 108 12/03 Tue 6:30p Kauffman 1 - 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: Working knowledge of Excel.

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

**BE458** Syphax 115 10/22 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 115 11/05 Tue 6:30p Kauffman 2 - 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** Syphax 115 10/24 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: Microsoft Word 2016 - Level 1 or equivalent knowledge.

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

**BE498** Syphax 108 11/07 Thu 10a 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 11/21 Thu 6:30p Matos 1 - 3 hr

# Arlington Community Learning

## 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 115 11/04 Mon 7p Cassatt 1 - 2 hr

**BE494B** Syphax 117 11/18 Mon 10a Cassatt 1 - 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 115 10/07 Mon 7p Matos 3 - 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. \$119 Non Res. \$139

**BE482** Syphax 115 11/07 Thu 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. \$79 Arl. Sr. \$69 Non Res. \$89

**BE483** Syphax 115 12/03 Tue 7p Staff 2 - 2 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. \$129 Arl. Sr. \$119 Non Res. \$139

**BE502A** Career Ctr. 224 10/02 Wed 6:30p Randolph 3 - 2 hr

**BE502B** Syphax 115 10/03 Thu 12:30p 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** Career Ctr. 103 10/30 Wed 6:30p Randolph 1 - 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. \$129 Arl. Sr. \$119 Non Res. \$139

**BE221** Syphax 115 09/11 Wed 12:30a Richardson 3 - 2 hr



## Organizing Files and Folders on Your Mac

Do you have trouble finding your files after saving them? Where do your pictures go? How about folders, what are they used for? This is the class you need. Students will learn how to properly save, name and rename files, create folders, learn where files go when you download them from an email and more. Save time and decrease frustration by organizing your files and folders.

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

**BE227** Syphax 108 09/17 Tue 10a Richardson 2 - 1.5 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. \$119 Non Res. \$139

**BE529** Career Ctr. 103 11/06 Wed 7p Randolph 3 - 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. \$159 Arl. Sr. \$149 Non Res. \$169

**CE100A** Syphax 173 09/11 Wed 10a Haines 6 - 2 hr

**CE100B** Syphax 173 10/30 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. \$129 Non Res. \$149

**CE117** W-L 2023 09/24 Tue 7p Jackson 4 - 2.5 hr

## Travel Writing - On the Road and In Your Words

Prerequisite: Basic writing skills. This is a 2-session course in writing accounts of your travels and getting them published. We'll discuss collecting facts as you travel, snapping marketable photos, structuring your article, avoiding stylistic problems, anticipating the needs of editors, and selling what you've produced. Your instructor has published over 195 travel articles.

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

**CE126** Syphax 150 09/28 Sat 9a Haines 2 - 3 hr

## American Sign Language 1

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. Required text: A Basic Course in American Sign Language, ISBN 10: 0932666248.

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

**CE142** W-L 2001 09/19 Thu 7p Zambrano 8 - 2.5 hr

## American Sign Language 2

Prerequisite: American Sign Language 1 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. \$179 Arl. Sr. \$159 Non Res. \$199

**CE145** W-L 2001 09/24 Tue 7p Zambrano 6 - 2.5 hr

## Introduction to Creative Writing

Have you always wanted to write fiction? Here's your chance to learn how. We'll cover 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. \$139 Arl. Sr. \$129 Non Res. \$149

**CE193** W-L 2013 09/17 Tue 7p Stevens 5 - 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 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** W-L 2013 12/11 Wed 6:30p Hahn 1 - 2.5 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. \$159 Arl. Sr. \$149 Non Res. \$169

**CE172** W-L 2229 10/22 Tue 7p Stevens 6 - 2 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. \$149 Non Res. \$169

**CE179** Career Ctr. 118 09/19 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. \$149 Non Res. \$169

**CE194** Career Ctr. 118 11/07 Thu 7p Johnson 6 - 2 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 173 09/11 Wed 7p Miller 3 - 2 hr

### Comprehensive Approach to Self-Publishing Your Book

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

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

**CE221** Syphax 150 10/14 Mon 7p Sullivan 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

**CE246** Kenmore 116 10/08 Tue 7p Funes 4 - 2 hr

### Improv 101: Beyond the Basics

Now that you've got the basics down, it's time to step up your Improv game! Students will further develop their skills in quick thinking conversation starters, overall communication and listening techniques all while introducing a dose of humor. Have fun with activities, games and exercises introduced in class.

Arl. Res. \$119 Arl. Sr. \$99 Non Res. \$139

**CE247** Kenmore 116 11/05 Tue 7p Funes 4 - 2 hr

8

### Introduction to 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 173 09/24 Tue 6:30p Ahn 1 - 3 hr

### 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. 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.

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

**CE238** W-L 2024 10/16 Wed 6:30p Mola 1 - 2 hr

### Freelance Writing - Make an Impact with Your Side Hustle

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. How to Succeed as a Freelancer is an interactive and open class so come ready to share your goals, questions, fears and enthusiasm!

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

**CE242** W-L 2016 10/01 Tue 7p Bloudoff-Indelicato 3 - 2 hr

### English Pronunciation and Accent Modification

Is English not your native language? Is it difficult to pronounce certain words in English? Is it difficult for others to understand you when speaking English? If you would like to improve your English pronunciation, this is the class for you. Aspects of the class will target student's needs and may include pronunciation of vowels and consonants, word and syllable stress, intonation, idioms and slang, and rate of speech with the goal of improving fluency and confidence. Students will have the chance to practice skills learned in a variety of scenarios including short conversations, mock interviews, and presentations.

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

**CE248** W-L 2222 09/10 Tue 7p Comer 4 - 2 hr

### Journal Writing for Wellness and Discovery

Journaling provides a mode to discover physical and mental wellness, while boosting creativity. Whether someone has mentioned that journaling could be beneficial for you, or you're simply journaling curious, this two-session class will cover the basics. Your instructor will help you get started, including choosing a journaling medium to creating your own writing prompts, be it digital or on paper. You will also learn to mine journal entries for ideas that serve other creative purposes such as blogging and creative writing, even research. Discovery is just a journal entry away!

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

**CE249A** Syphax 171 09/17 Tue 7p Kendall 2 - 2 hr

**CE249B** Syphax 150 10/19 Sat 10a Kendall 2 - 2 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.

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

**CN157** Syphax 113 10/05 Sat 9a Montesa 1 - 4 hr

### Cake Baking

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

**CN160** Syphax 113 09/14 Sat 9a Montesa 1 - 4 hr

### Cupcakes

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 the decorating tools to bring.

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

**CN165** Syphax 113 09/28 Sat 9a Montesa 1 - 4 hr

### Pumpkin Workshop

Pumpkins have some great health benefits. It can boost your immune system, high in antioxidants, packed with vitamins and is heart-healthy. Pumpkins can be boiled, baked or stir-fried, and it makes dishes sweet or savory. Pumpkin pie, pumpkin gnocchi, turkey and pumpkin meatballs, pumpkin and chocolate pie will all be prepared and enjoyed in class.

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

**CN172** Syphax 113 11/14 Thu 6:30p De Bernardinis 1 - 3 hr

### Italian Risotto

Risotto is a Northern Italian rice dish cooked in a broth to a creamy consistency. One of the common ways of cooking rice starts with onion or shallot, and extra virgin olive oil or/and butter. Sunchoke risotto, beans and rice, porcini mushroom risotto, and tomato risotto will be cooked and enjoyed in class.

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

**CN174** Syphax 113 11/05 Tue 6:30p De Bernardinis 1 - 3 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 12/03 Tue 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 10/15 Tue 6:30p Krishnan 1 - 3 hr



# Arlington Community Learning

## **NEW** The Russian Traditional Soups

A good sauce can bring a dish together, and often it can make the meal. Each class will start with demonstrations and tastings of a variety of savory sauces and salsas. You will learn how to make classic mother sauce, pan reduction sauce, yogurt sauce, herb-based salsa, and vinaigrettes. The goal is to expand the range of sauces that you can draw on for your meat, chicken, fish, vegetables or salad. At the end of each session, students will feast on the delicious dishes made using your sauces.

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

**CN658** Syphax 113 10/03 Thu 6:30p Vassikova 2 - 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.

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

**CN297** Syphax 113 09/23 Mon 6:30p Mnatsakanova 2 - 3 hr

## **NEW** Sauces and Salsas - Adding Flavor

A good sauce can bring a dish together, and often it can make the meal. Each class will start with demonstrations and tastings of a variety of savory sauces and salsas. You will learn how to make classic mother sauce, pan reduction sauce, yogurt sauce, herb-based salsa, and vinaigrettes. The goal is to expand the range of sauces that you can draw on for your meat, chicken, fish, vegetables or salad. At the end of each session, students will feast on the delicious dishes made using your sauces.

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

**CN239** Syphax 113 10/17 Thu 6:30p McKean 2 - 3 hr

## Cooking with Whole Fish

Roasting is an ideal way to cook a whole fish. Even though a whole fish can be intimidating, roasting one is easy and delicious. This class will walk you through all the steps: how to select the fish, to season it, to carve and serve your roasted fish dinner. We will roast two types of whole fish which are locally available, such as red snapper, sea bass, branzino. We will enjoy our roasted fish with baby potatoes and a citrus-avocado salad.

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

**CN242** Syphax 113 09/11 Wed 6:30p McKean 1 - 3 hr

## Homemade Semolina Pasta

This is the real deal! Learn to prepare authentic 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

**CN301A** Syphax 113 09/17 Tue 6:30p De Bernardinis 1 - 3 hr

**CN301B** Syphax 113 10/08 Tue 10a De Bernardinis 1 - 3 hr

## **NEW** Italian Polenta

Polenta is a staple of Northern and Central Italian cuisine and is usually enjoyed in the fall and winter seasons. Polenta can be baked or fried. Polenta flour can also be used as an ingredient for desserts. Fry polenta, polenta's gnocchi, polenta sausage and mushrooms, traditional "amor polenta" will be cooked and enjoyed in class.

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

**CN173** Syphax 113 11/05 Tue 6:30p De Bernardinis 1 - 3 hr

## Spicy Creole Jambalaya

Using the right spices and cooking techniques, we will prepare authentic jambalaya by using shrimp, chicken sausage and breast and just the right amount of chicken stock and vegetables. We will accompany our dish with fried plantains.

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

**CN568** Syphax 113 10/07 Mon 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 3 delicious mother sauces such as Marinara, Espagnole and Hollandaise.

We will end up our class with a nice dinner.

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

**CN411A** Syphax 113 09/16 Mon 6:30p Mnatsakanova 1 - 3 hr

**CN411B** Syphax 113 12/09 Mon 6:30p Mnatsakanova 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 a cooling raita.

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

**CN412** Syphax 113 09/24 Tue 6:30p Krishnan 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. We'll finish with Mexican chicken fajitas prepared with onions, green peppers, all on a warm tortilla.

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

**CN434** Syphax 113 09/19 Thu 6:30p Mnatsakanova 1 - 3 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!

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

**CN561** Syphax 113 11/12 Tue 6:30p Krishnan 1 - 3 hr

## **NEW** Russian Cuisine Workshop

Enjoy the authentic taste of Russian cuisine as we make common appetizers and homemade dough for a variety of baked pirozhki or small pies, and sweet vatrushki (danishes) with fresh farm cheese. At the end of class, participate in Russian tea drinking ceremony called "a cup of tea", with all your delicious creations. Don't miss this cultural experience.

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

**CN655** Syphax 113 09/10 Tue 6:30p Vassikova 1 - 3 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.

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

**CN570** Syphax 113 10/21 Mon 6:30p Mnatsakanova 3 - 3 hr

## Fall Soups

Warm up with delicious homemade soups. We'll use fresh, healthy ingredients such as a variety of vegetables and legumes. Clear and thick soups will be prepared in class such as pasta, beans, and mussels soups, fava beans soup, chickpeas and pumpkin soup and mushroom and potatoes soup.

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

**CN571A** Syphax 113 10/22 Tue 6:30p De Bernardinis 1 - 3 hr

**CN571B** Syphax 113 11/07 Thu 10a De Bernardinis 1 - 3 hr

## Cooking to Combat Inflammation

Chronic inflammation has been linked to many diseases such as diabetes, heart disease, rheumatoid arthritis, and Crohn's disease. Research has identified a host of foods that have the capacity to suppress inflammation. In this hands-on class, students will learn how chronic inflammation affects your health, and how to create healthy, delicious dishes using cooking techniques and ingredients that can contribute to reducing inflammation. Students will sit down together to enjoy the delicious dishes made during the class.

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

**CN585** Syphax 113 11/13 Wed 10a McKean 2 - 3 hr

## **NEW** Stir Fry Delight

Stir frying is a fast and healthy way to cook. Bite-sized pieces of meat and vegetables are thrown into a very hot pan and cooked in just a few minutes. In this class you will learn the basics of this indispensable technique, including the best way to cut food and sequence their cooking so everything comes together for a complete meal. Students also will learn the basics of wok cookery, and how to combine Asian condiments to form sauces that will compliment your stir fry ingredients. Upon completing the class, students will understand how to use this versatile technique for a variety of stir fries using an easy-to-follow method.

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

**CN193** Syphax 113 11/19 Tue 6:30p Hine 1 - 3 hr

## **NEW** Hands-On Siberian Dumplings (Pelmeni)

A great way to explore traditional culture is to learn about its food. Learn to prepare pelmeni, most commonly known as Siberian dumplings. These small parcels are stuffed with ground meat spiced with just salt, pepper and cooked inside homemade dough. A variety of Siberian pelmeni will be prepared using beef and pork mix, lamb or chicken. Afterwards we will prepare a traditional Russian or Ukrainian desert from fresh farm cheese and fresh berries called vareniki.

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

**CN656** Syphax 113 10/08 Tue 6:30p Vassikova 1 - 3 hr

## **NEW** Russian Oven Cooking

A distinctive feature of Russian cuisine is the many dishes prepared in the oven. Cooking techniques such as boiling, stewing, and simmering are widely used. We will use small clay pots to prepare traditional Russian zharkoe cooked in the oven. This dish is made with beef or lamb, vegetables and potatoes and served as a stew or soup. We finish by creating two types of traditional salads, the Russian Salad made with colorful cooked or pickled vegetables and the Olivie salad made with chicken, vegetables and mayonnaise.

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

**CN657** Syphax 113 10/29 Tue 6:30p Vassikova 1 - 3 hr

# Photography Classes

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

**FA232** Syphax 173 09/26 Thu 10a Cassatt 6 - 2 hr

## Art Classes

### 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.

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

**FA341** W-L 2002 10/02 Wed 7p Cassatt 6 - 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 provided 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.

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

**FA260** Syphax 115 09/25 Wed 10a Matos 1 - 3 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 107 11/19 Tue 6:30p Gutnick 1 - 3 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. \$109 Arl. Sr. \$99 Non Res. \$119

**FA387A** W-L 2016 09/04 Wed 7p Cassatt 3 - 2 hr

**FA387B** W-L 2016 11/05 Tue 7p Cassatt 3 - 2 hr

### 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. Hands-on strategies will be taught in class, giving you the knowledge to create your books at home.

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

**FA418** Syphax 115 11/21 Thu 10a Matos 1 - 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.

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

**FA457** Syphax 108 10/03 Thu 7p Douglass 1 - 2 hr

### Acrylic Painting for Beginners

There are many advantages painting with acrylics. It is easy to correct mistakes, has low odor and dries quickly. Learn to paint with this wonderful art medium in this afternoon class. Class size limited to 8 students. Follow along with paintings as directed by the instructor, or feel free to paint from photos or better yet from your imagination. Painting techniques and tips will be covered. This class will allow you to work at your own pace.

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

**FA241A** W-L 1127 09/12 Thu 7p Skillings 6 - 2 hr

**FA241B** Syphax 117 09/16 Mon 1p Jones Coleman 6 - 2 hr

### Abstract Acrylic Painting Workshop

Come to this fun and easy workshop in acrylic, abstract painting, where we will explore, using shapes, colors and forms to achieve a visual expression. We will explore, several techniques, for, creating abstract art, on canvas. Supply list will be given.

Arl. Res. \$139 Arl. Sr. \$129 Non Res. \$149

**FA247** Syphax 113 10/23 Wed 1p Jones Coleman 4 - 2 hr

### 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.

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

**FA242** Syphax 117 10/15 Tue 7p Young Gerard 2 - 2 hr

### Paint Like the Masters: 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.

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

**FA245** W-L 1123 09/25 Wed 7p Hill 6 - 2.5 hr

### Introduction to Shibori

Shibori is the Japanese word for a variety of ways of embellishing textiles by shaping cloth and securing it before dyeing. Cloth shaped by these methods is secured in a number of ways. In this workshop, we will explore, the Kanoko technique (binding, ) Kumo, (using found objects), Arashi (pole wrapping), and Itajime (folding). Practice techniques using Procion Mix Dyes, Silk dyes and Acid dyes, on silk, cotton, linen. You will leave with, damp (bagged), fabric, to hang dry, at home. See website for supply list.

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

**FA249** Syphax 107 09/12 Thu 7p Jones Coleman 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, 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 found on the website.

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

**FA258** Syphax 117 09/19 Thu 1p Benkert 6 - 2 hr

### Daytime Drawing: The Next Level

Now is the time to put those new drawing skills to use! This is a continuation of the Daytime Drawing class, were we will further our study of composition and symmetry by using still lifes and drawing from photographs. Let your artistic side have some fun, in this relaxing and supportive class.

Arl. Res. \$139 Arl. Sr. \$129 Non Res. \$149

**FA259** Syphax 117 10/31 Thu 1p Benkert 4 - 2 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-lifes, photos and other props. Students will learn the techniques used by the Old Master to develop their artistic abilities.

Arl. Res. \$179 Arl. Sr. \$159 Non Res. \$199

**FA311** W-L 1127 09/16 Mon 7p Hamdad 6 - 2.5 hr

### 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.

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FA301A** Reed 115 09/11 Wed 9:30a Coonce-McElvany 10 - 3 hr

**FA301B** Reed 115 09/12 Thu 9:30a Coonce-McElvany 10 - 3 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.

Arl. Res. \$239 Arl. Sr. \$219 Non Res. \$259

**FA307A** Reed 115 09/09 Mon 7p Coonce-McElvany 10 - 2.5 hr

**FA307B** Reed 115 09/12 Thu 7p Coonce-McElvany 10 - 2.5 hr

### 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 113 09/10 Tue 10a Weick 4 - 2 hr

**FA361B** W-L 1123 09/12 Thu 6:30p Weick 4 - 2 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.

Arl. Res. \$199 Arl. Sr. \$179 Non Res. \$219

**FA395** Kenmore Art Rm 09/17 Tue 6:30p Norris 8 - 2.5 hr

## Floral Design

## Real Estate & Housing

### **NEW** Pottery Wheel - Introduction to Clay Throwing

The magic begins when you place your clay in the center of the wheel. Students will learn the skills to create simple but beautiful pieces of art using a pottery wheel. Plates, bowls, cups and more will be demonstrated and taught as each student uses the wheel. Art will be fired in the kiln and glazes will be applied in class. Roll up your sleeves and let the creativity begin.

Arl. Res. \$179 Arl. Sr. \$169 Non Res. \$189

**FA230** Wakefield Art Rm 09/19 Thu 6:30p Olson 6 - 2.5 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. \$69 Arl. Sr. \$59 Non Res. \$79

**FA411** W-L 1318 09/19 Thu 7p Jones Coleman 1 - 2.5 hr

### Batik (Wax Resist) - Silk Painting

Batik is a traditional art-form which involves using melted wax and dye to create beautiful and intricate patterns on cloth. In this course, students will be introduced to Batik techniques on silk. Students will learn how to heat and apply the wax. Students will learn to use a tjanting, a pen-like tool used in traditional, Indian batik for applying melted wax to fabric in order to draw pictures and patterns. Students will complete one Batik, silk scarf.

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

**FA412** W-L 1318 09/26 Thu 7p Jones Coleman 1 - 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.

Arl. Res. \$179 Arl. Sr. \$159 Non Res. \$199

**FA426** W-L 1123 09/24 Tue 6:30p Siddique 6 - 2.5 hr

## Mosaic Art

### Mosaics Stepping Stone

Step into spring anytime of the year by learning how to create a custom mosaic stepping stone! In this one-day workshop, students will learn the basics of stepping stone design, cutting and tile placement. Supply fee includes the use of a mold, cement, tiles and supplies. Mosaic stepping stones will add function and beauty to your yard or garden path.

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

**FA332** Kenmore Tech Lab 09/10 Tue 6:30p Nowak 2 - 2.5 hr

### Creating Mosaics I

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.

Arl. Res. \$179 Arl. Sr. \$159 Non Res. \$199

**FA324** Kenmore Tech Lab 09/24 Tue 6:30p Nowak 5 - 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.

Arl. Res. \$179 Arl. Sr. \$159 Non Res. \$199

**FA325** Kenmore Tech Lab 10/29 Tue 6:30p Nowak 4 - 2.5 hr

### Fresh Flower Arrangements

Students will learn how to assemble and arrange lovely floral designs. Topics will include the conditioning and preparation of flowers, composing designs for a variety of containers, proper use of greens and fillers and basic color combinations and shapes. Material fee of \$75 for flowers, vases, foam, etc. is included in the tuition. Bring sharp hand clipper or scissors to class.

Arl. Res. \$149 Arl. Sr. \$139 Non Res. \$159

**FA354A** Syphax 117 09/17 Tue 7p Widhalm 3 - 2 hr

**FA354B** Syphax 113 09/18 Wed 10a Widhalm 3 - 2 hr

### **NEW** Fresh Flower Arranging - Moving to the Next Level

This class is designed for students who previously have taken the Fresh Flower Arranging class or have similar floral design experience. In this hands-on course, students will learn additional floral design styles and techniques and discover how to use various supplies and plant materials to achieve a unique look for their arrangements. Material fee of \$75 for flowers, vases, foam, etc. is included in the tuition.

Arl. Res. \$149 Arl. Sr. \$139 Non Res. \$159

**FA360** Syphax 117 12/03 Tue 7p Widhalm 3 - 2 hr

### **NEW** Holiday Floral Centerpiece

Join us and create your own unique floral centerpiece which will beautify your home and be enjoyed by friends and family who visit for the holidays. We will use seasonal florals, greenery and embellishments to make your centerpiece the center of attention. Material fee of \$35 for flowers, vases, foam, etc. is included in the tuition.

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

**FA367** Syphax 150 11/13 Wed 7p Widhalm 1 - 2 hr

### (Grand) Parent and Child Fresh Flower Arranging

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. Material fee of \$35 for flowers, vases, conditioner, etc. is included in the tuition. Bring sharp hand clipper or scissors to class.

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

**FA354Y** Syphax 117 09/28 Sat 10a Widhalm 1 - 2 hr

### Wedding Floral Arrangements

Learn how to make your own personalized bridal bouquet in this hands-on class. Color selections, floral choice and designed will be covered. Material fee of \$40 for flowers, ribbon, etc. is included in the tuition. Bring sharp hand clipper or scissors to class.

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

**FA355** Syphax 117 11/12 Tue 7p Widhalm 1 - 2 hr

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

**G1163** Syphax 173 09/10 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.

Arl. Res. \$259 Arl. Sr. \$239 Non Res. \$279

**G1164A** W-L 2230 09/24 Tue, Thu 6:30p Bentz 20 - 3 hr

**G1164B** Syphax 107 09/28 Sat 9p 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.

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

**G1640** W-L 2012 09/26 Thu 7p Mothershead 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

**G1648** Syphax 108 11/14 Thu 7p Staff 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.

Arl. Res. \$29 Arl. Sr. \$19 Non Res. \$39

**G1847** W-L 2013 09/23 Mon 7p Bentz 1 - 1.5 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, aesthetics 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

**T1120** Syphax 117 09/11 Wed 7p Sullivan 2 - 2 hr

## Career & 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** W-L 2016 10/02 Wed 6:30p Inglese 2 - 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 11/07 Thu 6:30p Law 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. \$79 Arl. Sr. \$69 Non Res. \$89  
**ME187** Syphax 171 09/12 Thu 6:30p Longnecker 2 - 3 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 10/05 Sat 10a Bromley 2 - 2.5 hr

### Develop and Prepare a Successful Business Plan

In this one-night workshop, learn how to write your vision and create a business 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. Pitching your business plan to potential funders will also be discussed.

Arl. Res. \$59 Arl. Sr. \$49 Non Res. \$69  
**ME309** Syphax 117 10/08 Tue 7p Warrick 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** W-L 2024 11/06 Wed 7p Staff 2 - 2.5 hr

### 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. \$109 Arl. Sr. \$99 Non Res. \$119  
**GI442** W-L 2017 10/08 Tue 7p Ott 5 - 2 hr

## Health & Wellness

### 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.

Tuition: \$79  
**GI361A** Syphax 171 09/14 Sat 9a Treadway 1 - 4 hr  
**GI361B** Syphax 171 10/19 Sat 9a Treadway 1 - 4 hr  
**GI361C** Syphax 171 11/06 Wed 5:30p Treadway 1 - 4 hr  
**GI361D** Syphax 171 12/03 Tue 9a Treadway 1 - 4 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 students' 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.

Tuition: \$109  
**GI362A** Syphax 171 09/21 Sat 9a Treadway 1 - 4 hr  
**GI362B** Syphax 171 10/26 Sat 9a Treadway 1 - 4 hr  
**GI362C** Syphax 171 11/13 Wed 5:30p Treadway 1 - 4 hr  
**GI362D** Syphax 171 12/10 Tue 9a Treadway 1 - 4 hr

### Survival Medicine - Beyond First Aid

Whether you are on a hike, traveling abroad, or concerned about natural disasters, advanced medical training provides valuable skills that can ensure that you and your loved ones are prepared to survive injury and illness. Learn and practice several hands-on skills including extremity fracture splinting, spinal immobilization, tourniquet use, wound closure, and wound dressing application. Designed for anyone who is interested in learning essential survival medicine skills. Course is taught by a board-certified emergency physician.

Arl. Res. \$59 Arl. Sr. \$49 Non Res. \$69  
**GI369** Syphax 113 10/19 Sat 10a Chandra 2 - 2.5 hr

### Controlling Your Cholesterol & High Blood Pressure

Risks of blood clots, stroke and even heart attacks can be reduced by making certain lifestyle changes and understanding the effects of available medication. Learn what are the best foods to eat and activities to be engaged in to gain the best results in controlling your cholesterol and blood pressure. This workshop is taught by a medical professional.

Arl. Res. \$59 Arl. Sr. \$49 Non Res. \$69  
**GI373A** Syphax 107 10/03 Thu 12:30p Abraham 1 - 3 hr  
**GI373B** Syphax 107 10/10 Thu 7p Abraham 1 - 3 hr

### Improve Your Memory!

Did you know that brain exercises, what we eat and even how much we sleep can improve our memory? This workshop will share strategies for building your memory and techniques that you can put in place immediately that we help recall those things that have slipped your mind.

Arl. Res. \$59 Arl. Sr. \$49 Non Res. \$69  
**GI376** Syphax 171 10/08 Tue 6:30p Abraham 1 - 2 hr

### Diabetes Prevention and Management

If you have diabetes, you know how challenging it can be to manage your disease. Healthy eating, physical activity, monitoring your condition, taking medication, and reducing your risk for complications are probably part of your daily routine. At times this can be overwhelming. This course is designed to teach you how to prevent diabetes complications and develop a practical plan to stay healthy. Come and develop the tools to make that plan a regular part of your life.

Arl. Res. \$59 Arl. Sr. \$49 Non Res. \$69  
**GI374A** Syphax 107 10/03 Thu 7p Abraham 1 - 2 hr  
**GI374B** Syphax 107 10/10 Thu 12:30p Abraham 1 - 3 hr

### Asthma Awareness

Do you or someone you love have asthma? Spend some time getting to know more about this disease. Medication, environmental conditions and other factors will be discussed by a medical professional. Techniques and strategies will be shared on how to take a more effective role in managing asthma and breathing easier.

Arl. Res. \$59 Arl. Sr. \$49 Non Res. \$69  
**GI375** Syphax 225 10/08 Tue 10a Abraham 1 - 3 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. \$159 Arl. Sr. \$149 Non Res. \$169  
**HE212** Syphax 171 10/03 Thu 6:30p Page 6 - 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 and Wednesday evenings from 6:30-9:30 p.m. Practical experience is held at a local nursing home over several week nights. Tuition of \$999 includes textbooks. A pre-entrance test is required and will be offered during the months of August and September 2019.

Tuition: \$999  
**HE900** Career Ctr. 09/17 Tue, Thu 6:30p Treadway 40 - 3 hr

# Arlington Community Learning

## 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-10 (Introduction and Guidelines), and basic claims processes for insurance reimbursements. Tuition: \$1199  
**GI875** Online Register anytime after 09/01

## Personal Finance

### Your Money: Financial Challenges in Retirement and How to Meet Them Head-On

The prospect of retirement can be a welcome though somewhat nerve-racking change in your lifestyle. To help you understand the adjustments you will need to make, we will discuss the unique financial challenges faced in preparing for retirement and solutions to help you take charge of your financial future and avoid those pitfalls.

Arl. Res. \$109 Arl. Sr. \$99 Non Res. \$119  
**GI734** W-L 2019 09/11 Wed 7p Davidson 3 - 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. Handouts provided. Help yourself, your family, loved ones, and executor/executrix while you still can!!  
Arl. Res. \$59 Arl. Sr. \$49 Non Res. \$69  
**GI742** Syphax 115 10/19 Sat 10a Zalfa 1 - 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.

Arl. Res. \$109 Arl. Sr. \$99 Non Res. \$119  
**GI780** W-L 2019 09/16 Mon 7p Kurtz 3 - 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** W-L 2012 09/09 Mon 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** W-L 2013 10/02 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** W-L 2012 10/08 Tue 7p Kehoe 1 - 2 hr

### Common Estate Planning Mistakes and How 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 hidden traps in beneficiary designations of retirement plans, insurance and annuities.

Arl. Res. \$49 Arl. Sr. \$39 Non Res. \$59  
**GI920** W-L 2016 10/10 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 150 12/07 Sat 9a Moran/Dessingue 1 - 4 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** W-L 2012 09/10 Tue 7p Kehoe 3 - 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, CIMA, 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** W-L 2012 10/15 Tue 7p Kehoe 1 - 1.5 hr

## General Interest

### Keeping Yourself Socially Engaged in Retirement

Now that you have the time, get involved in your community. You'll learn about many resources and organizations where you can put your skills to use. There are an abundance of non-profit organizations in the area that can benefit from your expertise. Teach, mentor or coach others. Learn about MeetUp groups, and online resources to stay engaged. Volunteer opportunities abound.

Arl. Res. \$49 Arl. Sr. \$39 Non Res. \$59  
**GI562** Syphax 115 11/01 Fri 10p Livingston 1 - 2 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 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. \$59 Arl. Sr. \$49 Non Res. \$69  
**GI187** W-L 2016 10/22 Tue 7p Muir 1 - 2 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 171 10/01 Tue 7p Law 2 - 1.5 hr

### Make-Up Magic

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

Arl. Res. \$59 Arl. Sr. \$49 Non Res. \$69  
**GI113A** Syphax 173 09/21 Sat 10a Farnham 1 - 2.5 hr  
**GI113B** Syphax 173 10/26 Sat 10a Farnham 1 - 2.5 hr

Share your skills, experiences and talents!  
Teach for Arlington Community Learning

Our program is growing!

Interested in teaching a class?  
Foreign Languages, Cooking, Computer Skills,  
Music, Writing, Business, Non-Profit Sector and so  
much more. Send your resume to  
raul.matos@apsva.us  
or scan this link to submit a course proposal.



## 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, see website supply list for suggested locations.

Arl. Res. \$179 Arl. Sr. \$159 Non Res. \$199  
**HE358** Career Ctr. 235 10/09 Wed 7p Peake 6 - 2.5 hr

## Textile Arts

### Sewing 1

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 117 09/11 Wed 12:30p Hunter 6 - 2.5 hr  
**HE600B** Syphax 117 09/12 Thu 7p Hunter 6 - 2.5 hr

### Sewing 2

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 117 10/23 Wed 12:30p Hunter 4 - 2.5 hr  
**HE601B** Syphax 117 10/24 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. \$109 Arl. Sr. \$99 Non Res. \$119  
**HE611A** Syphax 150 09/07 Sat 10a Azimi 4 - 2 hr  
**HE611B** Syphax 225 10/23 Wed 7p Hunter 4 - 2 hr

### 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 12/04 Wed 12:30p Hunter 3 - 2 hr  
**HE614B** Syphax 117 12/05 Thu 7p Hunter 3 - 2 hr

### Project Knitting

Ready to start a new project to increase your knitting skills? Do you have a project that has you stuck? Not sure what to do next? Does the pattern not make sense? Bring it to class and get the help you need. This class is free-form and designed to encourage sharing of ideas with other knitters as well as to receive expert advice from a certified knitting instructor.

Arl. Res. \$109 Arl. Sr. \$99 Non Res. \$119  
**HE631** Syphax 150 11/02 Sat 10a Azimi 4 - 2 hr

## Music Classes



### Guitar - Beginning 1 in a Hurry

Don't have time to take guitar classes for 8 consecutive weeks? Then we have the class for you! This class is designed for students with no prior guitar experience. We will cover the basics of music theory and then focus on learning the chords, strumming patterns and finger placement. Bring your own guitar to class. Assignments and handouts will be provided. Class will meet twice per week on Tuesdays and Thursdays, every other week. This schedule will allow us to avoid Halloween week and Thanksgiving week.

Arl. Res. \$159 Arl. Sr. \$139 Non Res. \$179  
**MU085** Career Ctr. 105 10/22 Tue, Thu 6:30p Tanis 8 - 1.5 hr

### Guitar - Beginning 1

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

Arl. Res. \$159 Arl. Sr. \$139 Non Res. \$179  
**MU100A** Career Ctr. 205 08/28 Wed 6:30p Delos Reyes 8 - 1.5 hr  
**MU100B** Syphax 107 09/19 Thu 1:30p Siekkinen 8 - 1.5 hr  
**MU100C** Career Ctr. 205 10/22 Tue 7p Delos Reyes 8 - 1.5 hr

### Guitar - Beginning 2

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 10/23 Wed 6:30p Delos Reyes 8 - 1.5 hr

### Guitar - Beginning 2/3

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 117 09/19 Thu 11a Siekkinen 8 - 1.5 hr

### Guitar - Beginning 3

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 08/27 Tue 7p Delos Reyes 8 - 1.5 hr

### Piano - Beginners 1

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 113 09/05 Thu 12:30p Jones 8 - 2 hr  
**MU110B** Syphax 113 09/20 Fri 1p McGuire 8 - 2 hr  
**MU110C** Syphax 113 09/30 Mon 10a Ruble 8 - 2 hr  
**MU110D** Syphax 113 10/02 Wed 7p Ruble 8 - 2 hr

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

Latin & Greek p. 4 Musical Ensembles p. 15  
 Opera Appreciation p. 15 Classical Music p. 15  
 History of Photography p. 10

### Piano - Beginners Level 2

Prerequisite: Piano Beginning I 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 09/10 Tue 1p Ruble 8 - 2 hr  
**MU111B** Syphax 117 09/19 Thu 7p Ruble 8 - 2 hr

### Piano - Beginners Level 3

Prerequisite: Piano Beginning II 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. \$189 Arl. Sr. \$169 Non Res. \$209  
**MU125** Syphax 113 09/20 Fri 10a McGuire 8 - 2 hr

### Piano - Intermediate level 1

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 09/05 Thu 10a Jones 8 - 2 hr  
 Arl. Res. \$159 Arl. Sr. \$139 Non Res. \$179  
**MU121B** Syphax 117 11/07 Thu 10a Jones 6 - 2 hr

### Ukulele - Beginning 1

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  
**MU129** Syphax 171 09/16 Mon 11a Siekkinen 8 - 1.5 hr

### Ukulele - Beginning 2

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.

Arl. Res. \$159 Arl. Sr. \$139 Non Res. \$179  
**MU131** Syphax 171 09/16 Mon 1:30p 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 117 09/21 Sat 11a Siekkinen 8 - 1.5 hr

# Arlington Community Learning

## Violin - Beginning 1

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 Chorus Rm 09/19 Thu 7p McGuire 8 - 1.5 hr

## Violin - Beginners 2

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 1 or equivalent experience.

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

**MU147** Kenmore Chorus Rm 09/18 Wed 7p McGuire 6 - 2 hr

## Violin - Beginners 3

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 2 or equivalent experience.

Arl. Res. \$159 Arl. Sr. \$139 Non Res. \$169

**MU148** Kenmore Chorus Rm 10/30 Wed 7p McGuire 6 - 2 hr

## Arlington Flute Ensemble

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. \$89 Arl. Sr. \$69 Non Res. \$109

**MU153** Kenmore 116 09/11 Wed 7p Johnson Rajan 10 - 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. \$69 Arl. Sr. \$59 Non Res. \$79

**MU157A** Syphax 173 09/19 Thu 10:30a Soranno 2 - 2 hr

**MU157B** Syphax 117 10/02 Wed 7p Soranno 2 - 2 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 117 10/24 Thu 10:30a Soranno 2 - 2 hr



## Introduction to Classical Music: Where to Start, How to Explore, and Why Bother

Feared to be stuffy, slow and boring, classical music is in reality the most exciting, deeply human, breathtakingly beautiful music ever created. This 2 hour course opens the door, provides a roadmap and starts you on a journey of a lifetime with a tantalizing taste of Bach, Beethoven, Mozart, Stravinsky and more. Includes a list of 25 "must hear" masterpieces to get you on your way.

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

**MU170A** Syphax 117 10/08 Tue 7p Munford 1 - 2 hr

**MU170B** Syphax 113 10/31 Thu 10a Munford 1 - 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 09/10 Tue 7p Kirchenbauer 10 - 2 hr

<b>MU200A</b> - Flute	<b>MU200H</b> - Bassoon
<b>MU200B</b> - Clarinet	<b>MU200I</b> - French Horn
<b>MU200C</b> - Oboe	<b>MU200J</b> - Trumpet
<b>MU200D</b> - Bass Clarinet	<b>MU200K</b> - Trombone
<b>MU200E</b> - Baritone Saxophone	<b>MU200L</b> - Euphonium
<b>MU200F</b> - Tenor Saxophone	<b>MU200M</b> - Tuba
<b>MU200G</b> - Alto Saxophone	<b>MU200N</b> - 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 09/16 Mon 7p Jackson 10-2 hr

<b>MU208A</b> - Violin	<b>MU208F</b> - French Horn	<b>MU208K</b> - Clarinet
<b>MU208B</b> - Cello	<b>MU208G</b> - Tuba	<b>MU208L</b> - Percussion
<b>MU208C</b> - Harp	<b>MU208H</b> - Viola	<b>MU208M</b> - Trombone
<b>MU208D</b> - Oboe	<b>MU208I</b> - Bass	<b>MU208N</b> - Trumpet
<b>MU208E</b> - Bassoon	<b>MU208J</b> - Flute	<b>MU208O</b> - 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

W-L Choral Rm 9/10 T Young/Carsten-Pelak 7pm 14 - 2hr

<b>MU-150A</b> - Soprano	<b>MU-150C</b> - Tenor
<b>MU-150B</b> - Alto	<b>MU-150D</b> - Bass

## 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

**MU168** Syphax 108 09/19 Thu 10a Munford 1 - 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 117 10/03 Thu 10a Munford 1 - 2 hr

## 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 202 10/10 Thu 10a Munford 1 - 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 117 10/10 Thu 10:30a Soranno 2 - 2 hr

## Voice Lessons for Adults - Level 1

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 09/13 Fri 3p Stuart 6 - 2 hr

**MU201B** Career Ctr. 229 09/18 Wed 6:30p Jugdersuren 6 - 2 hr

### Voice Lessons for Adults - Level 2

This is a continuation of Voice Lessons for Adult - Level 1. 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** Career Ctr. 229 10/30 Wed 6:30p Jugdersuren 6 - 2 hr

## Auto Maintenance

### 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 09/10 Tue 6:30p Herrera 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 09/11 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 12/03 Tue 6:30p Winchell 3 - 2.5 hr

## Trades & Industry

### 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. \$239 Arl. Sr. \$219 Non Res. \$259

**TI302** Career Ctr. Wood Shop 09/10 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. \$239 Arl. Sr. \$219 Non Res. \$259

**TI303** Career Ctr. Wood Shop 09/19 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.

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

**TI305** Career Ctr. Wood Shop 10/16 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. \$239 Arl. Sr. \$219 Non Res. \$259

**TI309** SEEC 09/05 Thu, Mon 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. \$219 Arl. Sr. \$199 Non Res. \$239

**TI310** SEEC 10/28 Mon, Thu 6:30p Daly 6 - 3 hr

### Carpentry - Rough Framing

This introductory course is designed to familiarize homeowners with the rough framing process involved in building a shed, garage, room addition, or finished basement. Building code requirements pertaining to floor, wall, and roof framing will be covered. Safety, tool usage, material selection, and professional techniques will be the major class topics. Hands-on laboratory application of topical skills will be incorporated into the class.

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

**TI312** Career Ctr 103 09/07 Sat 9a 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 11/25 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. \$219 Arl. Sr. \$199 Non Res. \$239

**TI321** SEEC 09/26 Thu, Mon 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 installer the "tricks to the trade" and gain the confidence to do the job. Through instructional demonstrations and hands-on exercises, a partial hardwood floor will be assembled. 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 10/09 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. \$59 Arl. Sr. \$49 Non Res. \$69

**TI332** Career Ctr. 112 09/25 Wed 7p Jackson 1 - 2.5 hr

### How to Select a Designer, Architect & Contractor for Your Next Construction Project

How do you select a Designer/Architect & Contractor to build a deck, remodel a bathroom, or perform other home renovation projects? This class is a must before you begin that selection process.

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

**TI359** Career Ctr. 103 10/09 Wed 7p Carter 1 - 2 hr

## 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 perspective and concepts which may differ from your own. Course includes vocabulary building, sentence completion and critical reading. Tuition: \$139

**TP105A** W-L 2212 09/10 Tue 7p Miller 4 - 2 hr

**TP105B** W-L 2212 10/02 Wed 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 data analysis, geometry and basic trigonometry. Tuition: \$139

**TP101A** W-L 2212 09/12 Thu 7p El-Hakim 4 - 2 hr

**TP101B** W-L 2212 11/06 Wed 7p El-Hakim 4 - 2 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 3.5 hours. See placement assessment dates below:

- |                          |                       |                           |
|--------------------------|-----------------------|---------------------------|
| * Thu. 7/18 at 9 a.m.    | * Tue. 7/23 at 5 p.m. | * Tue. 7/30 at 12:30 p.m. |
| * Thu. 8/8 at 12:30 p.m. | * Tue. 7/30 at 9 a.m. | * Tue. 8/6 at 5 p.m.      |
| * Thu. 8/22 at 5 p.m.    | * Fri. 8/9 at 9 a.m.  | * Tue. 8/20 at 12:30 p.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 9/4 - 12/16 Joseph Mon./Wed./Fri.

15-week Evenings 6:00pm - 8:30pm Cost \$109

**GE-015B** Syphax Ctr. 108 9/4 - 12/18 Van Buren Mon./Wed.

#### GED Preparation Class Math Only

Prerequisite: Must have passed all subjects of the GED test, except math.

12-week program meeting Mondays and Wednesdays 6:00 p.m. to 8:30 p.m.

A combination of traditional teacher led classes and individualized instruction. Course will concentrate on the math skills needed for the GED test.

Cost: \$89

**GE-018** Wakefield C-115 (Computer Lab) 9/16 - 12/11 Joseph 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 9/3 - 12/10 Gonzalez Tue./Thu.

#### 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 9/3 - 12/10 Brundidge Tue./Thu.

#### 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 9/3 - 12/10 Jones Tue./Thu.

#### 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 9/7 - 12/14 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 9 de septiembre y terminan el 4 de diciembre (12 semanas, no hay clases cuando hay un feriado). Matrícula: \$129 Código: 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.

GED Graduation Date  
Friday, June 12, 2020 - 7:00pm  
Washington-Liberty H.S.



## 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)

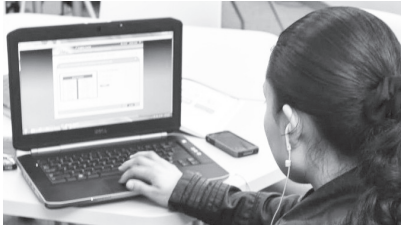


### Want to see what's available, Fall 2019?

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 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](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, 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

October 8 - December 19

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

\* \$125 for Arlington residents and employees.

## Placement Exam Dates

Syphax Education Center: September 9, 16 & 23 (9am or 6pm)

Arlington Mill Community Center: July 22 & 29 (5pm) and

October 21, 28, November 4

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.

\*\*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.

## English and Workplace Computer Skills

Intermediate and advanced level ESL students will receive language instruction and gain confidence using computers in English in the workplace. Microsoft Office Specialist (MOS) prep and job coaching are included.

### Syphax Education Center

September 30 - December 20

Monday to Friday, 9:00am - 12:00pm

## English for Child Care Providers

Intermediate and advanced level students attend intensive English classes Tuesday, Wednesday & Thursday and every Monday take a child care provider class to begin earning professional development credits.

### Syphax Education Center

September 30 - December 20

Monday to Thursday, 6:45pm to 9pm

## 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

October 5 - December 21

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.

# 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 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. Most books may be on Amazon or other online retailers. The Arlington Community Learning Program 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:

Sept. 2 - Labor Day  
Nov. 11 - Veterans' Day  
Nov. 28 - 30 - Thanksgiving Holiday  
Dec. 23 - Jan. 1 - Winter Holiday

### 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



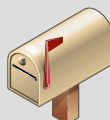
or add this url into your browser:  
<https://eepurl.com/daGLkv>

Register Online



[www.apsva.us/acl](http://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.

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 # _____								\$			
Cardholder/Check Name (if other than student) _____								Exp. Date _____ Security Code _____			
								Total Charged			
								\$			
M	T	W	Th	F	S	Time	Date	Course #	Name of Course		
									School	\$	
Registration Card Arlington Adult Education Program <a href="http://www.apsva.us/adulted">www.apsva.us/adulted</a>				Tuition Paid _____ <input type="checkbox"/> Charge				Internal Use:			
				Date Paid _____ <input type="checkbox"/> Check							

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

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or Current Resident*

Is it time to develop a new skills?  
Arlington Community Learning is a  
great place to start!



**Arlington Community Learning**  
*...where learning never ends!*

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

Tel: 703-228-7200



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



**Arlington  
Public  
Schools**