# **SERTOMA ARTS CENTER – Winter/Spring 2024 – CLASS LIST**

1400 W. Millbrook Rd., Raleigh, NC 27612 | 919-996-2329 | www.raleighnc.gov/arts

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Registration begins online at reclink.raleighnc.gov on November 28, 2023.

# **Preschool**

# **Mini Monets**

This toddler-centric class introduces little ones to a variety of art material through hands-on learning. Discovery and creative play encourage the development of motor skills and group social skills. A parent or caregiver attends with child; only child should be registered for class. Supplies included. 6 sessions.

Instructor: Michelle Davis Petelinz Ages: 18 months - 2 years Fee: \$65/ non-resident \$80 Dates: Tuesdays, Jan. 9 – Feb. 13 Time: 9:30 a.m. - 10:30 a.m.

Activity Code: STARPREMINMO 010

Instructor: Michelle Davis Petelinz Ages: 18 months - 2 years Fee: \$65/ non-resident \$80 Dates:Mar. 26 - Apr. 30 Time: 9:30 a.m. - 10:30 a.m.

Activity Code: STARPREMINMO 011

#### **Petite Picassos**

Classes will encourage children to create unique works of art as we explore different painting and craft techniques. Each week, we'll read a new book that will inspire our projects. The classes provide preschool prep with a focus on student independence. No parent/quardian participation. Supplies included. 6 sessions.

Instructor: Michelle Davis Petelinz

**Ages**: 3-4 years **Fee**: \$76/ non-resident \$91 **Dates**: Mondays, Jan. 11 - Feb. 15 **Time**: 1:00 p.m.- 2:00 p.m.

Activity Code: STARPREPETPI 009

Instructor: Michelle Davis Petelinz

Ages: 3-4 years

Fee: \$76/ non-resident \$91 Dates:Thursdays, Mar. 28 - May 2 Time: 1:00 p.m.- 2:00 p.m.

Activity Code: STARPREPETPI 010

# **Art Club**

Come join Art Club! Members will choose projects from a list provided by the instructor, such as watercolor painting, paper weaving, Japanese Notan, mixed-media painting, oil pastels, posters, and collage. No two sections are alike so join as many as you can. Supplies included. 6 sessions.

Instructor: Michelle Davis Petelinz

Ages: 8-12 years

Fee: \$100/ non-resident \$115 Dates: Mondays, Jan. 11 - Feb. 15 Time: 4:00 p.m.- 6:00 p.m.

Activity Code: STARARTCLUB 005

Instructor: Michelle Davis Petelinz

Ages: 8-12 years

Fee: \$100/ non-resident \$115 Dates: Thursdays, Mar. 28 - May 2 Time: 4:00 p.m.- 6:00 p.m.

Actvity Code:STARARTCLUB 006

# **Destination Art!**

Come travel with us! Each week we'll explore a different destination then create a project inspired by its art. Sites may include: Australia, China, Ecuador, India, Italy, Mexico, Peru, Samoa, Sweden, Tanzania, and more! No two sessions are alike. Supply included. 6 sessions.

Instructor: Michelle Davis Petelinz

Ages: 8-12 years

Fee: \$100/ non-resident \$115

Instructor: Michelle Davis Petelinz

Ages: 8-12 years

Fee: \$100/ non-resident \$115

Dates: Wednesdays, Jan. 10- Feb. 14

Time: 4:00 p.m.- 6:00 p.m.

Activity Code: STARARTCLUB\_001

**Dates:** Mar. 27 - May 1 **Time**: 4:00 p.m.- 6:00 p.m.

Activity Code: STARARTCLUB\_002

# **Love Bugs!**

Children will enjoy games, stories, and songs all featuring those six-legged creatures we call bugs! Children will see and touch live bugs and will create a buggy Valentine craft to take home. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Ages: 2-6 years

Fee: \$2/ non-resident \$2 Dates: Thursdays, Feb. 8 Time: 10:30a.m.-11:30a.m. Activity Code: NPBUGS 003

# Duck, Duck, Goose!

Little ones will have fun learning all about ducks, geese, and other feathered creatures. Games, songs, stories, and crafts will delight young naturalists. Preregistration is required. Children must be accompanied by adults. Adults attend for free. For more information, contact Nature Programs at 919-996-6856.

Ages: 2-7 years

Fee: \$2/ non-resident \$2 Dates: Thursdays, April 18 Time: 10:30a.m.-11:30a.m. Activity Code: NPDUCK\_002

# **Shake Your Tail Feathers!**

Children will shake their tail feathers as they come to understand the many different kinds, colors and textures of tails that trail behind all sorts of wild creatures. Games, stories, songs, and live animals will engage little learners. Preregistration is required. Children must be accompanied by adults. Adults attend for free. For more information, contact Nature Programs at 919-996-6856.

Ages: 2-7 years

Fee: \$1/ non-resident \$1 Dates: Thursdays, March 21 Time: 10:30a.m.-11:30a.m.

Activity Code: NPSHAKETAIL\_006

# Winter in the Wilderness!

Through games, stories, and songs, we will discover how wild animals manage these cold days of winter. We will learn how some animals snooze, others move to warm places while others adapt in order to stay active in the chilly temperatures. Live creatures to see up close will bring this program to life. Preregistration is required. Children must be accompanied by adults. Adults attend for free. For more information, contact Nature Programs at 919-996-6856.

Ages: 2-7 years

Fee: \$2/ non-resident \$2 Dates: Thursdays, March 21 Time: 10:30a.m.-11:30a.m. Activity Code: NPWINTER\_001

# Youth

#### Fibers- Beginning Sewing: Roll-Up Organizer

Create a useful roll-up organizer to store a variety of things from your school supplies or your toothbrush and toothpaste for travel, or even your lunch utensils! You will learn the basics of using a sewing machine, the tools used in sewing, and the vocabulary for following a pattern. No experience is necessary. Supplies included. We will be using Sertoma's sewing machines. 2 sessions.

Instructor: Samanatha Pell

Ages: 8-13 years

Fee: \$90/ non-resident \$105 Dates: Saturday, Mar. 9- Mar. 16 Time: 10:00 a.m. - 1:00 p.m. Activity Code: STARROLLUP

#### Fibers- Learn to Weave

This class is great for weaving beginners or those who want to explore pattern, texture and material with the technique. Students will work on three small weavings to challenge their approach in these design elements. Supplies included. 2 Sessions.

Instructor: Samantha Pell

Ages: 8-13 years

Fee: \$90/ non-resident \$105 Dates: Saturday, Mar. 9 Time: 2:00 p.m. -4:00 p.m. Activity Code: STARWEAVE

# **Imagination Station**

Let your imagination soar! This class will focus on fundamentals of art by exploring a variety of materials and techniques. Creating unique art with drawing, painting, collage, paper craft and sculpture. Supplies included. 6 sessions.

Instructor: Sarah Clover

Ages: 6-12 years

Fee: \$100/ non-resident \$115 Dates: Tuesday Jan. 9- Feb. 13 Time: 4:15 p.m.-5:45 p.m.

Activity Code: STARIMAGINST 006

Instructor: Sarah Clover Ages: 6-12 years

Fee: \$100/ non-resident \$115 Dates: Mar. 5- Apr. 9 skips Mar. 26

Time: 4:15 p.m.-5:45 p.m.

Activity Code: STARIMAGINST 007

# Music - Raleigh Children's Orchestra

The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7 who have played for six months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an ensemble setting. For those who are not yet proficient in reading music, parts are available with string names and finger numbers. More experienced players have more difficult parts and leadership opportunities. All will gain fluency in playing and ensemble skills. The semester ends with a free public concert, Students provide their own instruments, music stands and three ring binders. 11 sessions.

Instructor: Ilse Mann Ages: 6-13 years

Fee: \$96/ non-resident \$111 Dates: Thursdays, Jan. 4- Feb. 22

**Time:** 6:15 p.m. - 7:30 p.m.

Activity Code: STARRRCHLDOR 004

Instructor: Ilse Mann Ages: 6-13 years

Fee: \$96/ non-resident \$111

Dates: Feb 29 - Apr. 25 skips Mar. 28

Time: 6:15 p.m. - 7:30 p.m.

Activity Code:STARRRCHLDOR\_005

Instructor: Ilse Mann Ages: 6-13 years

**Fee:** \$96/ non-resident \$111 **Dates:** Jan. 4-Apr. 25 **Time:** 6:15 p.m. - 7:30 p.m.

Activity Code: STARRRCHLDOR 006

# Pottery - Ceramic Circus

In the first class students will create a big top circus tent. In the second class we will create clowns and circus animals. In the last class we will glaze these with bright colors. Pottery will be ready 2 weeks after the last class. 3 Sessions. Supplies included.

Instructor: Patty Merrell Ages: 6-12 years

Fee: \$60/ non-resident \$75

Dates: Thursdays, Jan. 11- Jan. 25

Time: 4:15 p.m.- 5:30 p.m.

Activity Code: STARCERCIRCU 004

# Pottery- Funky Fungi

Children will create splendidly speckled and spotted toadstools using textures and handbuilding techniques during the first class. During the second class, young potters will decorate with vibrant glazes. Pottery will be ready for pick-up two weeks after class is over. Supplies included. 2 sessions.

Instructor: Patty Merrell Ages: 6-12 years

Fee: \$41/ non-resident \$56 Dates: Tuesdays, Feb. 27- Mar. 5 Time: 4:15 p.m.-5:30 p.m.

Activity Code: STARFNKFNGI 005

#### Pottery – Kids Handbuilding: Mother's Day Gifts

Explore Clay by creating lovely gifts for Mom using the slab handbuilding technique. The first day of class, students will create their gifts, and the second day they will decorate them with vibrant glazes. This class is a great way to introduce your kids to Clay! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class.

Instructor: Ashley Bonner

Ages: 5-10 years

Fee: \$42/ non-resident \$57 Dates: Sundays, Apr. 21- Apr. 28 Time: 12:30 p.m.-1:30 p.m.

Activity Code: STARKIDHBGFT 001

#### Pottery - Something's Fishy

In the first class students will create a clay fish to hang on the wall. During the second class we will decorate these with glazes. Pottery will be ready 2 weeks after last class. Supplies included. 2 sessions.

Instructor: Patty Merrell Ages: 5-12 years

Fee: \$41/ non-resident \$61 Dates: Thursdays, Apr. 4- Apr. 11 Time: 4:15 p.m.-5:30 p.m.

Activity Code: STARSOMEFISH\_003

# **Teens**

# <u>Drawing – Drawing Fundamentals for Teens</u>

This class will explore drawing fundamentals such as contour drawing, gesture drawing, value and shading, composition and perspective. We will draw figures, landscapes in realistic and abstract experiments using a variety of drawing materials: pencil, pen, charcoal, colored pencils, pastels, and markers. Supplies included. 6 sessions.

Instructor: Anne Terry Ages: 12-16 years Fee: \$76/ non-resident \$91

Dates: Monday, Jan. 8 - Feb. 19 skips Jan. 15

Time: 4:30p.m. - 6:00p.m.

Activity Code: STARDRWFUNTN\_016

**Instructor:** Sarah Clover **Ages**: 12-16 years

Fee: \$76/ non-resident \$91 Dates: Tuesdays, Jan. 9- Feb.13 Time: 6:00 p.m.- 7:30 p.m.

Activity Code: STARDRWFUNTN 018

Instructor: Anne Terry
Ages: 12-16 years
Fee: \$76/ non-resident \$91

**Dates:** Mar. 4 - Apr. 15 **Time**: 4:30p.m. - 6:00p.m.

Activity Code: STARDRWFUNTN\_017

Instructor: Sarah Clover Ages: 12-16 years

Fee: \$76/ non-resident \$91 Dates: Mar. 5- Apr. 16 Time: 6:00 p.m.- 7:30 p.m.

Activity Code: STARDRWFUNTN\_019

# Pottery - Teen Handbuilding

Introduction to Handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil and pinch techniques. The last class will be a day for glazing so don't miss it! This class is a great way for teens in middle and high school to explore art! Supplies included. Pottery will be ready for pick up 2 weeks after the last class. 4 sessions.

Instructor: Ashley Bonner

Ages: 12-18 years

**Fee**: \$85/ non-resident \$100 **Dates**: Monday, Feb. 5 - Feb 26 **Time**: 4:30p.m. - 6:00p.m.

Activity Code: STARTEENHB\_004

**Instructor:** Ashley Bonner **Ages**: 12-18 years

Fee: \$85/ non-resident \$100 Dates: Apr. 2 - Apr. 23 Time: 4:30p.m. - 6:00p.m.

Activity Code: STARTEENHB 005

# Pottery – Wheel Throwing for Teens

Teens learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level, so all teens are welcome! Class ends with glazing all pots for firing. Pottery will be ready for pick-up two weeks after class is over. Class does not qualify participants for a studio card. Supplies included. 6 sessions.

**Instructor:** Anne Terry **Ages:** 12-17 years

Fee: \$136/ non-resident \$151

Dates: Thursdays, Jan. 11 - Feb. 15

Time: 4:00 p.m. - 6:30 p.m.

Activity Code: STARPOTWHLTN 009

Instructor: Anne Terry Ages: 12-17 years

Fee: \$136/ non-resident \$151

**Dates:** Mar. 7 - Apr. 18 *skips Mar. 28* **Time:** 4:00 p.m. - 6:30 p.m.

Activity Code: STARPOTWHLTN 010

# **Adult**

### **Drawing**

# **Drawing- Intro to Drawing with Peter Marin**

This course covers the elemental visual languages of drawing-line, contour, mass, gesture and value- and builds upon them to begin developing the necessary drawing skills to facilitate personal expression. Students are encouraged to practice drawing through class and take-home assignments and strengthen their observational skills. Course consists of slide lectures and studio time. No experience required. Supply list available on Sertoma's webpage and receipt. 6 sessions.

Instructor: Peter Marin Ages: 16+ years

Fee: \$126 non-resident \$141 **Dates**: Thursdays, Jan. 11 - Feb. 15

Time: 6:00 p.m.- 9:00 p.m.

Activity Code: STARDRWPETMA 006

Instructor: Peter Marin
Ages:16+ years

Fee: \$126 non-resident \$141 Dates:Mar. 7 - Apr. 11

**Time**: 6:00 p.m.- 9:00 p.m.

Activity Code: STARDRWPETMA 007

#### **Basketry**

# Basketry- Flat Reed Basket

Learn to weave with flat reed material to create a useful small tote basket. All levels are welcome! \$10 supply fee paid to the instructor at the beginning of the workshop for all supplies.

Instructor: Angela Eastman

Ages: 16+ years

Fee: \$85/ non-resident \$100 Dates: Saturday, Feb. 3 Time: 10:00 a.m. - 4:00 p.m.

Activity Code: STARFLATREED\_001

# **Fibers**

# Fibers- Knitting for the Absolute Beginner

Get started with this fun hobby for the absolute beginner! We will make samples of different stitches, talk about yarn and needles. All supplies included. 3 sessions.

**Instructor:** Anne Terry **Ages**: 12+ years

Fee: \$57/ non-resident \$72 Dates: Sunday, Jan. 14 - Jan. 28 Time: 3:00 p.m. - 4:30 p.m.

Activity Code: STARBEGKNIT\_002

# Fibers- Beginning Sewing: Sew an Apron

In this fun beginner's class you will gain experience tracing and cutting from a basic apron pattern, sewing with a consistent seam allowance and other fundamental sewing skills that are essential for progressing to more advanced projects. The goal of this one day workshop is for participants to leave with a completed apron and a personalized pattern to use in making other aprons. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. A \$5 supply fee for pattern and apron ties due to instructor at start of the workshop. Supply list is available on Sertoma's webpage. Pictures of a finished apron can be found at the instructor's website: creativesewingstudios.com. 1 session.

**Instructor:** Joy Kelley **Ages**: 18+ years

Fee: \$37/ non-resident \$52 Dates: Saturday, Feb. 3 Time: 1:00 p.m.-4:00 p.m.

Activity Code: STARFBSAPRON 004

# **Fibers- Felted Beanie**

Keep yourself warm by making a wool beanie using wet felting techniques. Students will learn the basics of wet felting and how to create a pattern for a 3-dimensional felting project. No experience necessary. A supply fee of \$15 is paid to the instructor on the day of the class. The supply list for other items students will need to bring can be found on Sertoma's webpage.

Instructor: Samantha Pell

Ages: 15+ years

Fee: \$36/ non-resident \$51 Dates: Sunday, Jan. 7 Time: 1:00 p.m.-4:00 p.m.

Activity Code: STARFELTBEAN 002

#### Fibers- Garment Sewing: Hems

A successful hem does more than just adjust the garment's length. The right hem can help the garment hang and move as intended. A skillfully made hem can prolong the life of the piece by providing appropriate support to the garment. In this class, we will be sewing samples of several of the most versatile hem techniques that are applicable to a variety of hem locations - sleeve and shirt hems as well as pants and skirt hems. You will learn how to determine which hem technique to use based on garment type and fabric characteristics. This class will also introduce you to some sewing machine presser feet and specialty tools which make sewing hems easier and more successful. This class is part of a series for sewists who want to advance their sewing skills by exploring the techniques of garment making in more detail. To complete the class exercises you will need to be comfortable using a sewing machine and have basic sewing skills. A supply fee of \$12 is paid to the instructor for the materials needed to sew the class samples. We will be using Sertoma's sewing machines. 1 session.

Instructor: Joy Kelley Ages: 18+ years

Fee: \$30/ non-resident \$45 Dates: Thursday, Feb. 29 Time: 6:30 p.m.-9:00 p.m.

Activity Code: STARGSHEMS 006

# **Fibers- Introduction to Garment sewing**

For beginning sewists who want to start out or refresh garment making abilities or learn to read patterns. We will be making woven pajama pants and a simple stretch t-shirt. Skills included will be: pattern reading, preparation and cutting of fabric, introduction to different needles, side-seam pockets, setting sleeves, and simple finishing techniques. 6 Sessions.

**Instructor:** Katie Maxey

Ages: 18+ years

Fee: \$150/ non-resident \$165 Dates: Tuesday, Jan. 23- Feb. 27 Instructor: Katie Maxey Ages: 18+ years

Fee: \$150/ non-resident \$165 Dates: Apr. 16- May-21 Time: 6:30 p.m.-9:00 p.m. Time: 6:30 p.m.-9:00 p.m.

Activity Code: STARINTOGSPJ 001 Activity Code:STARINTOGSPJ 002

# Fibers- Introduction to Japanese Shibori

Immerse yourself in the technique of Shibori. Learn to tie and fold your fabric in myriad ways to achieve unique patterns. In this class you will learn the basic methods that will later allow you to explore variations of the technique on your own. Come with white cloth and leave with beautiful, rich, deep indigo patterns on cloth. No prior experience necessary. Students need to bring 2 yards of pre washed 100% white cotton fabric (if too wrinkled it's best to iron first), all other supplies are included. 1 session.

Instructor: Patrizia Ferreira. Ages: 16+ years

Fee: \$60/ non-resident \$75 Dates: Saturday, Apr. 27 Time: 10:30 a.m.-2:00 p.m.

Activity Code: STARINTOSHIB 002

# Fibers- Intuitive Embroidery

New to embroidery? Savvy embroiderer, looking for a new approach? This class is for you! In workshop, students will learn techniques for free-styling with stitches on fabric. I will share with you an intuitive way to start a textile art piece from scratch. How I combine fabrics, colors, textures and specific stitches. How I go about developing a composition and letting serendipity lead the way. Supply list available on Sertoma's webpage. 6 sessions.

Instructor: Patrizia Ferreira

Ages: 16+ years

Fee: \$96/ non-resident \$111 Dates: Saturday, Jan. 22- Feb. 26 Time: 9:30 a.m. - 11:30 a.m. Activity Code: STARINTUEM 002 Instructor: Patrizia Ferreira

Ages: 16+ years

Fee: \$96/ non-resident \$111 Dates: and Mar. 11- Apr. 22 Time: 9:30 a.m. - 11:30 a.m.

Activity Code: STARINTUEM 003

# Fibers- Quilting Basics: Piecing with a Sewing Machine

The goal of this class is to introduce you to guilting and help you discover whether you enjoy it. We will do this by exploring one of the fundamental quilting skills: piecing. Piecing is the process of joining cut fabric pieces together into a quilt block (the basic unit which composes a guilt). If you find you like piecing, you will enjoy the rest of the guilting process as well. Please note this class is focused on learning one of the many necessary guilting skills - we won't be completing a guilt. We will be sewing several different types of guilt blocks focusing on developing your piecing skills. No prior sewing experience is necessary. We will be using Sertoma's machines. A \$10 supply fee to be paid to instructor at the start of class covers all you will need for this workshop - no need to buy materials or collect tools. 1 session.

**Instructor:** Joy Kelley Ages: 18+ years

Fee: \$36/ non-resident \$51 Dates: Saturday, Apr. 13 Time: 1:00 p.m. - 4:00 p.m.

Activity Code: STARQBPIECSW 004

# Fibers- Beginning Crochet

Great for beginners or those who need a refresher - this class will touch on the basic stitches for crochet. We will work through a series of sample squares, learning single, half-double, double, and treble stitches. Supply list available on Sertoma's webpage. 3 sessions.

Instructor: Samantha Pell

Ages: 15+ years

Fee: \$72/ non-resident \$87 Dates: Monday, Jan. 22 Time: 6:30 p.m.- 8:30 p.m.

Activity Code: STARBEGCRO 002

# Fibers- Beginning Sewing: Channel Stitched Pillow

Channel stitching is a great technique for adding visual and textural interest to pillows. In this beginner class, you will learn how to construct a pillow and use interfacing to give it structure and a professional finish. You will use a walking foot - one of the most versatile of all sewing machine feet - to customize your pillow with channel stitching. You will also learn the basics of operating a sewing machine and develop fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. \$15 supply fee to be paid to instructor at first class. Pictures of some finished pillows can be found at the instructor's website: creativesewingstudios.com. Instructor: Joy Kelley.

Instructor: Joy Kelley Ages: 18+ years

Fee: \$72/ non-resident \$87 Dates: Thursdays, Mar. 14

Time: 6:30 p.m.- 8:30 p.m. Continuing Activity Code: STARBSCHNPIL\_005

# Fibers- Continuing Garment Sewing: Unisex Boxy Jacket

This class is intended for confident beginners or intermediate sewists who have some experience with a sewing machine and can read a pattern, but need help with garment construction and visualization. We will discuss how a simple pattern can be used to produce a variety of results based on fabric choice, detailing, and finishes. Members of the class are encouraged to look for inspiration to bring to class, or we will have some examples on the first night. Skills may include: working with heavier weight fabrics, setting sleeves, buttons and buttonholes, different types of finishing, making a collar, and making additions or alterations to a pattern. 5 Sessions.

Instructor: Katie Maxey Ages: 16+ years

Fee: \$72/ non-resident \$87 Dates: Tuesdays, Mar. 12 Time: 6:30 p.m.- 9:00 p.m.

Activity Code: STARCONTGSJKT\_001

# **Fibers- Crochet Patterns**

For those who have a good grasp of the four basic stitches: single, double, half-double and treble. Learn how these stitches work together in create patterns. Students will learn how to read pattern diagrams to complete various style samples. 3 Sessions..

Instructor: Samantha Pell

Ages: 15+ years

Fee: \$72/ non-resident \$87 Dates: Monday, Mar. 4 Time: 6:30 p.m.- 8:30 p.m.

Activity Code: STARCROPAT 001

# Fibers- Garment Sewing: Hems

The successful hem does more than just adjust the garment's length. The right hem can help the garment hang and move as intended. A skillfully made hem can prolong the life of the piece by providing appropriate support to the garment. In this class, we will be sewing samples of several of the most versatile hem techniques that are applicable to a variety of hem locations – sleeve and shirt hems as well as pants and skirt hems. You will learn how to determine which hem techniques to use based on garment type and fabric characteristics. This class will also introduce you to some sewing machine presser feet and specialty tools which make sewing hems easier and more successful. This class is part of a series for sewists who want to advance their sewing skills by exploring the techniques of garment making in more detail. To complete the class exercises you will need to be comfortable using a sewing machine and have basic sewing skills. A supply fee of \$12 is due to the instructor for the materials needed to sew the class samples. We will be using Sertoma's sewing machines. 1 session.

**Instructor:** Joy Kelley **Ages**: 18+ years

Fee: \$31/ non-resident \$46 Dates: Thursday, Feb. 29 Time: 6:30 p.m. - 9:00 p.m.

Activity Code: STARGSHEMS 006

# Fibers- Garment Sewing: Preparing to Sew

If you are excited about sewing clothes but not sure how to get started, this class will help you find your path. We will cover the preparatory steps necessary to make your garment sewing projects both successful and enjoyable. You will learn the ins and outs of patters as well as how to choose fabric and supplies. The class will also cover what essential tools you need as you get started and what tools would be helpful to add as you progress in your skills. Please note that this class is focused on getting ready to sew – we will not be sewing a garment. A supply fee of \$10 is due to the instructor at the start of class. 3 sessions.

Instructor: Joy Kelley Ages: 18+ years

Fee: \$73/ non-resident \$88

Dates: Thursdays, Jan. 18 - Feb. 1

**Time**: 6:30 p.m. - 8:30 p.m.

Activity Code: STARGSPREP\_005

#### Fibers- Garment Sewing: Seam Finishes

Applying a seam finish to the raw edges of your fabric will improve the look of your garment and increase its durability and longevity. In this class, we will be sewing samples of various seam finishes, focusing on those that will be most useful across a range of garment styles. You will learn how to choose a seam finish based on garment type and fabric characteristics. This class will also introduce you to some specialty sewing machine presser feet that will make finishing your seam quicker and easier. This class is part of a series for sewists who want to advance their sewing skills by exploring the techniques of garment making in more detail. To complete the class exercises you will need to be comfortable using a sewing machine and have basic sewing skills. A supply fee of \$12 is due to the instructor for the materials needed to sew the class samples. We will be using Sertoma's sewing machines. 1 session. Instructor: Joy Kelley

Ages: 18+ years

Fee: \$31/ non-resident \$46 Dates: Thursdays, Feb. 15 Time: 6:30 p.m. - 9:00 p.m. Activity Code: STARGSSF\_006

# **Fibers- Sewing Machine Basics**

Sewing machines are wonderful tools, but they are also complex and can be intimidating for beginners. This hands-on class offers a fun and supportive environment where beginners will gain the confidence to set up and use a sewing machine. We will cover machine set up, operation, accessories, safety and basic maintenance. We will also address your particular sewing goals and offer advice on sewing machines and supplies to consider as you progress. **A supply fee of \$7** is paid to the instructor at start of workshop. Note: This class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. 1 session.

Instructor: Joy Kelley
Ages: 18+ years
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Ages: 18+ years

Fee: \$37/ non-resident \$52 per day

Fee: \$37/ non-resident \$52 per day

Dates: Saturday, Jan. 20 Dates: Mar. 2

Time: 1:00p.m. - 4:00p.m. Time: 1:00p.m. - 4:00p.m.

Activity Code: STARFSMBASIC\_013 Activity Code: STARFSMBASIC\_014

# Fibers- Sewing Machine – Beyond the Basics

Take your basic understanding of a sewing machine to the next level. This hands-on class offers a fun and supportive environment where beginners will explore various specialty stitches and presser feet. We will also discuss some of the more advanced sewing tools and accessories you may want to add to your supplies. This class is intended for students who can confidently and independently thread and operate a sewing machine. **A supply fee of \$10** is paid to the instructor. Note: this class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. 1 session.

Instructor: Joy Kelley Ages: 18+ years

Fee: \$37/ non-resident \$52 Dates: Saturday, Mar. 23 Time: 1:00p.m. - 4:00p.m.

Activity Code: STARFSMBBASC\_006

# Fibers- Traditional Japanese Embroidery

The technique of Japanese embroidery goes back more than 1,600 years. We use silk and metallic fibers on silk fabrics to produce traditional and modern designs for framing. Instruction follows an orderly progression of steps with a new design at each level. This workshop is open to beginners as well as current students at all levels. Current students should bring projects they are working on. New students are required to purchase kit and supplies from the instructor, payable at first class. Two options are available, see the supply list on Sertoma's webpage for details and cost. Instructor needs one month's notice to order supplies for new students. Additional supplies will be available for purchase from instructor in class. New students are required to contact the instructor for more information before enrolling at nuidosensei@gmail.com. 1 session.

**Instructor:** Pam Reading

Ages: 18+ years Fee: \$41 per day Dates: Saturday, Jan. 13 Time: 9:30 a.m. - 4:30 p.m. Ages: 18+ years Fee: \$41 per day Dates: Sunday, Jan. 14 Time: 9:30 a.m. - 4:30 p.m.

Instructor: Pam Reading

Activity Code: STARFBJAPNEM\_013 Activity Code: STARFBJAPNEM\_014,

Instructor: Pam Reading

Ages: 18+ years Fee: \$41 per day Dates: Saturday, Mar. 9 **Time:** 9:30 a.m. - 4:30 p.m.

Activity Code: STARFBJAPNEM 015

Instructor: Pam Reading

Ages: 18+ years Fee: \$41 per day Dates: Sunday, Mar. 10 **Time:** 9:30 a.m. - 4:30 p.m.

Activity Code: STARFBJAPNEM 016

#### Glassmaking

# **Glassmaking-Fused Glass Painting**

In this class you will use specialty glass and fusible paint to create unique, functional, glass artwork. You will start by experimenting with a variety of techniques for applying the paint to the glass. You will then learn how to layer the glass for firing in a kiln. We will make both small pieces suitable for pendants or magnets, and larger works that can later be made into dishes, ornaments, and a variety of other objects. No experience with painting or glass is required! \$30 supply fee due to instructor at first class.

Instructor: Daniel Cozart

Ages: 16+ years

Fee: \$105/ non-resident \$120 Dates: Wednesday, Jan. 10 Time: 6:30 p.m.- 8:30 p.m.

Activity Code: STARGLSPAINT 002

Instructor: Daniel Cozart

Ages: 16+ years

Fee: \$105/ non-resident \$120 Dates: Wednesday, Mar.6 Time: 6:30 p.m.- 8:30 p.m.

Activity Code: STARGLSPAINT 003

# **Glassmaking- Fused Glass Sampler**

In this weekend workshop, we will explore different techniques in glass fusing to create colorful, functional artwork! On the first day, you'll start by learning the basics of layering glass and firing projects in a kiln. You will make several small pieces following samples and instructor demos. The next day, you will have the option to make one large project or several smaller projects using your favorite techniques from the day before. Projects fired on day 2 will be picked up the following weekend. I

Instructor: Daniel Cozart

Ages: 16+ years

Fee: \$50/ non-resident \$65 Dates: Saturday, Mar. 2 Time: 12:00 p.m.- 4:30 p.m.

Activity Code: STARGLSSMPL 001

#### Jewelry

# Jewelry-Anodizing Niobium

Experiment by adding beautiful color to your jewelry! With anodized niobium, you can add color to your pieces. Students will learn to anodize niobium with an electrolyte solution and electrical current. Anodizing brings out amazing color and highlights texture on niobium. The pieces created can be added to other metals by cold joining or be the centerpiece in a set of earrings or necklace. The creative possibilities are endless! A \$35 kit will be available for purchase at the first class. 6 sessions. Prerequisite: Must have had a jewelry class at Sertoma or Pullen Arts Center.

Instructor: Amy Veatch Ages: 16+ years

Fee: \$146/ non-resident \$161 Dates: Thursdays, Jan. 11 - Feb. 15 Time: 7:00 p.m. - 9: 30 p.m.

Activity Code: STARANODNIOB 003

# Jewelry- Beginning Beading

Learn to make earrings, necklaces, and bracelets with beads! Beads, tools, and findings will be provided. Also, repairing jewelry will be discussed. 2 sessions.

**Instructor:** Anne Terry Ages: 12+ years

Fee: \$41/ non-resident \$56

**Dates**: Sundays, Apr. 21 - Apr. 28 **Time**: 1:00p.m. - 3:00p.m.

Activity Code: STARBEGBEAD\_005

# **Jewlery- Beginning Enamels**

We will delve into the basics of enameling, or the process of fusing colorful ground glass to a metal substrate. We will explore different techniques including layering, stencils, decals, lusters, and graphite and will learn a few ways to incorporate enameled components into our jewelry. Students will come away from the class with many samples as well as some finished pieces. Enameling after protocols will be discussed and followed at all times. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. All supplies included except for

24g copper – 12x6". 6 sessions. **Instructor:** Lauren Markley

Ages: 16+ years

Fee: \$151/ non-resident \$166 Dates: Tuesdays, Jan. 9 - Feb. 13 Time: 2:30 p.m. - 5:00 p.m.

Activity Code: STARBEGENMLS 003

Instructor: Lauren Markley

Ages: 16+ years

Fee: \$151/ non-resident \$166 Dates: Mar. 5 - Apr. 9 Time: 2:30 p.m. - 5:00 p.m.

Activity Code: STARBEGENMLS 004

# **Jewelry-Beginning Metals**

Design and construct earrings, pins, pendants, charms or other small objects and tokens in this basic metalworking class. Students will learn to saw, file, hammer and solder wire and sheet metals to create individual projects. Students may purchase and bring in their own silver for projects. **Optional jewelry kits will be available for \$25**. The kit will provide each student with solder, sawblades, drill bits, sandpaper and a small amount of copper to get started on projects. 6 sessions.

Instructor: Sarah West

Ages: 16+ years Fee: \$146/ non-resident \$161 Dates: Saturday, Jan. 6 Time: 12:30p.m. - 3:30p.m.

Activity Code: STARBEGMETAL-014

Instructor: Lauren Markley

Ages: 16+ years

Fee: \$146/ non-resident \$161 Dates: Tuesday Jan. 9 Time: 6:00 p.m. - 8:30 p.m.

**Activity Code: STARBEGMETAL-016** 

Instructor: Lauren Markley

Ages: 16+ years Fee: \$146/ non-resident \$161 Dates: Thursday Jan. 11 Time: 10:00 a.m. - 12:30 p.m..

**Activity Code: STARBEGMETAL-015** 

Instructor: Lauren Markley

Ages: 16+ years

Fee: \$146/ non-resident \$161 Dates: Tuesday, Mar. 5 Time: 6:00 p.m. - 8:30 p.m.

Activity Code: STARBEGMETAL-017

#### **Jewelry-Continuing Metals**

**Prerequisite**: Beginning Metals class at Pullen or Sertoma Arts Center. Continue to expand your jewelry making skills learning to solder, make a simple ring, set a stone and form a hollow bead. Students may purchase and bring in their own silver for projects. Optional **jewelry kits will be available for \$25**. The kit will provide each student with solder, sawblades, drill bits, sandpaper and a small amount of copper to get started on projects. 6 sessions.

Instructor: Lauren Markley

Ages: 16+ years

**Fee**: \$146/ non-resident \$161 **Dates**: Thursdays, Feb. 22 **Time**: 7:00 - 9:30 p.m.

**Activity Code: STARMETALS-012** 

Instructor: Sarah West Ages: 16+ years

Fee: \$146/ non-resident \$161 Dates: Saturdays, Feb. 10 Time: 12:30 p.m.- 3:30 p.m.

**Activity Code: STARMETALS-013** 

#### Jewelry- Intro to Tube Setting

Whether you have never set a stone before or you just need a little practice with the technique, this tube setting class is not to be missed! We will learn how to cut our tubing and solder it onto flat and curved surfaces. Then we will set a small faceted cubic zirconia into our tubing. We will start with practice pieces bit if you want to add a stone to a piece of jewelry that you made in a previous class, we can work on that too. Supplies included. **Prerequisite:** Beginning Metals at Sertoma or Pullen Arts Centers. 1 session.

Instructor: Sarah West Ages: 16+ years

Fee: \$71/ non-resident \$86 Dates: Saturday, Mar. 16 - Mar. 23 Time: 12:30 p.m.- 4:30 p.m. Activity Code: STARTUBESET 003

# **Jewelry-Linked Bracelets**

This class will focus on designing and making a linked bracelet. We will use a layering technique which includes piercing, soldering, riveting and the hydraulic press. We will incorporate silver, copper and/or nugold in this bracelet. There will also be an option of including tube set stones, texture and patinas as surface embellishment to enhance your bracelet design. Basic soldering and sawing skills needed for this class. Optional jewelry kit available for \$30. Kit will include 1"x1" square of silver sheet, 1"x1" square of copper sheet, 1"x1" square of nugold sheet, one foot 18g silver wire, 1" silver tube, sawblades, drill bit and 3mm faceted gemstones. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. 6 sessions.

Instructor: Betty McKim

Ages: 16+ years

Fee: \$141/ non-resident \$156 Dates: Thursday, Jan. 16- Feb. 20 Time: 10:00 a.m. - 12:30 p.m. Activity Code: STARTUBESET 003

#### Jewelry-Textured and Twisted-Bangle Bracelets

In this fun make and take class, you will learn some jewelry making basics. Each student will make at least two bangle bracelets - one with twisted wire and one with a hammer texture. All supplies included. Beginners welcome!

Instructor: Sarah West Ages: 16+ years

Fee: \$42/ non-resident \$57 Dates: Saturday, Apr. 6 Time: 12:30 p.m.-4:30 p.m.

Activity Code: STARTEXTTWIS\_003

# Jewelry- Zen and the Art of the Jewelers Saw

This one day class is designed to get you in the groove with your jeweler's saw! We will talk about best practices when planning our designs and then we will create a unique drawing for a pendant. Next we will transfer our drawing onto the copper by sawing and texturing the day away! Finally we will learn the basics of filing and finishing techniques. Students will leave class with a finished pendant and some basic jewelry making knowledge. All materials and unlimited saw blades provided! All levels welcome!

Instructor: Sarah West Ages: 16+ years

Fee: \$35/ non-resident \$50 Dates: Saturday, Apr. 20 Time: 12:30 p.m.-4:30 p.m.

Activity Code: STARJEWELSAW\_001

# Jewelry- Cold Joining

Rivets, tabs, slots, and prongs. Fabricate your piece without solder. This allows for a collage type assemblage of varied components. Possibilities include found objects, gemstones, and things that otherwise could not withstand heat. \$25 kit available.

Instructor: Betty McKim

Ages: 16+ years

**Fee**: \$141/ non-resident \$156 **Dates**: Tuesdays, Mar. 5- Apr. 9 **Time**: 10:00 p.m. -12:30 p.m.

Activity Code: STARCOLDJNG 001

#### **Painting**

# **Painting- Birds in Acrylic**

This class is great for any skill level covering the basics of painting birds and their seasonal surroundings in acrylic paint. The first few classes will be spent on a more simplified painting covering the basic techniques of painting shapes of birds. The last few classes will

be spent on a more detailed painting, branching off of what we learned during the first few classes. You will be taught how to paint different types of scenery as well as taught how to understand depth, using color, light and shadow. Wilson will guide you through every color to use, way to hold your brush etc. throughout the course to achieve different techniques in your own work. Students are welcomed to have creative freedom to turn their work into anything they want and completely customize it, or stay with the instructor and follow along. This is a great class for anyone looking to learn how to use acrylic, or simply take their painting to the next level. Please bring a 11"x14" or 12"x12" canvas to the first class ready to paint! This course is great for any skill level. Supply list available on Sertoma's webpage. 6 Sessions.

Instructor: Amanda Wilson

Ages: 16+ years

Fee: \$106/ non-resident \$121 Dates: Wednesdays Mar. 6- Apr. 10 Time: 12:00 p.m.- 2:30 p.m.

Activity Code: STARBIRDACRYL 001

# Painting- Impressionistic Flowers with Brush and Palette Knife

Bright bold flowers will be explored in this fun impressionist/impasto painting style course The use of larger brushes and palette knife combined will help students loosen up their style. A big part of this class is understanding light, value and color. Amanda will break down how to create a successful stylized painting that will still be recognizable to the viewer without being too direct and overworked. Amanda will lead you through 2 paintings in this class that build from one another in technique as the class progresses. We first start with a smaller more basic painting, and then move onto a slightly larger canvas with a more involved painting. You will learn from her methods and apply them to your own work in class or at home. We will cover the use of color, perspective, light, value, how to create your own compositions and more. You will start with a sketch and move along during the length of the course with plenty of one-on-one assistance from the instructor as well as class demonstrations to help you along the way. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructor's demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructor's guidance on the subject. This course is great for any skill level, whether you have been painting for years or have never touched a brush/knife before. We will be painting the first day of class, please bring in a 14"x14" or similar size canvas and basic painting supplies to class. We will run through the supply list the first day as well. Full Supply lists are available on Sertoma's web page and through Amanda's Amazon wish list. 6 sessions.

Instructor: Amanda Wilson

Ages: 15+ years

Fee: \$106/ non-resident \$121

Dates: Wednesdays, Jan. 10 - Feb. 14

Time: 12:00 p.m.- 2:30 p.m.

Activity Code: STARIMPFLOW 002

# Painting- Beginning Watercolor

Learn the basic techniques of transparent watercolor. Find out about the best paper, paint, and brushes to use. Students will create multiple paintings after learning how to do wet-on-wet washes, wet-on-dry washes, and building layers of colors. Students can copy the instructor's paintings or work on their own subjects. Supply list available on Sertoma's webpage. 5 sessions. **Instructor**: Ryan Fox

Instructor: Ryan Fox Ages: 15+ years

Fee: \$126/ non-resident \$141

Dates: Mondays, Jan. 8 - Feb. 19 skips Jan. 15

Time: 9:30 a.m. - 12:30 p.m.

Activity Code: STARBGWTRCLR 009

Instructor: Patrizia Ferreira

Ages: 15+ years

Fee: \$86/ non-resident \$101 Dates: Tuesdays, Jan. 23- Feb. 27 Time: 9:30 a.m. - 11:30 a.m.

Activity Code: STARBGWTRCLR 011

Instructor: Ryan Fox Ages: 15+ years

Fee: \$126/ non-resident \$141

**Dates:** Mar. 4- Apr. 8 **Time**: 9:30 a.m. - 12:30 p.m.

Activity Code: STARBGWTRCLR 010

Chinese brush painting is a traditional art form that shows the beauty of both simplicity and complication of the nature, with only ink or with ink and color. Students will learn how to paint flowers, birds, vegetables and fruits, which are popular brush painting subjects. Instructor will provide step by step demo and individual help. Each person will complete a beautiful painting in every class, while practicing basic brush painting techniques. In addition, the students will learn some basic Chinese calligraphy techniques such as the title of the paintings or the artist's names. This course is for both experienced and beginning students. A \$5 supply fee is due to the instructor at the start of each class or students can purchase their own supplies (supply list available on Sertoma's webpage).

Instructor: Jinxiu Zhao (Alice) is a professional artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has been teaching in North Carolina for 23 years at all levels of the K12-public/private schools, teachers' training programs and in private classes. 1 session.

Ages: 16+ years

Fee: \$51/ non-resident \$66 per session

Dates: Wednesday, Jan. 3 and Feb. 7 and Mar. 6 and Apr. 3

Time: 1:00p.m. - 3:30p.m.

Activity Code: STARCHINBRP 18

Ages: 16+ years

Fee: \$51/ non-resident \$66 per session

Dates: Wednesday, Jan. 3 and Feb. 7 and Mar. 6 and Apr. 3

Time: 1:00p.m. - 3:30p.m.

Activity Code: STARCHINBRP 20

Ages: 16+ years

Fee: \$51/ non-resident \$66 per session

**Dates:** Wednesday, Feb. 7 **Time**: 1:00p.m. - 3:30p.m.

Activity Code: STARCHINBRP\_19

Ages: 16+ years

Fee: \$51/ non-resident \$66 per session

**Dates:** Wednesday, Feb. 7 **Time**: 1:00p.m. - 3:30p.m.

Activity Code: STARCHINBRP 21

# **Painting- Continuing Watercolor**

In this class the basics of watercolor will be reinforced as additional watercolor techniques are learned and practiced. This class is for watercolorists who are ready to step beyond beginning watercolor as well as those who want to strengthen and add to their painting skills. Supply list available on Sertoma's webpage. 6 sessions.

Instructor: Patrizia Ferreira

Ages: 16+ years

Fee: \$86/ non-resident \$101 per session Dates: Tuesdays, Jan. 24- Feb. 28 Time: 9:30 a.m.-11:30 a.m.

Activity Code: STARCONTWC 003

Instructor: Patrizia Ferreira

Ages: 16+ years

Fee: \$86/ non-resident \$101 per session

Dates: Mar. 13- Apr. 24 Time: 9:30 a.m.-11:30 a.m. Activity STARCONTWC 004

# **Painting-Introduction to Painting with Pastels**

Students will learn the properties and application of pastels. How to layer the colors and create crisp realism, abstracts to soft impressionism paintings. You will also learn how to make you own tools to blend and crush the color together rather than using fingers or tortillons. You will leave this workshop with a completed painting, the knowledge of how to use pastels as a painting medium and the different levels of pastels available to work with. Supply list available on Sertoma's webpage and receipt. 2 sessions. **Instructor:** Connie Mansfield

Ages: 16+ years

Fee: \$126/ non-resident \$141 **Dates**: Sat. & Sun., Feb. 24- Feb. 25

Time: 10:00a.m. - 5:00p.m.

Activity Code: STARPNTPSTLS 005

# Painting-Introduction to Painting with Pastels Continued

Beginning with semi-soft pastels, you will be introduced to the properties and application of pastels. How to layer the colors and create crisp realism, abstracts to soft impressionism paintings. You will also learn to make your own tools to blend and crush the colors together rather than to use your fingers or a tortillon to smudge. You will leave this workshop with a completed painting, the knowledge of how to use pastels as a painting medium, and the different levels of pastels available to work with and to blend with. Students who have participated with earlier pastel workshops can come and continue to grow as I will work with individuals on their levels. Supply list available on Sertoma's webpage and receipt. 2 sessions.

Instructor: Connie Mansfield

Ages: 16+ years

Fee: \$126/ non-resident \$141 Dates: Sat. & Sun., Mar. 9- Mar. 10 Time: 10:00a.m. - 5:00p.m. Activity Code: STARPAINPAS

# **Painting- Intro to Painting with Peter Marin**

This course introduces the student to the practice of painting by examining practicing the fundamental languages of painting such as color, form, composition and narrative. Comparative methods will be used to develop the foundations of a personal visual vocabulary with the aim of supporting a painting practice. Technical and theoretical issues will be discussed to form a frame of reference to serve as a reference point into painting. Class consists of slide lectures, studio time and take-home assignments. Any wet media welcome. NO experience required. Supply list available on Sertoma's webpage and receipt. 6 sessions.

Instructor: Peter Marin
Instructor: Peter Marin

Ages: 15+ years Ages: 15+ years

 Fee: \$126/ non-resident \$141
 Fee: \$126/ non-resident \$141

 Dates: Thursday, Jan. 11 - Feb. 15
 Dates: Mar. 7 - Apr. 11

 Time: 2:00p.m. - 5:00p.m.
 Time: 2:00p.m. - 5:00p.m.

Activity Code: STARINTRPTPM\_007 Activity Code: STARINTRPTPM\_008

# Painting- Larry Dean's Acrylics Studio

This class is ideal for those with some acrylic experience. However, beginners are welcome. Students will bring their own projects and proceed with advice and demonstrations from the instructor. Assistance with choosing and mixing colors, composition, perspective and more will help you develop your own style of painting. Come hone your skills in this friendly, informal environment. Supply list available on Sertoma's webpage and receipt. 6 sessions.

Instructor: Larry DeanInstructor: Larry DeanAges: 16+ yearsAges: 16+ years

 Fee: \$106/ non-resident \$121
 Fee: \$106/ non-resident \$121

 Dates: Mondays, Jan. 8 -Feb. 19
 Dates: Mondays, Mar. 11- Apr. 15

 Time: 6:30p.m. - 9:00p.m.
 Time: 6:30p.m. - 9:00p.m.

Activity Code: STARPTLDASTU\_017 Activity Code: STARPTLDASTU\_018

Instructor: Larry Dean
Ages: 16+ years
Instructor: Larry Dean
Ages: 16+ years

 Fee: \$106/ non-resident \$121
 Fee: \$106/ non-resident \$121

 Dates: Tuesdays, Jan. 9- Feb. 13
 Dates: Tuesdays, Mar. 12- Apr. 16

 Time: 6:30p.m. - 9:00p.m.
 Time: 6:30p.m. - 9:00p.m.

Activity Code: STARPTLDASTU 019 Activity Code: STARPTLDASTU 020

# Painting-Larry Dean's Studio

Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works-in progress. Instructions will include color mixing, shape and perspective. Topics range from selecting a subject to varnishing the finished work. Informal advice will assist as you learn at your own pace. Supply list available on Sertoma's webpage. 6 sessions.

Instructor: Larry DeanInstructor: Larry DeanAges: 16+ yearsAges: 16+ years

 Fee: \$106/ non-resident \$121
 Fee: \$106/ non-resident \$121

 Dates: Tuesdays, Jan. 9 - Feb. 13
 Dates: Tuesdays, Mar. 12 - Apr. 16

 Time: 1:00p.m. - 3:30p.m.
 Time: 1:00p.m. - 3:30p.m.

Activity Code: STARPTLDSTDO 009 Activity Code: STARPTLDSTDO 010

#### Painting- Open Studio Workshops for Patels and Other Mediums

Open studio workshop This is time for artists to get together with their own mediums and paint. This will be a relaxed and fun studio experience. Coffee and tea provided. Bring a lunch.

Instructor: Connie Mansfield

Ages: 16+ years

Fee: \$105/ non-resident \$120 Dates: Saturday Apr. 13- Apr. 14 Time: 10:00 a.m.- 4:00 p.m.

Activity Code: STARPAINTPASOS 001

#### Painting-Pathways Using Perspective in Acrylic

This class will be a great introduction for how to use a palette knife to achieve bold color and texture in an impressionistic style. We will be exploring perspective and pathways that lead you into the painting. We will be practicing different ways to use the tool to create different textures that build into a scene. We will be exploring scenes such as leading you into a forest, and along a walkway to a beach or scene of your choice. Students will be taught the basics of impasto painting with Acrylic on Canvas using Gel Mediums to create different textures in the raised paint. Instructor Amanda Wilson will guide you every step of the way and be there to give in class demonstrations as well as one on one assistance. Please bring a 11"x14" or 12"x16" canvas to the first class ready to paint. This course is great for any skill level. Supply list available on Sertoma's webpage. 6 Sessions Instructor: Amanda Wilson

Instructor: Amanda Wilson

Ages: 16+ years

Fee: \$106/ non-resident \$121 Dates: Wednesdays Mar. 6- Apr. 10

Time: 3:30 p.m.- 6:00 p.m.

Activity Code: STARPATHACRYL\_001

### Painting-Pets and Animals in Acrylic

This class will demonstrate basic pet portraiture/animal painting in Acrylic. The instructor will demonstrate how to set up a portrait using both realistic and expressive color. Students will work from reference photos. Please come to the first class with a photo you would like to work from, or with an idea in mind for your first painting. You will be guided from start to finish through your painting with individual help and class demonstrations from the instructor. All skill levels welcome! This is a great introduction of how to paint animals! 6 sessions.

Instructor: Amanda Wilson

Ages: 15+ years

Fee: \$106/ non-resident \$121 Dates: Mondays, Jan. 10- Feb. 14 Time: 3:30 p.m.- 6:00 p.m.

Activity Code: STARPETACRYL 003

#### <u> Painting- Sertoma Park Artists</u>

Come join this creative group of artists who meet every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues. **Fee**: \$3

Dates: Thursdays

Time: 9:00a.m. - 12:00p.m. Activity Code: STARCSGSPA

# **Painting-Watercolor Pouring Weekend**

With an emphasis on design and planning, you will learn the technique of pouring diluted watercolor directly on paper. Pouring creates a wide range of colors and creates amazing blending effects. Through instructor demonstration, you will learn about masking, wetting techniques, using gravity to mix your limited palette, and preserving the transparency of your layers. Additional texture will be created using the mouth atomizer. You'll choose your own subject matter: still life, landscape, architectural, floral, or portrait. All levels welcome, including first-time watercolorists.

**Instructor:** Ryan Fox **Ages**: 15+ years

Fee: \$130/ non-resident \$145

Dates: Saturday, Feb. 24- Feb. 25

Time: 10:00 a.m.- 4:00 p.m.

Activity Code: STARWCPOUR 001

# **Painting-Watercolor Again!**

This class will explore various watercolor techniques and styles ranging from unique color combinations, alternate surfaces, extreme monochromatic granulation and more. Different subjects and techniques will be demonstrated in each class session. Supply list available on Sertoma's webpage and receipt. 5 sessions.

**Instructor:** Ryan Fox **Ages**: 15+ years

Fee: \$126/ non-resident \$141

Dates: Mondays, Jan. 8 - Feb. 19 skips Jan. 15

Time: 1:00p.m. - 4:00p.m.

Activity Code: STARWCLRA 007

Instructor: Ryan Fox Ages: 15+ years

Fee: \$126/ non-resident \$141 Dates: Mondays, Mar. 4 - Apr. 8 Time: 1:00p.m. - 4:00p.m.

Activity Code:STARWCLRA\_008

# Painting- Watercolor Weekend

Experience the joy of watercolor in a casual environment at Sertoma Arts Center. We will explore traditional techniques as well as some experimental techniques. Janie will demonstrate in the morning. We will break for lunch (bring your own) and we will have both of the afternoons to explore and enjoy art. Bring lots of photos, ideas and enthusiasm. Supply list available on Sertoma's webpage and receipt. 2 sessions.

Instructor: Janie Johnson

Ages: 16+ years

Fee: \$121/ non-resident \$136 per session Dates: Sat. & Sun., Jan. 20- Jan. 21

Time: 9:45a.m. - 3:30p.m.

Activity Code: STARWORKWW 015

Instructor: Janie Johnson

Ages: 16+ years

Fee: \$121/ non-resident \$136 per session Dates: Sat. & Sun., Mar. 16-Mar. 17

Time: 9:45a.m. - 3:30p.m.

Activity Code: STARWORKWW 017

Instructor: Janie Johnson

Ages: 16+ years

Fee: \$121/ non-resident \$136 per session Dates: Sat. & Sun., Feb.17 - Feb.18

**Time**: 9:45a.m. - 3:30p.m.

Activity Code: STARWORKWW 016

Instructor: Janie Johnson

Ages: 16+ years

Fee: \$121/ non-resident \$136 per session Dates: Sat. & Sun., Apr. 13- Apr. 14

Time: 9:45a.m. - 3:30p.m.

Activity Code: STARWORKWW 018

#### **Papermaking**

# Papermaking- Design Your Valentine

Join Sarah Ann and Raleigh Arts, in making one of a kind handmade paper valentines with custom designs and individual pigmented pulp choices. By using repurposed fibers and traditional Papermaking techniques you will be ready for valentine exchange with family and dear friends. Supplies included.

Instructor: Sarah Ann Austin

Ages: 10+ years

Fee: \$65/ non-resident \$80

Dates: Saturday, Feb. 3

Time: 10:30 a.m. - 2:00 p.m.

Activity Code: STARDYVALP 001

# Papermaking- Eastern Papermaking: Intermediate and Advanced

Now that you've made paper and you loved it, research the nuances between different fibers. All participants must have some plant/bark papermaking experience and will come with a fiber of their choosing to make paper with. A variety of sugetta sizes will be available for participants to use and \$12 materials fee to instructor will cover the cost of supplemental fiber. Please email the instructor for pre class instructions. Sarah@sarahannaustin.com. 2 Sessions.

Instructor: Sarah Ann Austin

Ages: 16+ years

Fee: \$95/ non-resident \$110

Dates: Thursdays, Apr. 18- Apr. 25

Time: 6:00 p.m.- 9:00 p.m.

Activity Code: STAREASTPMIA 001

# Papermaking- Professional Papermaking Open Studio

Come join professional Papermaker, Sarah Ann Austin, in a monthly open studio where you can come with a project to work on, a problem to solve, or just come to have fun with a friend making paper. This class requires that you have taken at least one paper making class with Sarah Ann or an override from her to join the class. Class-size is limited to ensure a comfortable community learning atmosphere. Participants will have access to her critter beater, press, and other equipment necessary. Please bring \$12 to each class for pulp and other materials. Register for each monthly session in February, March, & April. Feel free to email the instructor at sarah@sarahannaustin.com

Instructor: Sarah Ann Austin

Ages: 15+ years

Fee: \$58/ non-resident \$63 Dates: Thursday, Feb. 18 Time: 12:00 p.m.-4:30 p.m.

Activity Code: STARPAPERPOS 001

Instructor: Sarah Ann Austin

Ages: 15+ years

Fee: \$58/ non-resident \$63 Dates: Thursday, Apr. 21 Time: 12:00 p.m.-4:30 p.m.

Activity Code: STARPAPERPOS 003

Instructor: Sarah Ann Austin

Ages: 15+ years

Fee: \$58/ non-resident \$63

Dates: Thursday, Mar. 17, and Apr. 21

Time: 12:00 p.m.-4:30 p.m.

Activity Code: STARPAPERPOS 002

# **Photography**

# Photography- The Art of Capturing Shadows: Cyanotype Photography

Enjoy making cyanotype photography from plants in this rewarding, educational, and playful workshop. Sarah Ann has been offering workshops and university courses in cyanotype printing for over 8 years. This one-day class on creating cyanotype photography with plants and light offers a fun, easy, and rewarding experience in printmaking using the cyanotype technique as well as an introduction to getting the supplies on your own. You'll make your own cyanotypes and go home with your very own, usually frame-worthy, cyanotype art! The cyanotype process, also known as the blueprint process because of its deep blue color, was first introduced in the early 1800s. For artists and scientists, this cyanotype workshop is rewarding. Experimentation is encouraged, no mistakes are possible in cyanotype art! No experience required. \$5 supply fee due to the instructor at the start of class will cover the cost of cyanotype chemicals. All other supplies included. 1 session.

Instructor: Sarah Ann Austin

Ages: 15+ years

Fee: \$75/ non-resident \$90 Dates: Saturday, Apr. 6 Time: 10:00 a.m. - 2:30 p.m.

Activity Code: STARCYANOTYPE 002

# <u>Pottery</u>

# Pottery- Crystalline Glaze Workshop

This 2 day workshop will allow you to make, glaze and get your Crystalline pots fired at Sertoma Arts Center. The first class will be instruction on making pots, catch basins, and lining the pot. The second class will be glazing, breaking the catch basin, and grinding a pot. Beginning Wheel of Handbuilding classes at Sertoma Arts Center are a prerequisite. Wheel thrown pots are preferred, but handbuilding will be accommodate. This class does not qualify for a studio membership.

Instructor: Joan Walsh Ages: 16+ years

Fee: \$50/ non-resident \$65

Dates: Thursdays, Feb. 1- Feb. 22

Time: 7:00p.m. - 9:15p.m.

Activity Code: STARCRYSTGLZ\_003

# Pottery- First Friday Handbuilding

Explore the world of clay with these project focused classes on the first Friday of each month! Each class will have a different themed project that can be completed in one sitting. Projects will be great for beginners or experienced potters looking for new ideas to explore. Projects will be ready for pick-up about 2 weeks after the class. No experience required. Class does not qualify for a studio card. \$10 supply fee paid to instructor at start of workshop.

Instructor: Ashley Bonner

Ages: 16+ years

Fee: \$51/ non-resident \$66

Dates: Fridays, Jan. 5, Feb. 2, Mar. 1, Apr. 5

Time: 9:30 a.m.-12:00 p.m.

Activity Code: STARHBFSTFRI 001, STARHBFSTFRI 002, STARHBFSTFRI 003, and STARHBFSTFRI 004

#### **Pottery- For the Garden**

Planter, lanterns, and birdhouses oh my! Create artwork for the garden using the wheel, handbuilding or a combination of both techniques. We'll explore options for planters, birdhouses, lanterns, bird baths, and more. This class does not qualify for a studio card. Previous pottery experience is required. 4 Sessions.

Instructor: Jeannette Stevenson

Ages: 16+ years

Fee: \$65/ non-resident \$80 Dates: Mondays, Apr.1- Apr. 22 Time: 4:00 p.m.-6:15 p.m.

Activity Code: STARGARDEN\_001

# Pottery- Handbuilding: Beginning

This class explores techniques including pinching, coils and slabs, and provides an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase materials at first class (approximately \$42). All skill levels are welcome! 7 sessions.

Instructor: Tim Cherry Ages: 16+ years

Fee: \$111/ non-resident/ non-resident \$126 Dates: Wednesday, Jan. 10 - Feb. 21

Time: 9:30a.m. - 11:45a.m.

Activity Code: STARBEGHANDB-010

Instructor: Steve Karloski

Ages: 16+ years

Fee: \$111/ non-resident \$126

Dates: Wednesday, Jan. 10 - Feb. 21

Time: 7:00p.m. - 9:15p.m.

**Activity Code: STARBEGHANDB-009** 

# Pottery- Handbuilding: Continuing

Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will help individuals develop and express their own unique style through clay. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase clay and tools at first class (approximately \$42) - students are welcome to bring their own tools. 7 sessions.

Instructor: Tim Cherry Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Wednesdays, Mar. 6- Mar. 17

Time: 9:30 a.m.-11:45 a.m.

Activity Code: STARPOTCONT\_009

Instructor: Steve Karloski

Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Wednesdays, Mar. 6- Mar. 17

Time: 7:00 p.m.-9:15 p.m.

Activity Code:STARPOTCONT\_010

# Pottery- Handbuilding Animal Sculpture

Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will help individuals develop and express their own unique style through clay. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase clay and tools at first class (approximately \$42) - students are welcome to bring their own tools. 7 sessions.

Instructor: Steve Karloski

Ages: 16+ years

Fee: \$126/ non-resident \$141 Dates: Wednesdays, Jan. 22- Mar. 4

Time: 7:00 p.m.-9:15 p.m.

Activity Code: STARHBANML 001

# Pottery - Majolica Design Lab

This workshop is designed for potters who already create majolica pottery, have projects they are working on or wish to start new ones. The sessions are used to work on individual pieces with guidance from the instructor and input from the other participants. Mini demos will be given by the instructor as needed to enhance your work. All levels of experience are welcome, and you will work at your own pace. Students furnish their own majolica glazed bisque pieces, majolica colors and brushes. A list of supply vendors will be available, and some colors are available to purchase from the instructor. This workshop does not qualify you to use the Sertoma studio. If you are not a qualified Sertoma potter you are welcome to bring in your own pieces, but you will need to fire pieces in your own kiln. 4 Sessions.

Instructor: Randy Hinson

Ages: 16+ years

Fee: \$88/ non-resident \$103 Dates: Mondays, Mar. 11- Apr.1 Time: 9:30 a.m.-12:00 p.m.

Activity Code: STARMAJOLAB\_001

# Pottery - More Majolica

This class is designed for potters who have either taken the Introduction to Majolica class at Sertoma or who have some experience in decorating majolica pottery and want to expand or reinforce their skills. We will start with a general review of products, brushes and brush strokes and move into an assortment of exercises and projects to encourage the creation of new and exciting decorated pottery. Each student will work at their own pace and can pick and choose between the variety of techniques we cover to complete individual projects. This class does not qualify for a studio card. Open to qualified Sertoma Arts Center potters and qualified Pullen Arts Center potters. Students must be able to throw or hand build forms for decorating. Students pay glaze and color fee of \$35 at the first class to the instructor. Registrants will be emailed information on clay to purchase, pieces to make, tools and brushes shortly after registration. 4 sessions.

Instructor: Randy Hinson

Ages: 16+ years

Fee: \$76/ non-resident \$91 Dates: Mondays, Feb. 19- Apr. 1 Time: 9:30 a.m.-11:45 a.m.

Activity Code: STARMORMAJO 002

# **Pottery – Pouring Vessels**

Join Tim Cherry as he plunges deeper into handbuilding pouring vessels. Students will use a variety of techniques to design and construct such utilitarian items as teapots, creamers, pitchers, ladles, batter bowls, gravy boats, and double-pouring wedding vessels. The seven class periods will allow them to devote time into the design and construction of their pieces. Numerous tools and techniques will be included to provide texture and pattern to their work. Studio molds will be available as well to make pieces to combine into more complex forms. Prerequisite: Beginning Handbuilding at either Sertoma or Pullen Arts Center. Must register in person at Sertoma Arts Center. This coures does not qualify students for a studio membership. 7 sessions.

Instructor: Tim Cherry Ages: 16+ years

Fee: \$126/ non-resident \$141 Dates: Mondays, Fe. 19- Apr. 1 Time: 9:30 a.m.-12:00 p.m.

Activity Code: STARPOURVESS 003

# Pottery- Wheel Throwing: Beginning

This course introduces students to the basics of throwing pottery and provides them with an understanding of ceramic terms, processes and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week) to qualify for a studio card. Purchase materials at first class (approximately \$42). Please arrive 20 minutes early for first class to buy materials. All skill levels are welcome! 7 sessions.

Instructor: Joan Walsh

Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Monday, Jan. 8- Feb. 26 Time: 9:30a.m. - 11:45a.m. Instructor: Joan Walsh Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Wednesday Jan. 10-Feb. 21

**Time**: 7:00 p.m.-9:15 p.m.

**Activity Code: STARBEGWHEEL-013** 

Instructor: Jeannette Stevenson

Ages: 16+ years

Fee: \$111/ non-resident \$126 **Dates**: Wednesdays, Jan. 10- Feb. 21

Time: 4:00 p.m.-6:15 p.m

**Activity Code: STARBEGWHEEL-015** 

Instructor: Joan Walsh Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Mondays, Mar. 25- May 6 Time: 9:30 a.m.-11:45 a.m.

**Activity Code: STARBEGWHEEL-017** 

**Activity Code: STARBEGWHEEL-014** 

Instructor: Tina Granville

Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Wednesdays, Mar. 20- May 1

Time: 9:30 a.m.-11:45 a.m.

Activity Code: STARBEGWHEEL 016

Instructor: Jeannette Stevenson

Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Mondays, Feb. 5- Mar. 18

**Time:** 7:00 p.m.-9:15 p.m.

Activity Code: STARBEGWHEEL-018

# Pottery- Wheel Throwing: Continuing

This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a refresher course for students who have previously taken throwing classes but have not thrown for some time. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week) to qualify for a studio card. Students will purchase clay and tools at first class (approximately \$42) - students are welcome to bring their own tools. Please arrive 20 minutes early for first class to buy materials. 7 sessions.

Instructor: Tina Granville

Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Wednesdays, Jan. 17- Feb. 28

Time: 9:30 a.m. - 11:45 a.m. Activity Code: STARPOTWHLCN 005

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Instructor: Jeannette Stevenson

Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Wednesdays, Mar. 27-May 8

Time: 4:00 p.m.-6:15 p.m.

Activity Code: STARPOTWHLCON 007

Instructor: Joan Walsh Ages: 16+ years

Fee: \$111/ non-resident \$126 Dates: Wednesdays, Mar. 13- May 1

Time: 7:00 p.m.-9:15 p.m.

Activity Code: STARPOTWHLCN\_006

#### <u>Pottery- Sertoma Pottery Studio Orientation</u>

Sertoma Arts Center Pottery Studio Orientation is for qualified Pullen or Sertoma Arts Center potters who wish to use Sertoma's Pottery Studio. Once you register, Sertoma Arts Center will confirm that you are a qualified pottery patron. We will offer these orientations each session. For further information, please call 919-996-2329.

Instructor: Joan Walsh Ages: 16+ years

Fee: \$25/ non-resident \$40 Dates: Monday, Jan. 22 Time: 6:00 p.m.-7:00 p.m.

Activity Code: STARPSORIENT 013

Instructor: Joan Walsh Ages: 16+ years

Fee: \$25/ non-resident \$40 Dates: Monday, Mar. 11 Time: 6:00 p.m.-7:00 p.m.

Activity Code: STARPSORIENT 015

Instructor: Joan Walsh Ages: 16+ years

Fee: \$25/ non-resident \$40 Dates: Monday, Feb. 12 Time: 1:00 p.m.-2:00 p.m.

Activity Code: STARPSORIENT\_014

#### **Exercise**

The ancient art of yoga combines postures for the body, breathing for relaxation and meditation for the mind. Kripalu is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. 6 sessions. Instructor: Susan Kilmon

Ages: 16+ years

Fee: \$53/ non-resident \$68

Activity Code: STARKRIPBEG 025

Dates: Mondays, Jan. 8 - Feb. 20 skips Jan. 15 Time: 6:15p.m. - 7:15p.m.

Activity Code: STARKRIPBEG 027

Dates: Mondays, Jan. 8 - Feb. 20 skips Jan. 15 Times: 7:30p.m.-8:30pm

Activity Code: STARKRIPBEG 029

Dates: Tuesdays, Jan. 16 - Feb. 14 Time: 12:00p.m. - 1:00p.m.

Activity Code: STARKRIPBEG 026

Dates: Mondays, Mar.4 - Apr. 16 skips Apr. 1 Time: 6:15p.m. - 7:15p.m.

Activity Code: STARKRIPBEG 028

Dates: Mondays, Mar. 4 - Apr. 16 skips Apr. 1 Times: 7:30p.m.-8:30pm

Activity Code: STARKRIPBEG 030

Dates: Tuesdays, Mar. 5 - Apr. 17 skips Apr. 2 Time: 12:00p.m. - 1:00p.m.

# Exercise- Continuing Kripalu Yoga

This course is a continuation of the Kripalu Yoga Beginning Class. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. 6 sessions.

Instructor: Susan Kilmon

Ages: 16+ years

Fee: \$53/ non-resident \$68

Activity Code: STARKRIPCON 021

Dates: Wednesdays, Jan. 10 - Feb. 15 Time: 6:15p.m. - 7:15p.m.

Activity Code: STARKRIPCON\_023

Dates: Wednesdays, Jan. 10 - Feb. 15 Times: 7:30p.m.-8:30pm

Activity Code: STARKRIPCON 022

Dates: Wednesdays Mar. 6 - Apr. 18 skips Apr. 3 Time: 6:15p.m. - 7:15p.m.

Activity Code: STARKRIPCON 024

Dates: Wednesdays Mar. 6 - Apr. 18 skips Apr. 3 Times: 7:30p.m.-8:30pm

Activity Code: STARKRIPCON 025

Dates: Thursdays Jan. 11- Feb. 15 Times: 7:30p.m.-8:30pm

Activity Code: STARKRIPCON 026

Dates: Thursdays, Mar. 7 - Apr. 19 skips Apr. 4 Time: 12:00p.m. - 1:00p.m.

#### Exercise- Chair Yoga

This chair yoga class is designed for all levels including seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, stabilize joints and strengthen the body. Yoga can also improve digestion, circulation and reduce high blood pressure as well as anxiety. You will learn gentle stretching, breathing techniques and ways to calm the mind. Before undertaking any exercise program, one should consult a physician. Bring a yoga mat and wear comfortable clothing. 6 sessions.

Instructor: Susan Kilmon

Ages: 16+ years

Fee: \$53/ non-resident \$68

Dates: Tuesdays, Jan. 9 - Feb. 13 Time: 1:30p.m. - 2:30p.m.

Activity Code: STARHAIRYOGA 10

Instructor: Susan Kilmon

Ages: 16+ years

Fee: \$53/ non-resident \$68

Dates: Mar. 5 - Apr. 16 skips Apr. 2

**Time**: 1:30p.m. - 2:30p.m.

Activity Code: STARHAIRYOGA 11

#### Exercise- Nia – The Nia Technique

Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels.

Instructor: Laura Ghantous

Ages: 13+ years Fee: \$10 per day Dates: Saturdays, Jan. 6 - Apr. 27 Time: 10:15a.m. - 11:15a.m. Activity Code: STARNIATECH