



SERTOMA ARTS CENTER – Winter/Spring 2022 – CLASS LIST

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

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Registration begins online at relink.raleighnc.gov on November 30, 2021

Preschool

Mini Monets

This class introduces little ones to a verity 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.

Instructor: Michelle Davis Petelinz

Ages: 18 months - 2 years

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

Dates: Friday, January 14 – February 18 and March 11 – April 22

Time: 9:30 -10:15 a.m.

Activity Code: STARPREMINMO

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/guardian participation. Supplies included.

Instructor: Michelle Davis Petelinz

Ages: 3-4 years

Fee: \$75/ non-resident \$90

Dates: Tuesdays, January 11 – February 15 and March 8 – April 12

Time: 9:30 - 10:30a.m.

Activity Code: STARPREPETPI

What Can You See Under the Sea?

Each week we'll explore books about the wonders of the undersea world and create sea-themed art. Projects include salt painting, sand painting, watercolors, and torn paper seascapes. Supplies included.

Instructor: Michelle Davis Petelinz

Ages: 3-5 years

Fee: \$75/ non-resident \$90

Dates: Tuesdays, January 11 – February 15 and March 8 – April 12

Time: 11:00a.m. - 12:00p.m.

Activity Code: STARPREUNDSE

Wild Animal Art

We'll read about wild animals and create wild art projects! Projects include painted masks, clay sculptures, watercolor habitats, recycled object sculptures, salt painting and more. Supplies included.

Instructor: Michelle Davis Petelinz

Ages: 3-5 years

Fee: \$75/ non-resident \$90
Dates: Thursday, January 13 – February 17 and March 10 – April 14
Time: 1:00 - 2:00p.m.
Activity Code: STARPREENIAR

Youth

Abstract Garden

Get your hands dirty in the abstract garden. We will explore drawing, painting, printing, and sculpture, using different materials that will add to each one's artistic uniqueness. Abstract and realistic styles are encouraged within the theme of abstract garden. Supplies included.

Instructor: Sarah Clover
Ages: 6-11 years
Fee: \$100/ non-resident \$115
Dates: Monday, January 10 – February 21 and Tuesday, March 8 – April 12
Time: 4:00 - 6:00p.m.
Activity Code: STARABSCTGAR

Fantastic Beasts and How to Make Them

We'll create fantastic creatures, letting our imaginations run wild! We'll build them out of recycled materials, polymer clay, paper, paint, oil pastel, wood, rocks, leaves, fabric, yarn and more. What will you create? A dinodogbat? A flying cathopper with webbed feet? A blue tortoise with spiky hair? Come create with us! Supplies included.

Instructor: Michelle Davis Petelinz
Ages: 6-11 years
Fee: \$100/ non-resident \$115
Dates: Wednesdays, January 12 – February 16 and March 9 – April 13
Time: 4:00 - 6:00p.m.
Activity Code: STARFANTBEA

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. Concerts on 2/24 and 4/28 from 7:00-9:00pm

Instructor: Ilse Mann
Ages: 6-13 years
Fee: \$160/ non-resident \$175
Dates: Thursdays, January 6 - April 28
Time: 6:15 - 7:30p.m.
Activity Code: STARRRCHLDOR

Half Session

Fee: \$80/ non-resident \$95
Dates: March 3 - April 28

Painted Paper Palooza!

We'll use brushes, paints, inks, sponges, body parts (!), feathers, foam and other wacky things to create a variety of painted papers, using lots of techniques, including sgraffito, marbling, mono printing, bubbling, stenciling and stamping. Then, we'll use those papers to create all kinds of wonderful art, both 2-D and 3-D inspired by the colors, textures and patterns we made! Supplies included.

Instructor: Michelle Davis Petelinz
Ages: 6-10 years
Fee: \$100/ non-resident \$115
Dates: Thursday, January 13 - February 17 and March 10 - April 14
Time: 4:00 - 6:00p.m.
Activity Code: STARPALOOZA

Painting – Watercolor Out of This World: Paint the Nighttime Sky and Beyond!

Stars! Planets! Galaxies! Oh my! In this 6-week course, students will learn watercolor techniques to create stellar works of art that are out of this world. We will look at various NASA and Hubble telescope images for inspiration, discuss topics on galaxies, aurora borealis, the moon and more, all the while learning various techniques to gain a better understanding of how to paint with watercolor. Supplies included.

Instructor: Lauren Blackwell

Ages: 7-12 years

Fee: \$75/ non-resident \$90

Dates: Tuesdays, January 11 – February 15 and Mondays, March 7 – April 11

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

Activity Code: STARWCWORLD

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. Supplies included.

Instructor: Patty Merrell

Ages: 6-11 years

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

Dates: Tuesday, March 8 - March 22

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

Activity Code: STARCERCIRCU

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.

Instructor: Patty Merrell

Ages: 6-11 years

Fee: \$40/ non-resident \$65

Dates: Thursday, January 13 – January 20

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

Activity Code: STARFNKFNGI

Pottery – Kids Handbuilding Skills

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 glaze day so don't miss it! This class is a great way for kids to explore art and relax. Supplies included. Pottery will be ready for pick up 2 weeks after the last class.

Instructor: Ashley Bonner

Ages: 5-8 years

Fee: \$85/ non-resident \$100

Dates: Thursday, February 3 – March 3

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

Activity Code: STARKIDSHB

Pottery – Something 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.

Instructor: Patty Merrell

Ages: 5-11 years

Fee: \$40/ non-resident \$55

Dates: Thursday, April 14 – April 21

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

Activity Code: STARSOMEFISH

Pottery – Youth 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 youth to explore art and relax! Supplies included. Pottery will be ready for pick up 2 weeks after the last class.

Instructor: Ashley Bonner

Ages: 9-12 years

Fee: \$85/ non-resident \$100

Dates: Wednesday, January 12 – February 9

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

Activity Code: STARYHBSKILL

Teens

Abstract Garden for Teens

Get your hands dirty in the abstract garden. We will explore drawing, painting, printing and sculpture, using different materials that will add to each one's artistic uniqueness. Abstract and realistic styles are encouraged within the theme of abstract garden. Supplies included.

Instructor: Sarah Clover

Ages: 12-16 years

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

Dates: Tuesday, January 11 – February 15

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

Activity Code: STARABGARDTN

Drawing – Drawing Fundamentals for Teens

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.

Instructor: Anne Terry

Ages: 12-16 years

Fee: \$90/ non-resident \$105

Dates: Mondays, January 10 - February 21 and March 7 - April 11

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

Activity Code: STARDRWFUNTN

Fibers – Fiber Arts for Teens

This class will be an introduction to a variety of types of fiber arts. Topics we will cover include sewing, embroidery, decorative mending, natural dyeing and weaving. Students will have the flexibility to dive into or combine these techniques to create a final project of their choosing. Supplies included.

Instructor: Ayla Gizlice

Ages: 13-18 years

Fee: \$120/ non-resident \$135

Dates: Thursdays, January 13 – February 17

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

Activity Code: STARTEENFIBR

Pottery – Earth Day: Textures in Clay

After carefully exploring the natural areas around Sertoma, teens will experiment with natural textures in clay to create decorative and/or functional works. Handbuilding techniques will be friendly to all skill levels. Supplies included. Pottery will be ready for pick up 2 weeks after the last class.

Instructor: Ashley Bonner

Ages: 13-16 years

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

Dates: Saturdays, April 23 – 30

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

Activity Code: STAREDTXTRS

Pottery – Garden Gnomes

Create decorative Gnomes to guard your house or garden. Handbuilding techniques used will be friendly to all skill levels. Supplies included. Pottery will be ready for pick up 2 weeks after the last class.

Instructor: Ashley Bonner

Ages: 13-16 years

Fee: \$45/ non-resident \$60

Dates: Thursdays, March 17 – 24

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

Activity Code: STARGNOMES

Pottery – Spring Wall Art

Create Spring themed decor for your wall! Handbuilding techniques will focus on slab built creations and are friendly to all skill levels. Supplies included. Pottery will be ready for pick up 2 weeks after the last class.

Instructor: Ashley Bonner

Ages: 13-16 years

Fee: \$55/ non-resident \$70

Dates: Saturday, February 26 – March 19

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

Activity Code: STARSPRNGART

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 to explore clay and express themselves while relaxing. Supplies included. Pottery will be ready for pick up 2 weeks after the last class.

Instructor: Ashley Bonner

Ages: 13-16 years

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

Dates: Wednesday, March 16 – April 20

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

Activity Code: STARTEENHB

Pottery – Valentines Clay Crafts

Create Valentines themed crafts using various handbuilding techniques such as pinch, slab and coil. Crafts will be friendly for all skill levels and interests. Participants will have the opportunity to make functional and/or decorative works to take home or gift to loved ones. Supplies included. Pottery will be ready for pick up 2 weeks after the last class.

Instructor: Ashley Bonner

Ages: 13-16 years

Fee: \$45/ non-resident \$60

Dates: Monday, January 24 – 31

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

Activity Code: STARCLYVALEN

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.

Instructor: Anne Terry

Ages: 12-16 years

Fee: \$135/ non-resident \$150

Dates: Thursdays, January 13 – February 17 and March 17 - April 21

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

Activity Code: STARPOTWHLTN

Adult

Basketry

Garlic Basket Workshop

This one-day workshop will cover making a hanging basket, traditionally used for storing garlic or onions, from start to finish. It's a great introduction to working with natural reed and creating a structural vessel by following a simple weaving pattern. Students will leave with your own basket to hang in the kitchen! **Supply fee of \$10** due to instructor at start of workshop will cover all supplies needed.

Instructor: Angela Eastman

Ages: 16+ years

Fee: \$40/ non-resident \$55

Dates: Saturday, April 30

Time: 12:00 - 3:00p.m.

Activity Code: STARGARBASKT

Small Round Reed Basket Workshop

In this 5-hour workshop, learn the basics of basket weaving by creating your own functional basket from reed. Angela will share techniques for creating a small round basket with options for your own creative twist using colored reed. Expect to leave with a basket and instructions to help you make more at home! There will be a 30-minute break for lunch. **Supply fee of \$15** due to the instructor at the start of the workshop and will cover all supplies needed.

Instructor: Angela Eastman

Ages: 16+ years

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

Dates: Saturday, February 26

Time: 10:00a.m. - 3:30p.m.

Activity Code: STARRNDBASKT

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.

Instructor: Peter Marin

Ages: 16+ years

Fee: \$115/ non-resident \$130

Dates: Thursday, January 13 - February 17

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

Activity Code: STARDRWPETMA

Fibers

Beginning Sewing: Channel 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 and on receipt. \$10 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

Ages: 18+ years

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

Dates: Tuesday, March 22 - April 19

Time: 10:00a.m. - 12:00p.m.

Activity Code: STARBSCHNPIL-001

Dates: Thursday, March 24 - April 21

Times: 6:30-8:30p.m.

Activity Code: STARBSCHNPIL-002

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 necessary. We will be using Sertoma's sewing machines. A \$5 supply fee for pattern and apron ties due to instructor at start of workshop. Supply list available on Sertoma's webpage. Pictures of a finished apron can be found at the instructor's website: creativesewingstudios.com.

Instructor: Joy Kelley

Ages: 18+ years

Fee: \$30/ non-resident \$45

Dates: Saturday, February 19

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

Activity Code: STARFBSAPRON

Garment Making

Come and learn how to make garments using sewing techniques! You will learn how to measure, read patterns, learn pattern and strength sewing terminology. Students will create garments from start to finish of their choosing - each student can bring in their own pattern to work on. Instructor will provide individual time per students to answer questions and teach step by step instructions for garment making. Patterns will be recommended based on student's sewing experience. Wovens (not knits) is highly recommended. Fabric yardage based on student's size and pattern choice. Supply list available on Sertoma's webpage. Beginner sewing experience is required.

Instructor: Brandy Godsil

Ages: 16+ years

Fee: \$150/ non-resident \$165

Dates: Mondays, January 10 - February 21 and March 7 – April 11

Time: 6:00 - 8:00p.m.

Activity Code: STARGARMET

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 patterns 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.

Instructor: Joy Kelley

Ages: 18+ years

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

Dates: Thursdays, February 24 – March 10

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

Activity Code: STARGSPREP

Quilting Basics: Piecing with a Sewing Machine

The goal of this class is to introduce you to quilting 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 quilt). If you find you like piecing, you will enjoy the rest of the quilting process as well. Please note this class is focused on learning one of the many necessary quilting skills - we won't be completing a quilt. We will be sewing several different types of quilt 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 first class covers all you will need for this workshop - no need to buy materials or collect tools.

Instructor: Joy Kelley

Ages: 18+ years

Fee: \$30/ non-resident \$45

Dates: Saturday, April 9

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

Activity Code: STARQBPIECSW

Sandy Creek Weavers Residency

For a Community Residency we are aware that most people know very little about weaving. Not often do people have an opportunity to observe a weaver at work or to see an exhibit entirely made up of woven objects, or perhaps more importantly to sit at a loom and make it work. We intend to change all that. Sandy Creek Weavers have woven with over 180,000 adults, in hospitals, arts councils, cancer centers, church's, and mini camps creating large tapestries on the 300-year-old floor loom which incorporates items of sentimental value woven into the weaving by the community members. The weaving becomes 'A Fabric Time Capsule' representing the time in history of the community. The tapestry is also left for permanent display. Participants are encouraged to bring an item that represents who they are at this time in their life or an item that represents what Sertoma Arts Center means to you. Participants are welcome to create individual weaving projects as well. Victoria Sowers from Sandy Creek Weavers will supervise and instruct. Drop-in times listed below.

Instructor: Victoria Sowers, from Sandy Creek Weavers

Ages: All

Fee: FREE

Dates: Monday – Friday, April 22 – 29

Community Weaving Project

Monday-Friday: 10am-2pm and 6pm-8pm

Individual Weaving Project

Monday-Tuesday: 9am-10am and 2pm-3pm

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.

Instructor: Joy Kelley

Ages: 18+ years

Fee: \$30/ non-resident \$45 **per day**

Dates: Saturdays, February 5 and March 5

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

Activity Code: STARFSMBASIC

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.

Instructor: Joy Kelley

Ages: 18+ years

Fee: \$30/ non-resident \$45

Dates: Saturday, March 19

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

Activity Code: STARFSMBBASC

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 highly encouraged to contact the instructor for more information before enrolling.

Instructor: Pam Reading

Ages: 18+ years

Fee: \$40/ non-resident \$55 **per day**

Dates: Saturdays and Sundays, February 19, February 20, April 23, April 24

Time: 9:30a.m. - 4:30p.m.

Activity Code: STARFBJAPNEM

Glassmaking

Fused Glass Jewelry

Learn to make stunning glass jewelry from start to finish! You will begin by learning glass fusing and casting techniques to create glass focal pieces for your jewelry designs. Next, we'll explore a variety of techniques including attaching simple findings, working with wire, and creating a one of a kind setting out of metal. Along the way, we will discuss how to plan a design using your favorite glass focals. You will leave the class with at least 3 finished pieces. **A \$30 supply fee** paid to the instructor on the first night of class will include all materials and supplies.

Instructor: Danielle Cozart

Ages: 16+ years

Fee: \$105/ non-resident \$120

Dates: Wednesdays, March 9 - April 13

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

Activity Code: STARGLASJEWL

Intro to Glass Fusing

In this class you will create colorful glass suncatchers and ring dishes. You will start by learning the basics of layering glass and firing projects in a kiln. Next, we'll cover cutting glass and adding additional layers to add dimension. Finally, you will turn your flat pieces into functional artwork through the process of slumping. **Supply fee of \$30** due to the instructor at the first class.

Instructor: Danielle Cozart

Ages: 16+ years

Fee: \$105/ non-resident \$120

Dates: Wednesdays, January 12 - February 16

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

Activity Code: STARINTRGLFS

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. Must have had a jewelry class at Sertoma or Pullen Arts Center.

Instructor: Amy Veatch

Ages: 16+ years

Fee: \$135/ non-resident \$150

Dates: Friday, March 11 - April 22

Time: 10:00a.m. - 12:30p.m.

Activity Code: STARANODNIOB

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.

Instructor: Samantha Clarke

Ages: 16+ years

Fee: \$135/ non-resident \$150

Dates: Monday, January 10 - February 21

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

Instructor: Amy Veatch

Ages: 16+ years

Fee: \$135/ non-resident \$150

Dates: Thursday, February 24 – March 31

Time: 10:00a.m. - 12:30p.m.

Activity Code: STARBEGMETAL-007

Instructor: Sarah West

Ages: 16+ years

Fee: \$135/ non-resident \$150

Dates: Saturday, March 12 - April 16

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

Activity Code: STARBEGMETAL-009

Activity Code: STARBEGMETAL-008

Instructor: Dustin Walker

Ages: 16+ years

Fee: \$135/ non-resident \$150

Dates: Thursday, February 24 - March 31

Time: 7:00 - 9:30p.m.

Activity Code: STARBEGMETAL-0010

Chain Making

Learn how to make your own chain! Hone your soldering skills while learning tips and tricks to make beautiful one-of-a kind chains. Using sterling silver, brass, and copper wire students will be working with pliers, hammers, and the rolling mill along with an acetylene torch to create their own designs. Leave class with a completed chain and the skills to create many more! **Class kits will be available to purchase for \$15** on the first day of class. Students are encouraged to bring their own materials. 6 sessions. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center.

Instructor: Samantha Clarke

Ages: 16+ years

Fee: \$135/ non-resident \$150

Dates: Monday, March 7 – April 11

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

Activity Code: STARCHAINMAK

Cloisonne Enamels

In this class we will learn the basics of cloisonne enameling. Students will begin with a decorative or scenic line drawing and transform it into a beautiful piece of jewelry using transparent enamels and silver wire. Students will learn how to layout their design, prepare the enamels, work with cloisonne wire and best firing practices. We will also cover different techniques for setting your enamels into jewelry. **A \$25 kit** will be available for purchase at the first class and cover all supplies needed. 6 sessions. Prerequisite: Beginning Enamels at Sertoma or Pullen Arts Center.

Instructor: Sarah West

Ages: 16+ years

Fee: \$215/ non-resident \$230

Dates: Saturday, January 15 – February 19

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

Activity Code: STARCLOISONN

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.

Instructor: Betty McKim

Ages: 16+ years

Fee: \$135/ non-resident \$150

Dates: Tuesdays, January 18 - February 22

Time: 10:00a.m. - 12:30p.m.

Activity Code: STARMETALS-007

Instructor: Amy Veatch

Ages: 16+ years

Fee: \$135/ non-resident \$150

Dates: Thursday, April 7 – May 12

Time: 7:00 - 9:30p.m.

Activity Code: STARMETALS-008

Instructor: Dustin Walker

Ages: 16+ years

Fee: \$135/ non-resident \$150

Dates: Thursday, January 13 – February 17

Time: 7:00 - 9:30p.m.

Activity Code: STARMETALS-009

French Hook Earrings

Dip your toe into jewelry making with this French hook earring class. Students will learn to make their own earring wires and will leave the class with a fun, playful pair of earrings. Optional **jewelry kits will be available for \$10**. No experience needed. 2 sessions.

Instructor: Samantha Clarke
Ages: 16+ years
Fee: \$50/ non-resident \$65
Dates: Tuesday, March 8 – March 15
Time: 6:30 - 9:00p.m.
Activity Code: STARFRENHEAR

Make a Ring

This ring making class will explore stone setting for cabochons, faceted stones and/or found objects. We will use texture and fabrication techniques to embellish the surfaces. **A \$35 kit** will be available for purchase at the first class and will include a strip of silver, some silver wire, setting tube and bezel strip. Students may also provide their own supplies. Supply list will be provided 2 weeks before class to registrants. 6 sessions. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center.

Instructor: Betty McKim
Ages: 16+ years
Fee: \$135/ non-resident \$150
Dates: Tuesday, March 8 – April 12
Time: 10:00am - 12:30p.m.
Activity Code: STARMAKERING

Open Studio -Enameling

Enameling open studio is **for those who have taken an enameling class at Pullen or Sertoma**. This will allow you to finish up projects and explore new ideas. No instruction provided. You may bring your own enamels as long as they are lead free. A \$5 fee is charged if using Sertoma's enamels.

Instructor: Betty McKim
Ages: 16+ years
Time: 10:00a.m. - 4:00p.m.
Activity Code: STAROPNENMLS
Dates: Mondays, January 24, 31, February 7, 14, 21, 28, March 7, 14, 21, 28, April 4, 11, 18, 25

Open Studio - Jewelry

This open studio is for Sertoma Jewelry Studio **members and students** currently enrolled in Jewelry programs at Sertoma. No instruction provided.

Instructor: Samantha Clarke
Ages: 16+ years
Time: 4:30 - 9:00p.m.
Activity Code: STARJEWELOS
Dates: Tuesdays, January 18, 25, February 1, 8, 15, 22, March 1, 22, 29, April 5, 12, 19, 26

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 and on receipt.

Instructor: Ryan Fox
Ages: 16+ years
Fee: \$105/ non-resident \$120
Dates: Monday, January 24 - February 21 and March 14 - April 18
Time: 9:30a.m. - 12:30p.m.
Activity Code: STARBGWTRCLR

Chinese Brush Painting

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.

Ages: 16+ years

Fee: \$50/ non-resident \$75 per session

Dates: Wednesday, January 5, and February 2, and March 2, and April 6

Time: 12:00 - 3:00p.m.

Activity Code: STARCHINBRP

Florals and Greenery in Palette Knife

This class is great for any skill level covering the basics of painting flowers and greenery in acrylic paint using mainly a Palette Knife. You will be taught how to paint different types of flowers as well as how to understand depth, using light and shadow. Wilson will guide you through every color to use, way to hold your knife 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. The style of working with a palette knife can be more abstracted as much as the student wishes. Wilson will teach both abstraction of petals and greenery, as well as flowers that are more closely representing realism. Students may follow along in oil if they choose, but the instructor will be teaching in acrylic. During the final steps of the painting Amanda will add texture and details with the palette knives and Regular Body Gloss Gel Medium by Golden. If you choose to paint this along the same way please make sure you have the materials on hand. Supply list available on Sertoma's webpage and receipt.

Instructor: Amanda Wilson

Ages: 16+ years

Fee: \$105/ non-resident \$120

Dates: Wednesdays, March 9 - April 20

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

Activity Code: STARFLRGRNPK

Impressionistic Cityscapes

This class will be a great introduction for how to use a palette knife to achieve texture in a painting. We will be practicing different ways to use the tool to create different effects such as beautiful skylines, buildings, reflections, clouds, trees etc. Students will be taught the basics of impasto painting with Acrylic on Canvas using Gel Mediums to create different textures in the raised paint. This course is great for anyone looking to try something new, or brush up on some techniques and learn a new trick or two. 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. 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 using the demonstrated techniques in their own work with the instructor's guidance. This course is great for any skill level. Supply list available on Sertoma's webpage and receipt.

Instructor: Amanda Wilson

Ages: 16+ years

Fee: \$105/ non-resident \$120

Dates: Wednesdays, January 12 - February 23

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

Activity Code: STARIMCTYPAL

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 your 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.

Instructor: Connie Mansfield

Ages: 16+ years

Fee: \$125/ non-resident \$140

Dates: Sat. & Sun., April 2 - 3

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

Activity Code: STARPNTPTLS

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.

Instructor: Peter Marin

Ages: 16+ years

Fee: \$115/ non-resident \$130

Dates: Thursdays, March 10 - April 14

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

Activity Code: STARINTRPTPM

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.

Instructor: Larry Dean

Ages: 16+ years

Fee: \$105/ non-resident \$120

Dates: Tuesdays, January 11 - February 15 and March 8 - April 12
and Mondays, January 10 - February 21 and March 7 - April 11

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

Activity Code: STARPTLDASTU

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.

Instructor: Larry Dean

Ages: 16+ years

Fee: \$105/ non-resident \$120

Dates: Tuesdays, January 11 - February 15 and March 8 - April 12

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

Activity Code: STARPTLDSTDO

Paint Like the Masters: Vincent van Gogh's "Starry Night"

This class will be Amanda's step by step breakdown and recreation of "The Starry Night" by Vincent van Gogh, June 1889. Amanda will be using brush and palette knife techniques to recreate this masterful work. Through this six-week course you will learn how to recreate your very own version of this painting on any size canvas you would like. Amanda will be working on a larger canvas that is 36" x 24" for this piece and encourages students to paint larger than they normally do. We will be using acrylic paint for this piece, please make sure you have an adequate amount of paint on hand for the canvas size you choose. This is a great class for all skill levels, instructions will be broken down to a manageable pace for students to follow along with. Supply list available on Sertoma's webpage and receipt.

Instructor: Amanda Wilson

Ages: 16+ years

Fee: \$105/ non-resident \$120

Dates: Wednesdays, March 9 - April 20

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

Activity Code: STARPLMVVGSN

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.

Instructor: Ryan Fox

Ages: 15+ years

Fee: \$105/ non-resident \$120

Dates: Mondays, January 24 - February 21 and March 14 - April 18

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

Activity Code: STARWCLRA

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.

Instructor: Janie Johnson

Ages: 16+ years

Fee: \$120/ non-resident \$135 **per session**

Dates: Saturday & Sunday, January 15-16, and February 12-13, and April 9-10

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

Activity Code: STARWORKWW

Winter Landscapes in Acrylic

Have you ever seen a beautiful winter landscape painting and thought to yourself, I wish I could paint like that? Guess what? You absolutely can! In this class you will learn how to create your very own landscapes and leave with at least one completed painting. 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 instructors demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructors guidance. This course is great for any skill level, whether you have been painting for years or have never touched a brush or palette knife before you will be able to go home with something you are proud of! Supply list available on Sertoma's webpage and receipt.

Instructor: Amanda Wilson

Ages: 16+ years

Fee: \$105/ non-resident \$120

Dates: Wednesdays, January 12 - February 23

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

Activity Code: STARWINTERLS

Photography

Print with the Sun: Cyanotype Printing and Tinting

In this 2-day workshop, we will learn the basics of creating photographic prints using cyanotype. We will spend the first day learning how to prepare paper, selecting botanical materials from Shelley Lake Park for our prints, and developing images. On the second day we will go over tinting the prints using a variety of techniques. **Supplies included.**

Instructor: Ayla Gizlice

Ages: 16+ years

Fee: \$50/ non-resident \$75

Dates: Saturday and Sunday, January 22 - 23

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

Activity Code: STARCYNATYPE

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!

Instructor: Tim Cherry

Ages: 16+ years

Fee: \$110/ non-resident \$125

Dates: Wednesday, January 12 - February 23

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

Activity Code: STARBEGHANDB-005

Instructor: Steve Karloski

Ages: 16+ years

Fee: \$110/ non-resident \$125

Dates: Wednesday, January 12 - February 23

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

Activity Code: STARBEGHANDB-006

Instructor: Ayla Gizlice

Ages: 16+ years

Fee: \$110/ non-resident \$125

Dates: Tuesday, January 11 - February 22

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

Activity Code: STARBEGHANDB-007

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. **Prerequisite:** Beginning Handbuilding class at Sertoma or Pullen Arts.

Instructor: Tim Cherry

Ages: 16+ years

Fee: \$110/ non-resident \$125

Dates: Wednesday, March 16 - April 27

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

Activity Code: STARPOTCONT-005

Instructor: Steve Karloski

Ages: 16+ years

Fee: \$110/ non-resident \$125

Dates: Wednesday, March 16 - April 27

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

Activity Code: STARPOTCONT-006

Introduction to Majolica

Developed in the Middle East during the 9th century and made famous by Italian artisans, majolica is earthenware pottery with a white opaque glaze decorated with ceramic colorants brushed on top of the raw, unfired glaze. The glaze is formulated to be viscous which restricts the flow and movement of the glaze retaining most of the line quality of the decoration. In this class we will examine historical aspects, designs of majolica and explore the process using commercial glazes & majolica colors making the techniques easy to use. Formulas for mixing your own majolica glazes/colors will be provided & discussed. If you like color and painting designs on pottery, this class is for you. This class does not qualify for a studio card at Sertoma Arts Center. Open to qualified Sertoma Arts Center potters and qualified Pullen Arts Center potters who have completed the Studio Orientation at Sertoma prior to registration only. Students must be able to throw or hand build forms for decorating. Students pay **glaze and color fee of \$45** at the first class to the instructor. Registrants will be emailed information on tools and brushes shortly after registration.

Instructor: Randy Hinson

Ages: 16+ years

Fee: \$75/ non-resident \$90

Dates: Thursdays, April 7 - 28

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

Activity Code: STARPOTMAJO

More Creatures!

The popularity of the Creatures of Habitat workshop has led to a second session of animal-building. This workshop involves small-scale creations of cats, dogs, rabbits, bears and elephants...oh my! Bring all of your handbuilding skills together for this fun exploration of creatures great and small. Basic handbuilding tools are necessary, along with a notebook for the planning process. **Prerequisite:** Beginner Handbuilding at Sertoma or Pullen Arts Center. This class does not qualify for a studio card.

Instructor: Steve Karloski

Ages: 16+ years

Fee: \$65/ non-resident \$80
Dates: Mondays, February 7 - 28
Time: 7:00 - 9:15p.m.
Activity Code: STARMORCREAT

Sculptural Handbuilding

Explore ways to incorporate basic handbuilding techniques to create more unique and involved work. Through projects that start with your own ideas and interests, methods such as stiff slab construction will provide the means to build more solid pieces. Organic, architectural, functional and decorative approaches will be covered. **Prerequisite:** Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card.

Instructor: Steve Karloski
Ages: 16+ years
Fee: \$65/ non-resident \$80
Dates: Mondays, April 4 - 25
Time: 7:00 - 9:15p.m.
Activity Code: STARSCULPHB

Sertoma Pottery Studio Orientation

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 or email SertomaArtsCenter@raleighnc.gov.

Instructor: Joan Walsh
Ages: 16+ years
Fee: \$25/ non-resident \$40
Dates: Wednesday, January 19, and Monday, March 7
Time: 6:00 - 7:00p.m.
Activity Code: STARPSORIENT

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!

Instructor: Andy McKenzie
Ages: 16+ years
Fee: \$110/ non-resident \$125
Dates: Wednesday, March 16 - April 27
Time: 9:30 - 11:45a.m.
Activity Code: STARBEGHANDB-007

Instructor: Joan Walsh
Ages: 16+ years
Fee: \$110/ non-resident \$125
Dates: Wednesday, January 12 - February 23
Time: 7:00 - 9:15p.m.
Activity Code: STARBEGHANDB-008

Instructor: Jeannette Stevenson
Ages: 16+ years
Fee: \$110/ non-resident \$125
Dates: Monday, January 10 - February 28
Time: 7:00 - 9:15p.m.
Activity Code: STARBEGHANDB-009

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. This is a seven-week class. **Prerequisite:** Beginner Wheel at Sertoma or Pullen Arts Center.

Instructor: Tina Granville
Ages: 16+ years
Fee: \$110/ non-resident \$125
Dates: Wednesday, January 12 - February 23

Instructor: Joan Walsh
Ages: 16+ years
Fee: \$110/ non-resident \$125
Dates: Wednesday, March 16 - April 27

Time: 9:30 - 11:45a.m.
Activity Code: STARPOTWHLCN-006

Time: 7:00 - 9:15p.m.
Activity Code: STARPOTWHLCN-008

Instructor: Jeannette Stevenson
Ages: 16+ years
Fee: \$110/ non-resident \$125
Dates: Monday, March 14 - April 25
Time: 7:00 - 9:15p.m.
Activity Code: STARPOTWHLCN-007

Printmaking

Learn to Screen Print

If you want to make your own T-shirts, this is the class for you. Get your screens, ink and squeegee ready. We will cover applying emulsion, making transparencies, exposing the screen and printing techniques. You can use store-bought screens or learn how to build your own inexpensive screens. You can also print on tote bags, dish towels, paper and more. All skill levels welcome. Supply list is available on Sertoma's webpage and receipt.

Instructor: Keith Norval
Ages: 16+ years
Fee: \$105/ non-resident \$120
Dates: Wednesdays, January 19 – February 23
Time: 7:00 - 9:30p.m.
Activity Code: STARPRTLNRSC

Exercise

Beginning Kripalu Yoga

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.

Instructor: Susan Kilmon
Ages: 16+ years
Fee: \$52/ non-resident \$67
Dates: Mondays, January 10 – February 28 and March 7 - April 11
Time: 6:15 - 7:15p.m.
Activity Code: STARKRIPBEG

Dates: Mondays, January 10-February 28 and March 7-April 11
Times: 7:30-8:30pm
Activity Code: STARKRIPBEG

Dates: Tuesdays, January 11 – February 22 and March 15 - April 19
Time: 12:00 - 1:00p.m.
Activity Code: STARKRIPBEG

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.

Instructor: Susan Kilmon
Ages: 16+ years
Fee: \$52/ non-resident \$67
Dates: Wednesdays, January 12-February 16 and March 9-April 13
Time: 7:30 - 8:30p.m.
Activity Code: STARKRIPCON

Dates: Thursdays, January 13-February 17 and March 10-April 14
Times: 12:00-1:00pm
Activity Code: STARKRIPCON

Continuing Kripalu Yoga with Meditation

This course is a continuation of the Kripalu Yoga Beginning Class and includes a meditation component. 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.

Instructor: Susan Kilmon

Ages: 16+ years

Fee: \$52/ non-resident \$67

Dates: Wednesdays, January 12 – February 16 and March 9 - April 13

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

Activity Code: STARKRIPCME

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.

Instructor: Susan Kilmon

Ages: 16+ years

Fee: \$52/ non-resident \$67

Dates: Tuesdays, January 11 – February 22 and March 15 - April 19

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

Activity Code: STARHAIRYOGA

Line Dance – Beginner and Improver Contemporary Line Dance

Join this beginner through improver line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! From 4:00-5:00 is easy beginner through solid beginner dances. You'll learn steps and gain experience doing beginner line dances. From 5:00-6:00 is improver level dancing, work on more challenging dances at the improver level. Knowledge of line dance steps is necessary and prior experience recommended.

Instructor: Jackie Wheeler

Ages: 16+ years

Fee: \$2 per day

Dates: Tuesdays, January 4 - April 26

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

Activity Code: STARLINEDANC

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. New to Nia? Take a free class!

Instructor: Laura Ghantous

Ages: 16+ years

Fee: \$8 per day

Dates: Saturdays, January 8 - March 5 and March 12-April

Time: 10:15 - 11:15p.m.

Activity Code: STARNIATECH