

## SERTOMA ARTS CENTER – WINTER/SPRING 2018 – CLASSES / WORKSHOPS



### DISCOVER YOUR CREATIVE SIDE

## SERTOMA 2018 WINTER/SPRING CLASSES / WORKSHOPS

### Special Event – Paint Your heART Out!

**February 3<sup>rd</sup> from 10:30am-2:00pm**

All ages. Help us help you! Sertoma is hosting the 7th annual Paint your heART out valentine-inspired arts and scholarship support programs. Each person will get the opportunity to create an original valentine-inspired masterpiece on canvas using paint and other materials on site. This is a great opportunity to support arts and scholarship programs while spending time with your loved ones! Preregistration is encouraged, but registration is also available on the day of the program. Participants must register in person for \$6, \$10 and \$12 canvases. Minimum donation: \$6 per person. For a donation above the minimum, please call Sertoma at 919-996-2329, include a note on your registration, or bring it in person the day of the event.

### Preschool Classes

#### Preschool – Mini Monets

Age: 18mths-2yrs. This class introduces little ones to a variety of art materials 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. Instructor: Michelle Davis Petelinz.

Course Fee: \$45

#215614	Jan 11-Feb 15	Th	9:30-10:15am
#215615	Jan 12-Feb 16	F	9:30-10:15am
#215616	Mar 8-Apr 12	Th	9:30-10:15am
#215617	Mar 9-Apr 20	F	9:30-10:15am
			no class Mar 30

#### Preschool – Petite Picassos

Age: 3-4yrs. 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. Instructor: Michelle Davis Petelinz.

Course Fee: \$60

#215606	Jan 8-Feb 19	M	9:30-10:30am
			no class Jan 15
#215607	Mar 5-Apr 9	M	9:30-10:30am
#205608	Jan 11-Feb 15	Th	10:45-11:45am
#205609	Mar 8-Apr 12	Th	10:45-11:45am

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### Preschool – Story Drama Together: Under the Sea

Age: 2-4yrs. Children and caregivers explore a story in this creative drama class they attend together that supports social and motor skills. Explore a new story each week through drama, puppetry and art. Course fee includes a parent/caregiver. Instructor from Raleigh Little Theatre.

Course Fee: \$65

#215995 Mar 6-Apr 10 T 10:30-11:15am

### Preschool – Wild Animal Art

Age: 3-5yrs. 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.

Instructor: Michelle Davis Petelinz.

Course Fee: \$60

#215612 Jan 10-Feb 14 W 1:00-2:00pm

#215613 Mar 7-Apr 11 W 1:00-2:00pm

## Youth/Teen Classes

### Art – Art Around the World

Age: 6-10yrs. Come travel with us! Each week we'll learn about a different country and create projects inspired by its art. Destinations may include Australia, China, Egypt, Ghana, India, Mexico, Peru and more. No two sessions are ever alike, so sign up for them all! Instructor: Michelle Davis Petelinz.

Course Fee: \$70

#215610 Jan 8-Feb 19 M 4:00-6:00pm  
no class Jan 15

#215611 Mar 5-Apr 9 M 4:00-6:00pm

### Art – Fantastic Beasts and How to Make Them

Age: 6-11yrs. 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! Instructor: Michelle Davis Petelinz.

Course Fee: \$70

#215618 Jan 9-Feb 13 T 4:00-6:00pm

#215619 Mar 6-Apr 10 T 4:00-6:00pm

### Drawing – Drawing Fundamentals

Age: 11-17yrs. This class will explore drawing fundamentals such as contour drawing, gesture drawing, value and shading, composition and perspective. Supplies included. Instructor: Sarah Clover.

Course Fee: \$105

#220291 Jan 9-Feb 13 T 6:30-8:30pm  
skips 2/20

#220292 Mar 6-Apr 10 T 6:30-8:30pm

## SERTOMA ARTS CENTER – WINTER/SPRING 2018 – CLASSES / WORKSHOPS

### Fibers – Beginner Crochet: Scarf

Age: 10-16yrs. Crocheted scarves make a wonderful handmade gift, and are fairly inexpensive and simple to make. In this class, students will learn how to crochet using basic, common stitches. Students will learn how to make color changes and finishing techniques. They will also learn how to read crochet patterns and crochet nomenclature, and learn about the different weights and choosing a hook. Throughout the session, students will use their learned skills to craft a scarf. Supplies included. Instructor: Nicole Gardella.

Course Fee: \$86

#220412 Mar 7-Apr 11 W 4:00-6:00pm

### Fibers – Beginning Sewing for Teens: Drawstring Backpack

Age: 13-17yrs. Learn how to sew with this fun project! Teens will learn how to sew while making a backpack with fabric of their choosing. Skills learned will include straight stitching, installing hardware, sewing in lining and pockets, making buttonholes, and attaching appliques. Supplies included. Instructor: Nicole Gardella.

Course Fee: \$155

#220405 Jan 14-Feb 18 Su 1:00-3:00pm

### Fibers – Plush Toys

Age: 9-17yrs. Learn how to create a soft plush toy. Design, construct and hand sew your plush from start to finish. This class will learn some useful and simple hand stitching techniques and pattern making. Supplies included. Instructor: Sarah Clover.

Course Fee: \$96

#220301 Mar 8-Apr 12 Th 6:30-8:30pm

### Mixed Media - Garden Art

Age: 6-11yrs. This class will explore several sculptural projects to create unique art for your garden. Mosaic stepping stones, bird feeders, painted flower pots, wind chimes, and fair houses are some of the projects this class will create. Supplies included. Instructor: Sarah Clover

Course Fee: \$95

#220290 Jan 11- Feb 15 Th 4:30-6:30pm

### Music – Raleigh Children's Orchestra

Age: 6-13yrs. 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. Director: Ilse Mann.

Course Fee: \$150 (Full Session)

#214227 Jan 4-Apr 26 Th 6:15-7:30pm

Course Fee: \$75 (Half Session)

#214228 Mar 1-Apr 26 Th 6:15-7:30pm

### Performing Arts – Creative Drama: Fractured Fairytales

Age: 6-8yrs. Students will explore skills needed to bring a story to life such as concentration, movement, pantomime, voice and characterization. Instructor from Raleigh Little Theatre.

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Course Fee: \$95

#215976 Mar 5-Apr 9 M 4:30-5:45pm

### Performing Arts – Puppetry and Performance

Age: 9-12yrs. Learn multiple ways to make your own puppets and practice the basics of puppet performance as you manipulate your creations in a believable way. Instructor from Raleigh Little Theatre.

Course Fee: \$95

#215996 Mar 6-Apr 10 M 4:30-5:45pm

### Pottery – Handbuilding for Children

Age: 5-8yrs. Children work with clay and learn various methods of constructing pottery, such as pinch, coil and slab, to form their own unique creations. Pieces will be glazed during the last class, so don't miss it! Students can pick up finished work two weeks after course is completed. Instructor: Lynn Kurisko.

Course Fee: \$60

#215654 Jan 22-Feb 12 M 4:15-5:30pm

#215655 Jan 24-Feb 14 W 4:15-5:30pm

#215656 Mar 13-Apr 3 T 4:15-5:30pm

### Pottery – Let's Decorate Clay Valentine Ornaments!

Age: 5-11yrs. Children will be able to take bisqued clay ornaments and pendants and decorate them with paint, markers, glitter and more! We will have hearts, cupids and lovebirds. Children will take their creations home with them the same day. Instructor: Patty Merrell.

Course Fee: \$15

#215703 Feb 4 Su 1:45-3:15pm

### Pottery – Sun Faces

Age: 6-11yrs. We are going to anticipate some bright sunshiny days by making happy sun faces to hang on the wall. Children will take clay slabs and create a sun with a face. During the second class, children will decorate with glazes. They will be ready for pickup two weeks after the last class.

Instructor: Patty Merrell.

Course Fee: \$30

#215957 Mar 8-15 Th 4:15-5:30pm

### Pottery – Valentines in Clay

Age: 5-12yrs. Come and make cut-outs in clay for Valentine's Day! We will be making and decorating them in the first class and glazing them in the second class. Finished pieces will be ready for pickup two weeks after the last class. Instructor: Lynn Kurisko.

Course Fee: \$30

#215659 Jan 23-30 T 4:15-5:30pm

### Pottery – Handbuilding for Youth & Teens

Age: 9-14yrs. Students work with real clay and learn various methods of constructing pottery, such as pinch, coil and slab, to form their own unique creations. Pieces will be glazed during the last class and students can pick up finished work two weeks after last class. Instructor: Sarah Clover.

Course Fee: \$60

#215661 Mar 12-Apr 2 M 4:15-5:30pm

## SERTOMA ARTS CENTER – WINTER/SPRING 2018 – CLASSES / WORKSHOPS

### **Pottery – Wheel Throwing for Teens**

Age: 12-16yrs. 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, and students can pick up pots after class has ended. Class does not qualify participants for a studio card. Instructor: Joan Walsh.

(6 sessions).

Course Fee: \$80

#215684 Jan 22-Feb 26 M 4:00-6:00pm

### **Printmaking – Printeresting: Basics of Printmaking**

Age: 12-17yrs. This is a class that engages students how to create their own original prints. We will be using a variety of printmaking techniques, such as relief, stencils, stamps, mono print, silk-screening, linoprint and photo transfers. Supplies included. Instructor: Sarah Clover.

Course Fee: \$110

#220298 Jan 10-Feb 14 W 6:30-8:30pm

#220299 Mar 14-Apr 18 W 6:30-8:30pm

## **Adult Classes**

### **Art History Part III: Late 19<sup>th</sup> Century to Mid 20<sup>th</sup> Century**

Age: 18yrs and up. Join us for a fun introduction to Art History as we look at, discuss and even make our own art inspired by the 'isms around the turn of the century (impressionism, post-impressionism, expressionism, futurism, regionalism, etc). Bring a sketchbook, roughly 9x12 inches. \$10 supply fee due at start of class. Instructor: Chelsea Brown.

Course Fee: \$60

#217730 Jan 10-Feb 14 W 9:30-11:00am

### **Art History Part IV: Late 20<sup>th</sup> Century to Early 21<sup>st</sup> Century Art**

Age: 18yrs and up. Join us for a fun introduction to Art History as we look at, discuss, and even make our own (inspired by) postmodern through contemporary art. Bring sketchbook that is roughly 9x12 inches. \$10 supply fee due at the start of class. Instructor: Chelsea Brown.

Course Fee: \$60

#215832 Mar 7-Apr 18 W 9:30-11:00am

### **Dance – Ballroom I**

Age: 16yrs and up. Students will be introduced to at least four of the following dances: fox-trot, swing, waltz, cha cha, rumba, mambo, tango and samba. Instruction in each dance includes the basics, techniques and styling for beginning and some intermediate patterns. Fifteen minutes of supervised freestyle dancing is followed by one hour of instruction. Registration by couple only. Fee is per person. Instructors: Liz Sorrell and Mike Metcalf.

Course Fee: \$65

#215999 Mar 6-Apr 10 T 7:15-8:30pm

### **Drawing – Basic Drawing Techniques Part 1**

Age: 16yrs and up. This class is for beginners and those who need a refresher. Explore contour, proportion, shape, form, value, space and perspective. A drawing course is recommended before any

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painting course. This will provide a great foundation. Supply lists are available on Sertoma's webpage. Instructor: Chelsea Brown.

Course Fee: \$84

#216003 Jan 12-Feb 16 F 9:30am-12:00pm

### **Drawing – Basic Drawing Techniques Part 2**

Age: 16yrs and up. This class is for students who have taken a basic drawing class. Students will explore value, style, space, texture and portraiture. Supply lists are available on Sertoma's webpage.

Instructor: Chelsea Brown.

Course Fee: \$84

#216004 Mar 9-Apr 27 F 9:30am-12:00pm  
no class Mar 30 and Apr 6

### **Drawing – Workshop: Introduction to Zentangle**

Age: 16yrs and up. The Zentangle art method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle method is enjoyed all over the world by people of all ages, skills and interests. It is easy to learn and easy to do.

Materials fee of \$12 is due to instructor at start of workshop and includes all supplies needed.

Instructor: Cathy Boytos.

Course Fee: \$25

#216731 Feb 20 T 6:30-9:00pm

### **Education – The Artist's Way**

Age: 22yrs and up. If you'd like to tap into your creative, intuitive side and explore what's next for you, The Artist's Way can show you a way of thinking that can open up exciting new paths. Whether you are an aspiring or working artist, have a specific goal in mind or would like to discover what's possible, you'll find this group of like-minded people to be supportive and the class transformational! The process is designed to expand your creative and personal interests, increase your confidence, overcome your blocks and transform your relationship with your inner critic. And it's fun! Class members enjoy connecting and making new friends. Visit The Artist's Way— Raleigh on Facebook. Class supply fee of \$7 is payable to the instructor at first class. Bring your copy of 'The Artist's Way' and a journal for daily entries. This is not an art class. Instructor: Marlene Pelligrino.

Course Fee: \$155

#### **The Artist's Way Part I**

#216009 Jan 11-Feb 8 Th 1:00-3:30pm

#### **The Artist's Way Part II**

#216010 Feb 15-Mar 15 Th 1:00-3:30pm

### **Fibers – Beginning Hand Sewing**

Age: 16yrs and up. In this class we will learn the basics of hand sewing while making a decorated drawstring pouch. We will also learn about piecing and quilting while making a mini quilt. Supply list available on Sertoma's webpage. Instructor: Anna Podris.

Course Fee: \$105

#216202 Jan 10-Feb 14 W 6:30-9:00pm

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### Fibers – Beginning Sewing: Fashion Bag Making

Age: 16yrs and up. Creating a unique and well-crafted fashion shoulder bag for yourself or as a gift for someone else is a rewarding experience. In this fun class we will learn some fundamental bag making techniques while making a custom cotton shoulder bag. This beginner class will familiarize you with different construction methods and give you experience working with interfacing (to create structure), purse hardware, pockets, lining and other component parts of bag making which will enable you to begin designing and creating different types of bags on your own. Supply list is available on Sertoma's website. Instructor: Joy Kelley.

Course Fee: \$70

#216702     Mar 22-Apr 19     Th     6:30-8:30pm

### Fibers – Beginning Sewing: Pillows

Age: 16yrs and up. Decorative pillows are often quite expensive but not if you can design and sew your own! In this class, you will design and sew a unique decorative pillow. You will learn the basics of sewing machine operation and develop fundamental sewing skills necessary for progressing to more advanced projects. If you have no previous sewing experience (or haven't sewn in years and you just want to brush up your skills) this class is a great one to start with. Supply list is available on Sertoma's website. Instructor: Joy Kelley.

Course Fee: \$56

#216238     Feb 15-Mar 8     Th     6:30-8:30pm

### Fibers – Hand Painted Silk Scarves

Age: 13yrs and up. Students will learn the basic techniques of painting on silk with Setasilk paints and/or Jacquard green label dyes. Process will include wet on wet, resist line drawing, blending, over-painting, and textures using silk and alcohol. Setasilk paints will be set with an iron for permanence, and Jacquard dyes will be set using a dye set fixative or possibly steam set. Each student will receive three silk scarf blanks, as well as sample fabrics for experimentation, their own set of dyes and full directions for building a silk stretcher, so students can continue to paint and experiment from home. Instructor will provide a list of resources for supplies and instructional books. Students will leave with three wearable scarves. Supply fee of \$29 due at first class, see front desk for purchase of supplies. Instructor: Jackie Weatherly.

Course Fee: \$125

#215657     Jan 8-Feb 19     M     6:30-9:00pm  
no class Jan 15

#215658     Mar 5-Apr 9     M     6:30-9:00pm

### Fibers – Intro to Beginning Crochet

Age: 16yrs and up. Students will learn basic crochet stitches and how to crochet a beginner's granny square. Students will also learn how to add different colored yarn and how to connect the granny squares to make a small afghan and/or a granny square holiday ornament. Supply list available on Sertoma's home page. Instructor: Jackie Weatherly.

Course Fee: \$55

#215704     Jan 9-30     T     6:30-9:00pm

#215705     Mar 6-27     T     6:30-9:00pm

### Fibers - Learning to Crochet: Amigurumi

Age: 16yrs and up. This class will teach you about the art of amigurumi, or cute crocheted dolls and stuffed animals and objects. You will learn about the aesthetic of the artform, as well as how to

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crochet in the round, reading a pattern, increasing and decreasing stitches in order to shape the body, and making jointed limbs. Supply list available on Sertoma's webpage. Instructor: Nicole Gardella.

Course Fee: \$95

#220410 Jan 10- Feb 14 W 3:30-6:00pm

### Fibers – Traditional Japanese Embroidery

Age: 18yrs and up. 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 the full kit of tools and supplies from the instructor. A supply list with costs is available on Sertoma's webpage. 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.

Course Fee: \$75

#215491 Jan 20-21 Sa-Su 9:30am-4:30pm

#215492 Mar 17-18 Sa-Su 9:30am-4:30pm

### Fibers - Learning to Sew: Basic Repairs

Age: 16yrs and up. This class will teach you all sorts of useful techniques to repair your own clothing. You will learn how to reattach buttons, snaps, and hooks/eyes; replacing elastic; replacing zippers in pants; repairing ripped seams; patching holes; resewing hems; and repairing torn pockets. Supply list available on Sertoma's webpage. Instructor: Nicole Gardella.

Course Fee: \$155

#220408 Mar 6- Apr 10 T 3:30-6:00pm

### Fibers – Workshop: Independent Study with Nui Shibori

Age: 16yrs and up. This class will focus on the stitch in shibori. Individuals will explore, experiment and examine their personal interests in this medium. Participants are welcome to bring their own pieces, projects, challenges or questions for discussion or experimentation. All levels are welcome. Possible products: pages for a sampler book on shibori stitching, a simple stitch sampler and similar items. Students should bring small scissors, thimble, measuring tape and fabric-type markers and may also bring their own cloth choices. Bring dishwashing-type gloves and dress appropriately for the dye studio. Also bring a bag lunch and drink. Supply list available on Sertoma's webpage. \$25 supply fee due to instructor at start of workshop. Instructor: Susan Fennell.

Course Fee: \$120

#215573 Mar 3-4 Sa-Su 10:00am-4:00pm

### Fibers – Workshop: Sewing an Apron

In this fun beginner's class you will customize a basic apron pattern so it reflects your style. You will leave this one-day workshop with a completed apron and a personalized pattern to use in making other aprons. You will gain experience cutting fabric from a pattern, sewing straight lines, corners and curves with a consistent seam allowance and other fundamental sewing skills that are essential for progressing to more advanced projects. No prior sewing experience necessary. Supply list available on Sertoma's home page. Instructor: Joy Kelley.



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Course Fee: \$30

#216698 Feb 24 Sa 1:00-4:00pm

### **Fibers – Workshop: Sewing a Crossbody Bag**

Age: 16yrs and up. If you want to create your own personalized accessories, this project is for you! We will get you started by teaching you some basic bag making skills. In this one day workshop we will sew a small crossbody bag including learning about zippers, interfacing and strap making. After completing the bag, we will discuss additional ways to progress your bag making skills by changing various design features, hardware options and strap configurations to create your own customized bag. No prior sewing experience necessary. Supply list available on Sertoma's webpage. Instructor: Joy Kelley.

Course Fee: \$30

#216701 Feb 3 Sa 1:00-4:00pm

### **Fibers – Workshop: Sewing Machine Basics**

Age: 16yrs and up. Sewing machines are wonderful tools, but they are also complex and as such can be intimidating for beginners. This hands-on sewing machine basics class offers a fun and supportive environment where beginners will gain the confidence they need 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. You will get some experience sewing on a variety of different fabrics and learn what to look for when purchasing supplies for your own projects. Supply fee of \$7 is paid to the instructor at start of workshop. Note: this class does not cover computerized or embroidery machines. Instructor: Joy Kelley.

Course Fee: \$20

#216699 Jan 13 Sa 1:00-4:00pm

### **Jewelry – Beginning Enameling**

Age: 16yrs and up. This class is designed for the aspiring enamellist. Starting with the absolute basics, we will explore color on metal with transparent and opaque enamels. The sky's the limit - there will be tons of room for experimentation! Students will come away with the basic knowledge and confidence to enamel and oodles of samples to make into finished jewelry. Instructor: Sarah West. (6 sessions).

Course Fee: \$140

#215231 Mar 10-Apr 14 Sa 10:30am-1:30pm

### **Jewelry – Etching for Jewelry**

Age: 16yrs and up. In this class we will learn the basics of etching on copper to add texture and imagery to your jewelry designs. Students will have time to complete samples in class and will also learn how to safely set up their own etching system at home. All materials included. Instructor: Sarah West. (3 sessions).

Course Fee: \$75

#215133 Feb 3-17 Sa 10:30am-1:30pm

### **Jewelry – Event: Grand Opening of Sertoma's Jewelry Studio**

Age: 16yrs and up. Please join us for a celebration of our relocation to a new site while Pullen Arts Center undergoes major renovations. We will have a presentation by Betty McKim about her attendance at the Society of North American Goldsmiths 2017 Conference in New Orleans, 'NEXUS:

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A Connection of Ideas.' Southern cuisine and refreshments will be provided. There will also be a jewelry exhibit and gallery pop-up featuring work of our current instructors and participants. We will conclude with a tour of the new space and a ribbon-cutting and christening of the new Sertoma Arts Center Jewelry/Metals Studio. Hope to see you there!

Course Fee: \$0

#216685 Feb 22 Th 12:30-2:00pm

### **Jewelry – Flush Setting Basics**

Age: 16yrs and up. This class is designed to get you comfortable with the basis of flush setting. Students will practice setting stones on a sample plate. All materials will be provided. Beginners welcome! Instructor: Sarah West. (1 session).

Course Fee: \$25

#215201 Jan 27 Sa 10:30am-1:30pm

### **Jewelry – Hydraulic Press**

Age: 16yrs and up. Learn to use the hydraulic press to cut and form components for all types of jewelry. Beware: The hydraulic press is an extremely versatile tool and using it can cause a creative blast! Basic knowledge of metalsmithing will be helpful in this class. Instructor: Amy Veatch. (6 sessions).

Course Fee: \$120

#215034 Mar 5-Apr 9 M 7:00-9:30pm

### **Jewelry – Layers, Shapes, Textures**

Age: 16yrs and up. Using cold connections and various texturing methods, students will make components, pendants, earrings and bracelets by layering shapes and textures. All levels of skill are welcome. Instructor: Amy Veatch. (5 sessions).

Course Fee: \$95

#215054 Jan 24-Feb 21 W 10:00am-12:30pm

### **Jewelry – Rivets, Tabs, Wires**

Age: 16yrs and up. Use cold connections, set stones, found objects and other components to make earrings, pendants and bracelets. Basic knowledge of metalsmithing will be helpful in this class. Instructor: Amy Veatch. (5 sessions).

Course Fee: \$95

#215041 Mar 7-Apr 4 W 7:00-9:30pm

### **Music – Beginning Guitar**

Age: 8yrs and up. Students will learn proper tuning, playing position and musical symbols. The class will also cover notes in first position and various open chords. We will offer instruction in picking, strumming and rhythms through eighth notes. Students will apply these concepts to various songs presented in the book. Bring your guitar (acoustic or electric with amp) and the instructional book 'Hal Leonard Guitar Method Book 1' with CD. Instructor: Luciano Suarez.

Course Fee: \$95

#215972 Jan 8-Feb 19 M 6:30- 7:30pm  
no class Jan 15

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### Music – Intermediate Guitar

Age: 8yrs and up. Study a variety of keys and positions in different styles and receive an introduction to improvisation, the blues and fingerstyle. Students will develop skills by playing musical selections from the textbook, utilizing both standard notation and tablature. Instructor: Luciano Suarez.

Course Fee: \$95

#215973     Mar 5-Apr 9             M     6:30- 7:30pm

### Painting – Beginning Watercolors

Age: 16yrs and up. Learn the basic techniques of transparent watercolor. Find out about the best paper, paint and brushes to use. Students will create a landscape after learning how to do wet-on-wet washes, wet-on-dry washes, trees, water, rock and skies. Students will learn how to achieve a beautiful glowing sky in watercolor. Supply list available on Sertoma's webpage. Instructor: Ryan Fox.

Course Fee: \$84

#215970     Jan 8-Feb 19             M     9:30am-12:00pm  
no class Jan 15

#215971     Mar 5-Apr 9             M     9:30am-12:00pm

### Painting – Continuing Watercolors

Age: 18yrs and up. Students will continue reinforcing the basics of watercolor while learning and practicing additional watercolor techniques. 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. Beginning watercolorists are always welcome. Supply list available on Sertoma's webpage.

Instructor: Kate Lagaly.

Course Fee: \$84

#214225     Jan 8-Feb 12             M     12:30-3:30pm  
no class Jan 15

#214226     Mar 5-Apr 2             M     12:30-3:30pm

### Painting – Introduction to Oils

Age: 16yrs and up. This course is for beginners and those wanting to refresh themselves in this sumptuous medium. We will cover all the basics, including color mixing, color values, composition, glazing, brushwork and paint applications, textures and more. We will mostly work from life, which gives the student more visual information when learning to paint lights, shadows and color tones.

Several approaches will be discussed through lecture and live demonstrations as well as books and images of master works. Supply list is available upon registration and on Sertoma's website.

Instructor: Anna Podris.

Course Fee: \$84

#215728     Jan 11-Feb 15             Th     6:30-9:00pm

### Painting – Larry Dean's Beginning Acrylics

Age: 16yrs and up. This true beginners class offers a gentle introduction to acrylic painting or a reintroduction to basic concepts with a focus on getting started. Students will work from their own photos, simple still-life arrangements or their imagination. Students will learn about materials, color mixing, shape and perspective. Informal lessons and paint-along demonstrations will assist as you learn at your own pace. Supply lists are available on Sertoma's webpage. Instructor: Larry Dean.

Course Fee: \$84

#215495     Jan 8-Feb 19             M     6:30-9:00pm  
no class Jan 15

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#215496 Mar 5-Apr 9 M 6:30-9:00pm

### Painting – Larry Dean’s Continuing Acrylics

Age: 16yrs and up. 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 is available on Sertoma’s webpage. Instructor: Larry Dean.

Course Fee: \$84

#215499 Jan 9-Feb 13 T 6:30-9:00pm

#215500 Mar 6-Apr 10 T 6:30-9:00pm

### Painting – Larry Dean’s Studio

Age: 16yrs and up. 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 lists are available on Sertoma’s webpage.

Instructor: Larry Dean.

Course Fee: \$84

#215501 Jan 9-Feb 13 T 1:00-3:30pm

#215502 Mar 6-Apr 10 T 1:00-3:30pm

### Painting – Mono Printing with Gelli Plates

Age: 16yrs and up. We will explore many monoprint techniques to create intricate layered designs and patterns. We will use gelli plates - flexible squishy plates that require minimal pressure to print - and acrylic paint as well as many natural materials to create surface textures. Supply list available on Sertoma's webpage. Instructor: Anna Podris.

Course Fee: \$84

#216182 Mar 7-Apr 18 W 6:30-9:00pm  
no class Apr 4

### Painting – Oils: A Continuation

Age: 16yrs and up. This class is for students with experience working with oils and those who have completed a beginning oils painting class and want to further their techniques. By pushing your use of values, refining compositions and exploring structured color choices, you will take your paintings a step further. In search of the luminescent qualities of light, or the opportunity to play with paint applications, the artist will often exaggerate colors and use them to engage viewers. Individual critiques, mini-challenges and painting demonstrations will be offered. Students bring their own supplies. Instructor: Anna Podris.

Course Fee: \$84

#215729 Mar 8-Apr 19 Th 6:30-9:00pm  
no class Apr 5

### Painting – Workshop: Beat the Winter Blues with Watercolor

Age: 16yrs and up. The beauty of watercolors comes alive as Janie shows you how to apply rich and vibrant watercolors in a very wet and saturated technique. The excitement of discovering negative shapes within your painting and the use of such vibrant colors will have the viewer totally engaged in your painting. Class will begin with a demonstration by the artist, and students will learn how to enjoy

## SERTOMA ARTS CENTER – WINTER/SPRING 2018 – CLASSES / WORKSHOPS

the freedom of applying color with this technique. Students will work using photographs or other visual aids. Emphasis will be on achieving bold watercolors using fewer strokes. We will explore color mixing, perspective, composition, values, and principles and elements of design. We'll take a break during the session, so bring a lunch. Bring reference photos and a passion for painting! This course accommodates both beginning and continuing students in watercolor. Supply list available on Sertoma's webpage. Instructor: Janie Johnson.

Course Fee: \$150

#215724 Feb 10-11 Sa 9:45am-3:30pm  
Su 10:30am-3:30pm

### **Painting – Workshop: FUN with Watercolor**

Age: 16yrs and up. No more 'wimpy' watercolors! So many people equate watercolors with being pale and washed out looking. Your watercolors are about to change! Using strong pigment and just a few strokes, we'll take your watercolors to a new and bold style. Let your watercolors become rich with color and excitement. Bring a lunch, we'll take a break during the session. Bring reference photos and a passion for painting! Supply list available on Sertoma's webpage. Instructor: Janie Johnson.

Course Fee: \$150

#215831 Apr 14-15 Sa 9:45am-3:30pm  
Su 10:30am-3:30pm

### **Painting – Workshop: No Fear Painting – Abstract Watercolors**

Age: 16yrs and up. Have NO FEAR painting abstract watercolors. Enjoy using color and design and your inner mind to paint and become totally engaged in the process of painting. Class will begin with a demonstration by the artist, and students will learn how to enjoy the freedom of applying color with this technique. This course will accommodate both beginning and continuing students in watercolor. Students will then work using photographs or other visual aids. Emphasis will be on letting ourselves paint intuitively. We will find that inner child and just 'Let Go'. We will explore color mixing, perspective, composition, values, and principles and elements of design. Bring a lunch, we'll take a break during the session. Bring reference photos and a passion for painting! Supply list available on Sertoma's webpage. Instructor: Janie Johnson.

Course Fee: \$150

#215830 Mar 10-11 Sa 9:45am-3:30pm  
Su 10:30am-3:30pm

### **Painting – Workshop: Skip Drawing, Go Straight to Painting**

Age: 16yrs and up. You may already know that the old Masters basically utilized a 4-step painting plan, and that drawing the composition was usually step one. But when the tube of paint was invented in 1841, a door was opened that led to new styles and methods of painting, such as impressionism, expressionism, colorfield painting and more. In this one-day workshop, we start the day with a selected slide-show presentation, then move onto our warm up exercises that employ some fearless painting application methods...no drawing allowed here! This intuitive process may create both painted beauties, as well as mistakes and blunders; of course we will attempt to end with those 'beauties', but it is with the 'mistakes and blunders' where we can grow the most. You are free to paint...not make a painting! Previous painting experience is required; oils, acrylics, and watercolors are welcome. Demos will be made in oils. Supply list available on Sertoma's webpage. Instructor: Leslie Pruneau.

Course Fee: \$95

#216806 Feb 28 M 10:00am-4:00pm

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### **Painting – Workshop: Take the Color Challenge**

Age: 16yrs and up. There is a lot of room in modern painting for color exploration, and this one-day workshop will trek down that adventurous path. We start off the morning with a slide show presentation, then move on to some non-conventional warm-up painting exercises. After the lunch break, we begin painting our already prepped compositions, with special attention given to the use of color placement, temperatures as they relate to each other, intensity of color, and the use of color compliments. The instructor will provide the subject matter, or you may bring in your own photographs to work from in class (photos taken with a good light-source and shadows are welcome; those taken with a flash are discouraged). Be prepared to think outside of the box, be innovative, pay attention to your feelings as 'color equals emotion', and 'take the color challenge'. Previous painting experience is required; oils, acrylics, and watercolors are welcome. Demos will be in oils. Supplies list available on Sertoma's webpage. Instructor: Leslie Pruneau.

Course Fee: \$95

#216806 Apr 25 W 10:00am-4:00pm

### **Performing Arts – Beginning Actor's Studio**

Age: 18yrs and up. This class is designed for adults who want to give acting a try or who would like to revisit the basics to improve their technique! Students will participate in lively theatre games and exercises designed to free up the voice and body, stimulate creativity, promote self-confidence and teach the building blocks of acting. Raleigh Little Theatre instructs.

Course Fee: \$125

#215494 Jan 9-Feb 13 T 7:00-9:00pm

### **Photography – Digital Photography 1**

Age: 16yrs and up. This six-week course will teach you how to better capture people, places, things, nature and events with your digital camera. We will learn how to combine the artistic elements of composition with the technical aspects of photography to take great pictures, then how to finish the process in the digital dark room. Learn photo composition (how to design a picture with the end results in mind), camera functions (aperture, shutter speed, ISO, white balance, etc.), and digital dark room and workflow (finishing well, using Picasa). Supply list available on Sertoma's webpage.

Instructor: Denise Myers.

Course Fee: \$100

#215503 Jan 9-Feb 13 T 9:30am-12:00pm

### **Photography – Digital Photography 2**

Age: 16yrs and up. This six-week course will continue where beginning digital photography left off. We dig deeper into the artistic elements of composition, technical aspects of photography, and polishing the image in the digital dark room. Supply list available on Sertoma's webpage.

Instructor: Denise Myers.

Course Fee: \$100

#215504 Mar 6-Apr 17 T 9:30am-12:00pm

### **Pottery – Better by the Dozen: Creating Multiples**

Age: 16yrs and up. Learn how to make sets, groups, and a series in this class focused on small-scale production. Explore techniques and tricks to fine-tune the creative process, allowing your handbuilding skills and design ideas to grow and flourish. Students should bring all of their own handbuilding supplies, plus any preferred texturing or handbuilding materials such as molds and forms. The instructor will also supply representative tools and forms for class use. Beginning

## SERTOMA ARTS CENTER – WINTER/SPRING 2018 – CLASSES / WORKSHOPS

Handbuilding at Sertoma or Pullen Arts Centers is required to qualify for this class. This course does not qualify for a studio card. Instructor: Steve Karloski.

Course Fee: \$55

#215677    Apr 16-May 7            M        7:00-9:15pm

### **Pottery – Carving on Clay Surfaces**

Age: 16yrs and up. Explore the tools and techniques that will make your pottery surfaces more unique and professional. This class focuses on ways to get a more consistent look, putting ideas into practice and fine-tuning a carving style that sets your work apart! Clay slab work will be the primary format, but wheel-thrown pieces may also be used. Basic pottery tools are necessary, and additional carving tools will be suggested at the first class. Beginning Handbuilding at Sertoma or Pullen Arts Centers is required to qualify for this class. This course does not qualify for a studio card. Instructor: Steve Karloski.

Course Fee: \$55

#215676    Mar 5-26                        M        7:00-9:15pm

### **Pottery – Creatures of Habitat**

Age: 16yrs and up. Bring all your basic handbuilding skills together to create fun and unique animals for the garden, porch or patio. This four-week course will focus on smaller wildlife forms, including frogs, fish, birds, lizards, turtles and a few insects. Explore the components that bring your favorite creatures to life. Students should bring a notebook to help with the thought and planning process.

Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Steve Karloski.

Course Fee: \$55

#215675    Jan 22-Feb 12                M        7:00-9:15pm

### **Pottery – Electric Kilns: Setup & Maintenance**

Age: 16yrs and up. This workshop is designed for potters who are considering buying an electric kiln and for those who own one and want to learn how to get the most use out of it. Types of electric kilns, features, site selection, firing cycles and safety are covered. (This class does not qualify for a studio card purchase). Instructor: Randy Hinson.

Course Fee: \$45

#216221    Apr 26                            Th        9:30am-12:00pm

### **Pottery – Handbuilding: Beginning**

Age: 16yrs and up. 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 5<sup>th</sup> week) to qualify for a studio card. Students will purchase materials at first class (approximately \$42). All skill levels are welcome!

Instructor: Tim Cherry

Course Fee: \$95

#215662    Jan 17-Feb 28                W        9:30-11:45am

Instructor: Steve Karloski

#215664    Jan 17-Feb 28                W        7:00-9:15pm

## SERTOMA ARTS CENTER – WINTER/SPRING 2018 – CLASSES / WORKSHOPS

### **Pottery – Wheel Throwing: Beginner**

Age: 16yrs and up. 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. This is a seven-week class.

Course Fee: \$95

Instructor: Tina Granville

#215700 Jan 17-Feb 28 W 9:30-11:45am

Instructor: Joan Walsh

#215699 Jan 17-Feb 28 W 7:00-9:15pm

### **Pottery – Handbuilding: Continuing**

Age: 16yrs and up. Through a combination of demonstrations and individual work time, students will further develop their handbuilding 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.

Course Fee: \$95

Instructor: Tim Cherry

#215672 Mar 21-May 2 W 9:30-11:45am

Instructor: Steve Karloski

#215673 Mar 21-May 2 W 7:00-9:15pm

### **Pottery – Wheel Throwing: Continuing**

Age: 16yrs and up. 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.

Course Fee: \$95

Instructor: Tina Granville

#215701 Mar 21-May 2 W 9:30-11:45am

Instructor: Joan Walsh

#215702 Mar 21-May 2 W 7:00-9:15pm

### **Pottery – 'Pour It On!' Handbuilt Vessels**

Age: 16yrs and up. Join Tim Cherry in this intermediate level workshop focusing on constructing pouring vessels such as pitchers and teapots. Several molds and forms will be used in combination to create a larger piece. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Tim Cherry.

Course Fee: \$55

#215674 Feb 26-Mar 19 M 9:30-11:45am



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### **Pottery – Studio Orientation-Qualified Pullen Potters**

Age: 16yrs and up. Sertoma Arts Center Pottery Studio Orientation is for qualified Pullen Art Center potters only who wish to use Sertoma's Clay Studio. Once you register, Sertoma Arts Center will confirm with Pullen Arts Center that you are a qualified pottery patron. If you are qualified and you need to renew your studio card, you may do so at Sertoma the day of orientation. We will offer these orientations each session. For further information, please call 919-996-2329.

Course Fee: \$25

#215426	Jan 29	M	6:30-7:30pm
#215427	Mar 19	M	6:00-7:00pm

### **Pottery – Workshop: Glazing Clinic**

Age: 16yrs and up. Glazing is often one of the most confusing and frustrating aspects of learning how to create pottery. In this demonstration workshop we will cover the basics of proper glazing and move into more challenging techniques such as glazing large pieces or closed forms. Demos will also include slips, underglazes and multiple glaze layering. Students should bring a notebook and be prepared to improve and expand their glazing knowledge. Prerequisite: Beginner Wheel/Handbuilding at Sertoma or Pullen Arts Center. This class does not qualify for a studio card. Instructor: Randy Hinson.

Course Fee: \$25

#216721	Jan 18	Th	9:30am-12:00pm
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### **Pottery – Workshop: Wiring Pottery Lamps-From Base Up**

Age: 16yrs and up. Whether you handbuild or throw your pottery lamp bases, this workshop will show you how to wire them into professional looking lamps. Discussion will include design aspects to make wiring lamps easier and more stable. You will be shown how to wire both a lamp with a base using a custom cut lamp rod and a lamp without a base using a crossbar. Diagrams and purchasing information for lamp parts are included. This workshop is open to all potters but does not qualify for a pottery studio card at Sertoma. Instructor: Randy Hinson.

Course Fee: \$40

#216720	Apr 19	Th	9:30am-12:00pm
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### **Printmaking – Intro to Linoleum Block Print**

Age: 16yrs and up. This class will focus on block printing using unmounted linoleum to produce a small series of prints or multiple prints. Learn how to transfer your design to your block, carving and inking techniques and print using the Whelan press. Topics to be covered include single color prints, multiple block prints, reduction block and white line techniques. Class time will be composed of demonstrations and working time, allowing students to focus on the technique of their choice. Beginning and continuing students welcome. Supply list is provided. Instructor: Keith Norval. (6 sessions).

Course Fee: \$84

#216361	Apr 24-May 29	T	7:00-9:30pm
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### **Printmaking – Intro to Printmaking**

Age: 16yrs and up. Learn the printmaking techniques of intaglio, collagraph, monotype and relief to print your own greeting cards, posters and linoleum block prints. Use our Whelan printing press to pull your one-of-a-kind print or series of prints. We will study different registration methods, ink choices

## SERTOMA ARTS CENTER – WINTER/SPRING 2018 – CLASSES / WORKSHOPS

and techniques to add color and learn how to pull the perfect print! Supply list is provided. Supplies are approximately \$30-\$50. Instructor: Keith Norval. (6 sessions).

Course Fee: \$84

#215755 Jan 23-Feb 27 T 7:00-9:30pm

### **Printmaking – Introduction to Waterless Lithography**

Age: 16yrs and up. Whether you love to paint or draw or are just getting into art, beginning waterless lithography is for you! Using this safe printmaking method, students will experiment with black and white as well as multicolors. You will learn how to create washes, transfers, Sharpie and pencil work on aluminum plates to create your own original prints. Representational and nonrepresentational images will be accommodated. Finished prints can be incorporated in other mixed media work or can stand on their own. Supply fee of \$25 is due to instructor at first class. Students should bring ideas or drawings for a 5 x 7 inch plate to the first class along with a box of plain tissues (no lotion) and an apron. Instructor: Susan Soper. (5 sessions).

Course Fee: \$98

#216360 Mar 6-Apr 3 T 9:30am-1:00pm

### **Printmaking – Learn to Screen Print**

Age: 16yrs and up. 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. Instructor: Keith Norval.

Course Fee: \$84

#216360 Mar 6-Apr 17 T 7:00-9:30pm

### **Printmaking – Printmaking for Beginners**

Age: 16yrs and up. Get your art on and delve into the world of printmaking! Experience a range of printmaking methods as you create personal stencils, assemble a collograph, carve a linoleum block, make marbled paper and transfer a favorite picture to canvas. All methods are beginner-level friendly and images can be as simple or complex as you choose. Check Sertoma's webpage for supply list. Instructor: Lori Wright. (4 sessions).

Course Fee: \$75

#215722 Feb 1-22 Th 6:00-8:00pm

### **Printmaking – Workshop: Let's Experiment!**

Age: 15yrs and up. Let's experiment with Relief Printmaking Techniques! Relief printmaking is the process of printing from a raised surface. Images will be translated into Collagraphs, Gomuban, and patterning with Monoprint relief plates. Students will experience water based inks, various papers, and odd shaped plates. Bring ideas for your plates. \$25 supply fee due to instructor at beginning of workshop. Instructor: Susan Soper.

Course Fee: \$90

#215653 Feb 24 Sa 9:00am-5:00pm

## SERTOMA ARTS CENTER – WINTER/SPRING 2018 – CLASSES / WORKSHOPS

### Fitness

#### Exercise – Nia

Age: 13yrs and up. 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.

Course Fee: \$48

#215481	Jan 6-Feb 17	Sa	10:15-11:15am
#215482	Feb 24-Apr 7	Sa	10:15-11:15am

#### Exercise – Sertoma Kripalu Yoga Beginning

Age: 16yrs and up. 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.

Course Fee: \$48

#215430	Jan 8-Feb 19	M	6:15-7:15pm no class Jan 15
#215431	Mar 5-Apr 23	M	6:15-7:15pm no class Mar 12 and Apr 2
#215432	Jan 8-Feb 19	M	7:30-8:30pm no class Jan 15
#215433	Mar 5-Apr 23	M	7:30-8:30pm no class Mar 12 and Apr 2
#215434	Mar 6-Apr 17	T	12:00-1:00pm no class Apr 3
#215435	Jan 9-Feb 14	T	12:00-1:00pm

#### Exercise – Sertoma Kripalu Yoga Continuing

Age: 16yrs and up. 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.

Course Fee: \$48

#215471	Jan 10-Feb 14	W	7:30-8:30pm
#215472	Mar 7-Apr 18	W	7:30-8:30pm no class Apr 4
#215473	Jan 11-Feb 15	Th	12:00-1:00pm
#215474	Mar 8-Apr 19	Th	12:00-1:00pm no class Apr 5

#### Exercise – Sertoma Kripalu Yoga Continuing with Meditation

Age: 16yrs and up. 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.

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Course Fee: \$48

#215465	Jan 10-Feb 14	W	6:15-7:15pm
#2154566	Mar 7-Apr 18	W	6:15-7:15pm
			no class Apr 4

### Exercise – Zumba® at Sertoma Arts

Age: 16yrs and up. Zumba® fitness is fun! You'll feel great dancing to music from around the globe and learning basic steps of salsa, merengue, bachata, Bollywood and much more. And you'll make new friends too! It's a Zumba® family party atmosphere! We look forward to seeing you soon. Bring a towel and water bottle. Instructor: Diana Call.

Course Fee: \$48

#215479	Jan 10-Feb 14	T	9:30-10:30am
#215480	Mar 14-Apr 18	T	9:30-10:30am

### Exercise – Sertoma Chair Yoga for Seniors

Age: 55yrs and up. This chair class is designed for seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, loosen joints, strengthen muscles, improve digestion and circulation and reduce high blood pressure and anxiety. You will learn gentle stretching and breathing techniques. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Course Fee: \$48

#215461	Jan 9-Feb 13	T	1:30-2:30pm
#215462	Mar 6-Apr 17	T	1:30-2:30pm
			no class Apr 3

## Family – Nature

### Born to be Wild!

Age: 2-6yrs. Springtime is filled with new life in our forests, fields and ponds. Little ones will enjoy games, songs and crafts helping them discover how some wild creatures are born live while others hatch from eggs. We'll even see live creatures up close as we explore the wonders of new life. Advance registration is required. Adults must accompany children. Adults attend free. For more information, call Nature Programs at 919-996-6856.

Course Fee: \$2

#214640	Mar 22	Th	10:30-11:30am
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### Dinosaur and Fossils

Age: 2-6yrs. Little ones will have fun digging for fossils and learning about dinosaurs. We will see and touch fossilized bones, sea creatures and more. The program includes games and activities that are sure to delight budding paleontologists! We will even create plaster fossil replicas to take home. Advance registration is required. Adults must accompany children. Adults attend free. For more information, call Nature Programs at 919-996-6856.

Course Fee: \$4

#214636	Jan 25	Th	10:30-11:30am
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### Love Bugs

Age: 2-6yrs. Children will enjoy games, stories and songs all featuring those six-legged creatures we call bugs! Children will see and touch live bugs and create a buggy valentine craft to take home.

Advance registration is required for this program. Children must be accompanied by adults. Adults attends free. For more information, call Nature Programs at 919-996-6856.

Course Fee: \$2

#214637 Feb 8 Th 10:30-11:30am

### Family Nature Night at Sertoma

Age: 3yrs and up. Join us for Family Nature Night as we explore, create, touch and learn as family units about our natural world. These programs are designed for families to participate together, have fun, play games and spend time in nature. Advance registration is required for these programs. Adults must accompany children. Adults and children must register and pay the program fee. For more information, contact Nature Programs at 919-996-6856.

Course Fee: \$2

#214631 Jan 18 Th 6:30-7:30pm

#214632 Feb 15 Th 6:30-7:30pm

#214633 Mar 15 Th 6:30-7:30pm

#214634 Apr 19 Th 6:30-7:30pm

### Co-Sponsor Groups

#### Sertoma Group – North Raleigh Rotary

Age: 18yrs and up. The Rotary Club of North Raleigh meets weekly for fellowship, buffet lunch and an informative presentation from a guest speaker. For information, visit [www.northraleighrotary.org](http://www.northraleighrotary.org).

Course Fee: \$1 (per person per meeting)

#25958 Jan 3-Apr 25 W 11:30 AM-2:00pm

#### Sertoma Group – Portrait Painters

Age: 16yrs and up. If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Course Fee: \$1 (per person per meeting)

#215960 Jan 2-Apr 24 T 9:00am-12:00pm

#### Sertoma Group – Raleigh Miniatures Guild

Age: 18yrs and up. This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3<sup>rd</sup> Thursdays each month. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

Course Fee: \$1

#215959 Jan 4-Apr 19 Th 1:00-3:00pm

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### **Sertoma Group – Sertoma Park Artists**

Age: 16yrs and up. 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.

Course Fee: \$1 (per person per meeting)

#215961      Jan 6-Apr 26      Th      9:00am-12:00pm

#### **SERTOMA ARTS CENTER**

1400 W. Millbrook Rd., Raleigh, NC 27612 | 919-996-2329 | [www.raleighnc.gov/arts](http://www.raleighnc.gov/arts)

Center Director Julia Meder | [Julia.Meder@raleighnc.gov](mailto:Julia.Meder@raleighnc.gov)

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Keyword: Sertoma Arts

