

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS



DISCOVER YOUR CREATIVE SIDE

SERTOMA 2019 WINTER/SPRING CLASSES / WORKSHOPS

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: \$50

#231142	Jan 10-Feb 14	Th	9:30-10:15am
#231143	Jan 11-Feb 15	F	9:30-10:15am
#231144	Mar 7-Apr 11	Th	9:30-10:15am
#231146	Mar 8-Apr 12	F	9:30-10:15am

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: \$65

#231147	Jan 10-Feb 14	Th	10:45-11:45am
#231148	Mar 7-Apr 11	Th	10:45-11:45am

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: \$65

#231140	Jan 9-Feb 13	W	1:00-2:00pm
#231141	Mar 6-Apr 10	W	1:00-2:00pm

Youth Classes

Art – Art Club

Age: 7-11 yrs. Come join the Art Club! Members will choose projects from a list provided by the instructor, such as weaving, bookmaking, mask-making, sculpture, mixed-media painting, puppet

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

making, posters and printmaking. No two sessions are alike, so join as many as you can. Instructor: Michelle Davis Petelinz.

Course Fee: \$80

#231051	Jan 7-Feb 18	M	4:00-6:00pm skips 1/21
#231052	Mar 4-Apr 8	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: \$80

#231066	Jan 8-Feb 12	Tu	4:00-6:00pm
#231067	Mar 5-Apr 9	Tu	4:00-6:00pm

Drawing – Drawing Fundamentals

Age: 6-10 yrs. 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: Sarah Clover.

Course Fee: \$70

#231205	Jan 7-Feb 18	M	4:30-6:00pm skips 1/21
#231206	Mar 4-Apr 8	M	4:30-6:00pm

Drawing and Painting

Age: 6-10 yrs. Explore your creativity with drawing, watercolor and acrylic paints. This class is ideal for those wanting to work on individual projects. Supplies included. Instructor: Sarah Clover.

Course Fee: \$70

#231203	Jan 9-Feb 13	W	4:00-5:30pm
#231204	Mar 6-Apr 10	W	4:00-5:30pm

Mixed Media – Garden Art

Age: 6-11 yrs. 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 fairy houses are some of the projects this class will create. Instructor: Sarah Clover

Course Fee: \$90

#230807	Jan 10-Feb 14	Th	4:30-6:30pm
#230808	Mar 7-Apr 11	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.

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Course Fee: \$150 (Full session)

#230379 Jan 3-May 2 Th 6:15-7:30pm
skips 4/18

Course Fee: \$75 (Half session)

#230380 Mar 7-May 2 Th 6:15-7:30pm
skips 4/18

Pottery – Ceramic Creative Creatures

Age: 6-11 yrs. Come create clay figurine creatures! This class will use a variety of handbuilding clay techniques. People, animals, creatures and monsters, let your imaginations come to life. Projects ready for pick up two weeks after the last class. Instructor: Sarah Clover.

Course Fee: \$50

#231198 Apr 16-30 Tu 4:15-5:30pm

Pottery – Eccentric Elephant

Age: 6-11 yrs. Students will create a unique and eccentric elephant in the first class. In the second class, students will add color with glaze to decorate. Pieces will be ready to pick up two weeks after the last class. Instructor: Patty Merrell.

Course Fee: \$35

#231196 Feb 20-27 W 4:15-5:30pm

Pottery – Handbuilding for Children

Age: 5-8 yrs. 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: \$70

#230779 Jan 9-30 W 4:15-5:30pm

#230780 Jan 8-29 Tu 4:15-5:30pm

#230781 Mar 11-Apr 1 M 4:15-5:30pm

Pottery – Sun Faces

Age: 6-11 yrs. We are going to anticipate some bright sunny 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 to pick up two weeks after the last class.

Instructor: Patty Merrell.

Course Fee: \$35

#231195 Apr 17-24 W 4:15-5:30pm

Pottery – Valentines in Clay

Age: 5-12 yrs. 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 to pick up two weeks after the last class. Instructor: Lynn Kurisko.

Course Fee: \$35

#230782 Jan 7-14 M 4:15-5:30pm

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Teen Classes

Drawing – Drawing Fundamentals for Teens

Age: 11-15 yrs. 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: Sarah Clover.

Course Fee: \$90

#230861	Jan 7-Feb 18	M	6:30-8:30pm skips 1/21
#230862	Mar 4-Apr 8	M	6:30-8:30pm

Drawing and Painting for Teens

Age: 11-15 yrs. Explore your creativity with drawing, watercolor and acrylic paints. This class is ideal for those wanting to work on individual projects. Supplies included. Instructor: Sarah Clover.

Course Fee: \$90

#230867	Jan 9-Feb 13	W	6:00-8:00pm
#230868	Mar 6-Apr 10	W	6:00-8:00pm

Literary Arts – Workshop: I Remember

Age: 11-18 yrs. Students will delve into their memories and learn how to deeply mine details to make their writing vivid. Instructor: Chris Vitiello.

Course Fee: Free!

#233329	Feb 16	Sa	2:00 -3:00pm
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Pottery – Handbuilding for Youth & Teens

Age: 9-14 yrs. 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: \$70

#231199	Apr 2-23	Tu	4:15-5:30pm
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Pottery – Luminaries

Age: 12-16 yrs. In this class, we'll use handbuilding techniques to create beautiful luminaries. First class will focus on making the luminaries and the second class will focus on glazing and decorating. Projects will be ready for pick up two weeks after the last class. Instructor: Sarah Clover.

Course Fee: \$35

#231197	Mar 5-12	Tu	4:15-5:30pm
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Adult Classes

Art – Color Theory

Age: 16yrs. and up. Students will explore the aspects of color, how we perceive color and how to use color in a pleasing composition. This fun, no-pressure class will help artists improve their work in all color media. Supply list on Sertoma's webpage. Instructor: Chelsea Brown.

Course Fee: \$70

#230383	Jan 8-Feb 12	Tu	9:30-11:00am
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SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Art History Part III: Late 19th Century to Mid 20th 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 of roughly 9x12 inches. \$10 supply fee due at the start of class. Instructor: Chelsea Brown.

Course Fee: \$70

#230384 Jan 9-Feb 13 W 9:30-11:00am

Art History Part IV: Late 20th to Early 21st 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 a sketchbook that is roughly 9x12 inches. \$10 supply fee due at the start of class. Instructor: Chelsea Brown.

Course Fee: \$70

#230388 Mar 6-Apr 10 W 9:30-11:00am

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

Course Fee: \$95

#230386 Jan 11-Feb 22 F 9:30am-12:00pm
skips 1/18

Drawing – Beginning Drawing 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: \$95

#230389 Mar 8-Apr 26 F 9:30am-12:00pm
skips 3/29 and 4/19

Drawing – Pastels

Age: 16yrs. and up. Enjoy pastel as a medium on its own or use it as a stepping stone from drawing to painting. Students will explore both oil and chalk pastels as they draw a new subject each week. Completion of a beginning drawing class is recommended before this class. Supply list available on Sertoma's webpage. Instructor: Chelsea Brown.

Course Fee: \$95

#230387 Mar 5-Apr 9 Tu 9:30am-12:00pm

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: \$30

#231202 Mar 19 Tu 6:30-9:00pm

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Education – Taming Your Inner Critic

Age: 22yrs. and up. Has your Inner Critic ever stopped you from expressing your creativity? That little voice in your head that tells you that your work isn't good enough, that you'll never measure up, that you're wasting your time. It's tough to silence because it's your own voice and it knows just how to make you doubt yourself (even though it doesn't speak the truth!). In a fun and supportive environment with lecture, journaling and art, you'll learn how to recognize and tame this judgmental rascal. You'll walk away with strategies to keep the nagging pest under control so you can own your creative brilliance and bring it to the world with joy and ease! We will break for lunch (please bring your own). Instructor: Marlene Pelligrino.

Course Fee: \$75

#230775 Feb 2 Sa 9:45am-3:45pm

Education – The Artist's Way for Women

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

#230773 Jan 10-Feb 7 Th 1:00-3:30 pm

The Artist's Way Part II

#230774 Feb 14-Mar 14 Th 1:00-3:30 pm

Fibers – Beginning Sewing: Channel Stitched Pillow

Age: 16yrs. and up. 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. \$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.

Course Fee: \$100

#231029 Mar 26-Apr 23 Tu 10:00am-12:00pm

#231031 Mar 28-Apr 25 Th 6:30-8:30pm

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

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

enable you to begin designing and creating different types of bags on your own. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list is available on Sertoma's website. \$10 supply fee due to instructor at start of class for interfacing supplies. Pictures of a finished bag can be found at the instructor's website: creativesewingstudios.com. Instructor: Joy Kelley.

Course Fee: \$100

#230905 Feb 14-Mar 14 Th 6:30-8:30 pm

Fibers – Hand Painted Silk Scarves

Age: 13yrs. and up. In this class students will learn the basics techniques of painting on silk with textile paint and/or Jacquard green label dyes. Process will include wet on wet, resist line drawing (Serti technique), wet on dry, blending, over painting, and textures using salt and rubbing alcohol. Paints will be set with an iron for permanence and dyes will be set using a dye fixative and a demonstration of the steaming process. Students will be taught how to make their own low cost stretcher frames and how to build their own home steamer. Each student will receive either 2 long or square silk scarf blanks and 2 small handkerchief sized blank scarves as well as their own set of dyes as part of the supply fee. Students will be asked to bring their own watercolor brush to class. Instructor will provide a list of resources and supplies. Students will leave with 2 wearable scarves. NOTE: **Students from previous classes will not be charged for dye kits if they bring their previous dye kits with them to class. Instructor: Jackie Weatherly.

Course Fee: \$125

#231150 Jan 9-Feb 13 W 9:30am-12:00 pm

#231151 Mar 6-Apr 10 W 9:30am-12:00 pm

Fibers – Introduction to Crochet

Age: 18yrs. and up. Learn the essentials to get your start in the craft of crochet! Anatomy of the crochet stitch, chaining, terminology, principles of tension, basic stitches, and more! Projects may include a bracelet, a coaster, a scarf, and others, time permitting. Supply fee of \$15 due to instructor at first class, this will cover the cost of yarn, hooks, yarn needle, and notions. Instructor: Emily Babcock.

Course Fee: \$95

#231179 Jan 7-Feb 18 M 7:00-9:30pm

skips 1/21

Fibers – Shuttle Tatting 101

Age: 16yrs. and up. Shuttle tatting is a method of making lace with thread. You will learn the basic stitch, rings, picots, chains, and joins; all the components you need to follow beginner level patterns. Supply fee of \$15 due at first class, instructor will supply 2 shuttles and thread for practicing and a new ball of thread for further projects. Instructor will have some additional supplies available for purchase in class. Bring a small pair of scissors if possible. Instructor: Pam Reading.

Course Fee: \$100

#230743 Jan 15-Feb 12 Tu 6:30-8:30pm

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 kit and supplies from the instructor, payable

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

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.

Course Fee: \$75

#230721 Feb 23-24 Sa-Su 9:30am-4:30pm

#230724 Apr 27-28 Sa-Su 9:30am-4:30pm

Fibers – Workshop: Adding Stitch Embellishment to Shibori

Age: 16yrs. and up. Apart from creating a piece of shibori (or 2) dyed in indigo, stitch will be added to the surface of the cloth either for embellishment, dimension or textural effects. Participants will practice some examples of authentic Sashiko pattern and 'play' with other stitching. A \$25 supply fee due to instructor at start of workshop, this will include cloth, needles, thread and dye. Students need to bring gloves appropriate for dyeing (in indigo), thimble, small scissors, and a bag lunch. Instructor: Susan Fennell.

Course Fee: \$120

#230772 Mar 30-31 Sa-Su 10:00am-4:00pm

Fibers – Workshop: Quilting Basics - Piecing with a Machine

Age: 16yrs. and up. 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

Course Fee: \$30

#230998 Mar 23 Sa 1:00-4:00pm

Fibers – Workshop: Sew an Apron

Age: 16yrs. and up. 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.

Course Fee: \$30

#230891 Apr 27 Sa 1:00-4:00pm

Fibers – Workshop: Sewing Machine - Beyond the Basics

Age: 16yrs. and up. 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

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

the instructor. Note: this class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

Course Fee: \$30

#230927 Feb 23 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 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.

Course Fee: \$30

#230901 Feb 2 Sa 1:00-4:00pm

Fibers – Workshop: Shuttle Tatting - Beyond the Basics

Age: 16yrs. and up. Shuttle tatting is a method of making lace with thread. This workshop will introduce intermediate skills, such as working with beads and working with two shuttles. Knowledge of basic shuttle tatting is required. Must be comfortable with the basic stitch, rings, picots, chains, and joins. Please consult instructor if there are any questions. Supply fee of \$15 due at start of workshop, instructor will supply 2 shuttles and thread for practicing and a new ball of thread for further projects. Instructor will have some additional supplies available for purchase in class. Instructor: Pam Reading.

Course Fee: \$20

#230749 Apr 14 Su 1:00-4:00pm

Glassmaking – Glass Jewelry

Age: 16yrs. and up. 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.

Course Fee: \$100

#231155 Mar 6-Apr 3 W 6:30-9:00pm

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. (4 sessions)

Course Fee: \$95

#231495 Mar 30-Apr 20 Sa 10:30am-1:30pm

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Jewelry – Zen and the Art of the Jewelers Saw

Age: 16yrs. and up. This one-day class is designed to get you in the groove with your jeweler's saw. We will spend the first part of the class in a drawing exercise that will get our minds off our daily routine and get our creative juices flowing. Next we will transcribe our drawing onto copper by sawing and piercing and texturing the day away! All materials and unlimited saw blades provided! All levels welcome. Instructor: Sarah West. (1 session)

Course Fee: \$25

#231505 Apr 27 Sa 10:30am-1:30pm

Jewelry : Open Studio

Age: 16yrs. and up. This open studio class will focus on creating jewelry at your own pace. We will explore and have access to enameling and etching as ways to develop ideas. Basic jewelry making skills helpful. Instructor: Betty McKim (6 sessions)

Course Fee: \$100

#231489 Jan 22-Feb 26 Tu 10:00am-12:30pm

#231490 Mar 19-Apr 23 Tu 10:00am-12:30pm

Jewelry: Color on Metal Workshop

Age: 16yrs. and up. In this class, students will use the anodizing process to create contrasting color patterns and color gradations. Niobium cannot be soldered so we will explore cold connections including rivets, tube rivets, and tabs to finish our pieces. Create earrings, pendants, and bracelets from this colorful metal. Students should be able to finish several projects during class. All levels welcome. Fee of \$25 for Niobium kit. Instructor: Kathryn Osgood (2 session)

Course Fee: \$155

#231501 Jan 12-13 Sa-Su 9:00am-4:00pm

Jewelry: Anodizing Niobium

Age: 16yrs. and up. 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! Must have had a jewelry class at Sertoma or Pullen Arts Center. \$35 kit will be available for purchase at the first class. Instructor Amy Veatch (6 Sessions)

Course Fee: \$120

#231512 Mar 6-Apr 10 W 10:00am-12:30pm

Jewelry: Beginning Jewelry

Age: 16yrs. and up. Come learn to saw, file and make a rivet. We will cover finishing techniques and patinas, use of the rollmill and general studio tool usage and safety procedures. This class will enhance your skills for other classes we offer. It will also allow you to get a studio card so you can practice the skills you have learned. Instructor: Amy Veatch or Sarah West (5 Sessions)

Course Fee: \$110

Amy Veatch instructs

#231484 Jan 16-Feb 13 W 10:00am-12:30pm

Sarah West instructs

#231486 Feb 16-Mar 16 Sa 10:00am-12:30pm

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Jewelry: Enameled Light Switch Plates

Age: 16yrs. and up. Create a beautiful and unique enameled copper switch plate using ground glass (enamel) that is applied by hand. The piece is fired in a kiln where the glass melts, fuses to the backing, and acquires a fine, glossy finish. Students will experiment with stencils and enamel threads and lumps to create unique designs. Learn the whole process from start to beautiful finish in this workshop. You'll come away with a handmade decorative switch plate you designed and created yourself! Beginners welcome. Instructor: Annie Grimes (2 Sessions)

Course Fee: \$155

#231559 Mar 23-24 Sa-Su 9:00am-4:00pm

Jewelry: Flush Setting Basics

Age: 16yrs. and up. This class is designed to get you comfortable with the basics of flush setting. Students will practice setting stones on a sample plate. Purchase \$10 kit at first class from instructor. Beginners welcome! Instructor: Sarah West. (1 session)

Course Fee: \$40

#231498 Jan 26 Sa 10:30am-2:30pm

Jewelry: Hydraulic Press and Cold Joining

Age: 16yrs. and up. Use the hydraulic press to form your metal and learn to cold join the things you have formed! Students will use tabs, rivets, and wires to set objects and metal pieces formed in the hydraulic press. You will learn to make lockets and bracelets using the hydraulic press to form them. Bring your ideas and stones or other small objects to set! Must have had a jewelry class at Sertoma or Pullen Arts Centers. \$30 Kit will be available for purchase at the first class. Instructor: Amy Veatch (6 sessions).

Course Fee: \$120

#231496 Mar 18-Apr 22 M 7:00-9:30pm

Jewelry: Open Studio for Enameling

Age: 16yrs. and up. 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. We will supply some supplies and provide enameling kits for purchase if necessary. (1 session).

Course Fee: \$5

#231516	Jan 17	Th	1:00-4:00pm
#231517	Jan 24	Th	1:00-4:00pm
#231518	Jan 31	Th	1:00-4:00pm
#231519	Feb 7	Th	1:00-4:00pm
#231520	Feb 14	Th	1:00-4:00pm
#231524	Feb 21	Th	1:00-4:00pm
#231525	Feb 28	Th	1:00-4:00pm
#231526	Mar 7	Th	1:00-4:00pm
#231527	Mar 14	Th	1:00-4:00pm
#231528	Mar 21	Th	1:00-4:00pm
#231529	Mar 28	Th	1:00-4:00pm
#231530	Apr 4	Th	1:00-4:00pm
#231531	Apr 11	Th	1:00-4:00pm
#231532	Apr 18	Th	1:00-4:00pm
#231533	Apr 25	Th	1:00-4:00pm

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Jewelry: Simple Mold Making and Casting Techniques

Age: 16yrs. and up. This two-day workshop will focus on the techniques used to mold and cast small pieces. The participants will learn how to make one- and two-part plaster and silicon rubber molds for casting multiple pieces. On the first day of workshop, students will need to bring a small object which they would like to use to begin the mold-making process. Some examples of small objects that are easily molded are: fruits, vegetables, seedpods, or any other small object which provides the student with inspiration. We will then make molds using alginate and silicon rubber. On the second day, we will reproduce the original form in plastic and resin. Instruction will include a step-by-step demonstration. No prior mold-making or casting experience necessary. Instructor: Misook Hur (2 Sessions)

Course Fee: \$155

#231558 Feb 2-3 Sa-Su 9:00am-4:00pm

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: \$95

#235132 Jan 7-Feb 25 M 9:30am-12:00pm
skips 1/14 and 1/21

#235133 Mar 25-Apr 29 M 9:30am-12:00pm

Painting – Continuing Watercolors

Age: 18yrs. and up. In this class the basics of watercolor will be reinforced as additional watercolor techniques are learned and practiced. This class is for watercolorists who are ready to step beyond beginning watercolor as well as those who want to strengthen and add to their painting skills.

Beginning watercolorists are welcome. Supply list available on Sertoma's webpage.

Course Fee: \$95

Ryan Fox instructs

#235134 Jan 7-Feb 25 M 9:30am-12:00pm
skips 1/14 and 1/21

Kate Lagaly instructs

#230377 Mar 11-Apr 8 M 12:30-3:30pm

Painting – Intermediate Oils

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: \$95

#230786 Mar 7-Apr 11 Th 6:30-9:00pm

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,

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

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 on Sertoma's website. Instructor: Anna Podris.

Course Fee: \$95

#230785 Jan 10-Feb 14 Th 6:30-9:00pm

Painting – Larry Dean's Acrylics Studio

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: \$95

#230417 Jan 8-Feb 12 Tu 6:30-9:00pm

#230418 Mar 5-Apr 9 Tu 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 list is available on Sertoma's webpage. Instructor: Larry Dean.

Course Fee: \$95

#230413 Jan 7-Feb 11 M 6:30-9:00pm
skips 1/21

#230414 Mar 4-Apr 8 M 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 list is available on Sertoma's webpage.

Instructor: Larry Dean.

Course Fee: \$95

#230415 Jan 8-Feb 12 Tu 1:00-3:30pm

#230416 Mar 5-Apr 9 Tu 1:00-3:30pm

Painting – Workshop: Loosening Up Your Painting Style!

Age: 16yrs. and up. In this two-day workshop, plan on shaking things up a bit; after all, a painter can only learn something new when they try something that they don't already know how to do. We will work to loosen up our painting styles, as well as play up our palette colors with a special focus on warm and cool color temperatures. A slide show lecture presentation of Master paintings, both old and contemporary, will warm up the 'right-side of the brain' so that we can gain even more confidence as we explore a non-traditional approach to painting. Previous painting experience is required and students should bring their own supplies; I recommend bringing in 2 or more different sized canvases, anywhere between 11x14 to 18x24 inches, depending on your style and comfort-zone. There is a suggested supplies list on Sertoma's webpage if needed. Oils and acrylics are both welcome.

Instructor: Leslie Pruneau.

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Course Fee: \$185

#230699 Apr 23-24 Tu-W 10:00am-4:00pm

Painting – Workshop: Watercolor Weekend

Age: 16yrs. and up. 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 is available on Sertoma's webpage. Instructor: Janie Johnson.

Course Fee: \$150

#230691	Jan 19-20	Sa	9:45am-3:30pm
		Su	10:30am-3:30pm
#230692	Feb 9-10	Sa	9:45am-3:30pm
		Su	10:30am-3:30pm
#230693	Mar 16-17	Sa	9:45am-3:30pm
		Su	10:30am-3:30pm
#230694	Apr 13-14	Sa	9:45am-3:30pm
		Su	10:30am-3:30pm

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: \$110

#230771 Jan 9-Feb 13 W 9:30am-12:00pm

Pottery – Electric Kiln Repair Workshop

Age: 16yrs. and up. Do you have an older electric kiln that needs to have the elements replaced or a bad switch or relay? Demonstrations include replacing an element, a thermocouple and a relay on a kiln, the most common repairs. Other repairs will also be demonstrated or discussed. Randy shares his 30+ years of knowledge and experience in repairing kilns in this workshop. Bring a notebook and a bag lunch. This workshop is open to all potters but does not qualify for a studio card at Sertoma Arts Center. Instructor: Randy Hinson.

Course Fee: \$90

#231200 Apr 18 Th 9:30am-2:00pm

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 studio card purchase.) Instructor: Randy Hinson.

Course Fee: \$60

#230788 Feb 21 Th 9:30am-1:00pm

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

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 5th week) to qualify for a studio card. Students will purchase materials at first class (approximately \$42). All skill levels are welcome.

Course Fee: \$100

Tim Cherry instructs

#230604 Jan 16-Feb 27 W 9:30-11:45am

Steve Karloski

#230605 Jan 16-Feb 27 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 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.

Course Fee: \$100

Tim Cherry instructs

#230606 Mar 20-May 1 W 9:30-11:45am

Steve Karloski

#230607 Mar 20-May 1 W 7:00-9:15pm

Pottery – Image Transfer for Beginners

Age: 16yrs. and up. Learn how to transfer different types of images onto clay surfaces for decoration using underglaze or stain medium. Techniques include basic slip transfer, laser print resist and EZ Screen. Other image transfer processes may be included if time permits. Pointers on making pottery pieces will be discussed and demonstrated in the workshop. Class work may be handbuilt or thrown and will be made in red earthenware in order to maximize color intensity. Techniques are easily transposed to other firing temperatures and will be discussed. A materials fee of \$10 will be collected by the instructor at the first class to cover underglaze, slips, low fire glaze, etc. Students purchase clay from Sertoma. 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 for Pullen Potters class prior to registration only. Students must be able to throw or handbuild forms suitable for image transfer. Instructor: Randy Hinson.

Course Fee: \$60

#231201 Apr 1-22 M 9:30am-12:00pm

Pottery – Sculptural Handbuilding

Age: 16yrs. and up. 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.

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Course Fee: \$60

#230787 Feb 4-25 M 7:00-9:15pm

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

#232014 Feb 11 M 6:00-7:00pm

#232015 Apr 8 M 6:00-7:00pm

Pottery – Tiny Teapots: Big Details in Small Pots

Age: 16yrs. and up. In many ways working small presents the potter with more issues than throwing large pots. This class will deal with the process of throwing small 'balloons' of hollow clay to fashion into small single serving teapots. The additions of lids, handles and spouts will be covered in depth. Sculptural and technical issues will be covered in an intimate fashion as each small detail leads to the success or failure of this complicated form. This class does not qualify students for a studio card.

Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center. Instructor: Andy McKenzie. (6 sessions).

Course Fee: \$85

#231194 Feb 4-Mar 11 M 7:00-9:15pm

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: \$100

Joan Walsh instructs

#230600 Jan 16-Feb 27 W 7:00-9:15pm

Tina Granville instructs

#230601 Jan 16-Feb 27 W 9:30-11:45am

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: \$100

Joan Walsh instructs

#230602 Mar 20-May 1 W 7:00-9:15pm

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Tina Granville instructs

#230603 Mar 20-May 1 W 9:30-11:45am

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 on Sertoma's webpage. Instructor: Keith Norval. (6 sessions).

Course Fee: \$95

#230783 Jan 8-Feb 12 Tu 7:00-9:30pm

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. Supply list is available on Sertoma's webpage. Instructor: Keith Norval. (6 sessions)

Course Fee: \$95

#230784 Mar 5-Apr 9 Tu 7:00-9:30pm

Family

Sensory Friendly Creative Saturdays

Age: 2yrs. and up. Create a masterpiece using a variety of materials and textures. Whether you like to make a mess or keep it clean and tidy, you'll find an art activity to enjoy. This program is a drop-in format so just join us as you arrive! The Arts Center will provide an accepting and inclusive environment, modifications to sound and lighting, noise canceling headsets, and a quiet room. All ages and all abilities welcome! This event will offer accessible accommodations for individuals with Sensory Processing Disorders and Autism Spectrum Disorders (ASD).

Course Fee: Free!

Green Road Community Center

#230667 Feb 9 Sa 1:00-3:00pm

Laurel Hills Community Center

#230669 Apr 13 Sa 1:00-3:00pm

Sertoma Arts Center

#230666 Jan 12 Sa 1:00-3:00pm

#230668 Mar 9 Sa 1:00-3:00pm

Family – Nature

A Shell for a Home!

Age: 2-6 yrs. Can you imagine carrying a shell on your back both day and night? Preschoolers will discover animals that do just that! We'll play games, sing songs and see and touch live snails, clams and turtles. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

Sertoma Arts Center – Course Fee: \$2

#230737 Mar 13 W 10:30-11:30am

Hiding Underground!

Age: 2-6 yrs. Many animals live life underground! Your preschooler's imagination will run wild while learning all about fascinating animals that we don't see every day. This program includes music, movement, and live underground dwellers to see up close. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Sertoma Arts Center – Course Fee: \$2

#230733 Feb 13 W 10:30-11:30am

Snoozers!

Age: 2-6 yrs. Young nature lovers will enjoy games, songs and live creatures as they discover a variety of animals that sleep through the cold days of winter. Children are invited to attend this program in their pajamas and slippers...but there will be no yawning with this engaging program! Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Sertoma Arts Center – Course Fee: \$2

#230729 Jan 23 W 10:30-11:30am

Tale of a Tadpole!

Age: 2-6 yrs. All creatures grow and change in their lifetime, but the life cycle of a frog is an extraordinary one! Preschoolers can hop on over to the park to learn all about tadpoles and frogs through games, songs and live pond creatures to see up close and touch. This program is part of the NC Science Festival. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Sertoma Arts Center – Course Fee: \$2

#230741 Apr 9 Tu 10:30-11:30am

Family Nature Night at Sertoma

Age: 2yrs. 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.

Sertoma Arts Center – Course Fee: \$2

Habitat Hunt!

#230725 Mar 21 Th 6:30-7:30pm

Little Fingers in the Garden

#230726 Apr 18 Th 6:30-7:30pm

Fitness

Exercise – Sertoma Chair Yoga for Seniors

Age: 50yrs. and up. 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.

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

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.

Course Fee: \$52

#230369	Jan 8-Feb 12	Tu	1:30-2:30pm
#230370	Mar 5-Apr 9	Tu	1:30-2:30pm

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: \$52

#230363	Jan 7-Feb 18	M	6:15-7:15pm skips 1/21
#230364	Mar 4-Apr 8	M	6:15-7:15pm
#230365	Jan 7-Feb 18	M	7:30-8:30pm skips 1/21
#230366	Mar 4-Apr 8	M	7:30-8:30pm
#230367	Jan 8-Feb 12	Tu	12:00-1:00pm
#230368	Mar 5-Apr 9	Tu	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: \$52

#230373	Jan 9-Feb 13	W	7:30-8:30pm
#230374	Mar 6-Apr 10	W	7:30-8:30pm
#230375	Jan 10-Feb 14	Th	12:00-1:00pm
#230376	Mar 7-Apr 11	Th	12:00-1:00pm

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.

Course Fee: \$52

#230371	Jan 9-Feb 13	W	6:15-7:15pm
#230372	Mar 6-Apr 10	W	6:15-7:15pm

Exercise – The Nia Technique

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. New to Nia? Take a free class! Instructor: Laura Ghantous.

Course Fee: \$56

SERTOMA ARTS CENTER – WINTER/SPRING 2019 – CLASSES / WORKSHOPS

#230598	Jan 5-Feb 16	Sa	10:15-11:15am
#230599	Mar 2-Apr 20	Sa	10:15-11:15am

Exercise – Zumba Gold at Sertoma Arts

Age: 16yrs. and up. ZumbaÆ Gold is dance fitness for the young at heart. You'll learn basic steps to Salsa Merengue, Cha Cha, Swing and more while moving to the beat of Latin and International music. We come together to exercise in a supportive environment as a ZumbaÆ family. You'll have fun and feel great! Come join us! Instructor: Diana Call.

Course Fee: \$48

#230769	Jan 8-Feb 12	Tu	5:00-6:00pm
#230770	Mar 5-Apr 9	Tu	5:00-6:00pm

SERTOMA ARTS CENTER

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Keyword: Sertoma Arts

