



Teen & Adult Programs

VISUAL ARTS

Contact: Ivy McCormick, 240-542-2060,
imccormick@greenbeltmd.gov

WATERCOLOR PAINTING 153210-1 Ages 16+

All levels of painting skills are welcome to join this class. Teaching Artist Valerie Watson is prepared to meet you where you are. Learn traditional watercolor techniques and vocabulary while cultivating your creativity.

Th 7:00pm-9:00pm/CC-113

8 mtgs: 1/5 - 2/23

R: \$89, NR: \$116

Instructor: Valerie Watson

PAINTING FROM PHOTOGRAPHS 153212-1 Ages 16+

Participants will learn to take photographs and use them as inspiration for painting. Our goal will not be to make an identical replica of the photograph but use it as a basis for developing a painting. We will explore how changing colors, cropping and altering composition can bring a painting to life.

W 7:00pm-9:00pm/CC-113

5 mtgs: 1/18 - 2/15

R: \$65, NR: \$85

Instructor: Racquel Keller

BEATS AND BRUSHES-IN FULL SWING 153214-1

Ages 16+

Want to beat away the winter blues? Join us in an exploration of music, color and art. This class is inspired by one of the most important American modernists, Stuart Davis (1892–1964). Davis's work was jazz-inspired and resulted in visually complex compositions. Our first class will be at the National Gallery of Art to spend time looking over 100 of Stuart Davis's works. We will then take what we have learned into the studio for the remaining classes where we will experiment with how different music influences our creativity.

Sa 9:00am-12:00pm/CC-113

7 mtgs: 1/7 - 2/18

R: \$122, NR: \$159

Instructor: Racquel Keller

MASTER THE BASICS OF TIE-DYE 153222-1

Ages 10+

Master the basics of tie-dye. This in-depth 4-week workshop covers everything you need to create out-of-sight tie dye. Topics include color, techniques, tools, patterns and basic shapes. By the end of the course, students will complete 4 projects. Multiple patterns will be introduced each week, such as rainbows, the Earth, cupcakes, hearts, and many more. Come with curiosity and questions!

Tu 4:15pm-5:30pm/CC-113

4 mtgs: 1/10 - 1/31

R: \$50, NR: \$60

Instructor: Erin Cassell

The City of Greenbelt Arts Programs are sponsored in part by the Maryland-National Capital Park and Planning Commission and the Maryland State Arts Council.

Thank you!

SEW FOR CHARITY 153242-1**Ages 16+**

Enjoy sharing ideas, patterns and materials with fellow sewers while creating crafts for local charities. Projects include blankets for infants and disadvantaged children, baby clothes, hats and pillow cases for cancer patients and other items according to your inspiration. Basic sewing skills required; this is not an instructional program. Participants supply their own machines, sewing supplies and power strips/cords.

Th 10:00am-2:00pm/CC-113**10 mtgs: 1/5 - 3/9****R: \$5, NR: \$10****CERAMICS**

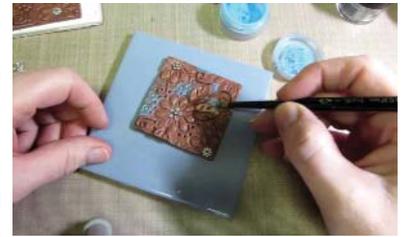
Contact: Ivy McCormick, 240-542-2060,
imccormick@greenbeltmd.gov

**FUNCTIONAL HAND-BUILDING 163201-1****Ages 18+**

Learn the techniques to make cups, bowls, plates, and other useful objects by using only your hands and hand tools. Learn three-dimensional forming processes, how to join pieces of clay together to build a structure, and various methods of decorating functional pieces. Beginners and all levels welcome. Includes Ceramics Open Studio and use of a shelf. Clay purchased separately.

Tu 7:00pm-9:30pm/CC-304**10 mtgs: 1/3 - 3/7****R: \$118, NR: \$154****Instructor: Sandra Dwiggin****CERAMIC DECORATION & ART TILES 153259-1****Ages 16+**

Learn ceramic surface decoration and glazing techniques which can be applied in class to art tiles and/or wheel-thrown and hand-built wares. Interested students will learn



key aspects of creating art tiles, including planning designs, shaping, handling, decorating, drying, and mounting. Includes Ceramics Open Studio and use of a shelf. NOTE: Each quarterly session the instructor teaches different decorating techniques so there is always something new to learn.

W 7:00pm-9:30pm/CC-304**10 mtgs: 1/4 - 3/8 (No class 2/1)****R: \$131, NR: \$170****Instructor: Mary Gawlik****LEVEL 1 POTTERY 153281-1****Ages 16+**

Learn basic skills on the potter's wheel, as well as how to decorate and glaze your work. This class is intended for first-time throwers and those with very limited experience. Group instruction is combined with individual support. Ceramics Open Studio included. Clay purchased separately. Use of a personal shelf is not guaranteed.

Tu 7:00pm-9:30pm/CC-305**9 mtgs: 1/3 - 2/28****R: \$123, NR: \$160****Instructor: Gina Mai Denn****LEVEL 2 WHEEL 153282-1****Ages 16+**

Recommended for students who can center small pieces consistently, make basic pots and apply single glazes successfully. A good class for Level 1 "graduates" and potters with basic skills who have not thrown for a while. (First-time throwers may also participate if unable to attend the Level 1 class). Group instruction will allow students to work more independently as the class progresses. Ceramics Open Studio included. Clay purchased separately. Use of a personal shelf in the studio not guaranteed.

M 7:00pm-9:30pm/CC-305**7 mtgs: 1/9 - 3/6 (No class 1/16, 2/20)****R: \$111, NR: \$144****Instructor: Michael Pappas****LEVEL 3 WHEEL 153283-1****Ages 16+**

Recommended for Level 2 "graduates" who can make forms with handles and feet. Group instruction combined with individual support. Clay purchased separately. Includes Ceramics Open Studio and use of a shelf.

W 7:00pm-9:30pm/CC-305**9 mtgs: 1/4 - 3/1****R: \$123, NR: \$160****Instructor: Gina Mai Denn**

LEVEL 4 WHEEL 153284-1**Ages 16+**

Recommended for Level 3 "graduates" who can consistently throw a range of basic forms, who can make lidded pots, and who are interested in developing more advanced skills. Clay purchased separately. Includes Ceramics Open Studio and use of a shelf.

Th 7:00pm-9:30pm/CC-305**10 mtgs: 1/5 - 3/9****R: \$112, NR: \$146****Instructor: Karen Arrington****FIGURATIVE SCULPTURE WORKSHOP 153290-1****Ages 16+**

Join sculptor Trisha Kyner for a day long exploration of figurative pose and character development. The workshop begins with two hours working directly from the model, making gestural studies. For the remainder of the day we will transform these academic studies into expressive, narrative figures. Students will sharpen their understanding of anatomy, but also discover the joys of exaggeration and transformation as these studies become individual characters by the class's end. Students will be able to experiment with the effects of color in the last hour, as we paint the figures with terra sigillatas and underglazes. Open studio not included. Clay purchased separately.

Su 9:30am-5:30pm/CC-304 & 305**1 mtg: 1/29****R: \$115, NR: \$138****Instructor: Trisha Kyner****IMAGE TRANSFER WORKSHOP 153291-1****Ages 16+**

Visiting artist Janet Greer will introduce techniques for transferring inkjet and/or laser printed images onto clay. Learn to use ink transfer, decals, pouncing and photo lithography. Create non-permanent images that can be integrated with decoration methods such as cuerda seca, slip trailing or sgraffito. Bring to class: leatherhard ceramic items with a very smooth surface. Tiles, plates and cylindrical items are recommended. Email Ivy McCormick imccormick@greenbeltmd.gov for detailed supply list or any further questions. Open studio not included. Clay purchased separately.

Sa 9:30am-5:30pm/CC-304 & 305**1 mtg: 1/7****R: \$113, NR: \$136****Instructor: Janet Greer****CERAMICS OPEN STUDIO 153261-1****Ages 16+**

Independent access for current and former students of the Greenbelt Community Center ceramic programs whenever the studios are not reserved. Clay purchased separately. Includes use of a studio shelf. Participants who have not attended a program here within the past 6 months must meet with the Studio Manager for an orientation before using the space; contact Peter Holden at p Holden@greenbeltmd.gov to schedule. Potters who are new to this studio must please enroll in a class.

M-Sa 9:00am-9:45pm,**Su 9:00am-6:45pm/CC-304 & 305****1/3 - 3/8****R: \$90, NR: \$100****HEALTH AND FITNESS**

Contact (unless otherwise noted): Rebekah Sutfin,
240-542-2056, rsutfin@greenbeltmd.gov

ULTIMATE GROOVE WORKOUT**Ages 16+**

Move it and lose it! Work out at your own pace to the upbeat rhythms that make you feel like you're dancing. This total body workout features Latin, African, Jazz, and Hip Hop beats. Our cardio, strength and flexibility training exercises are designed to get you in shape by burning lots of calories and toning your muscles. Come have fun and groove to a healthier, sexier you! Please wear form-fitting workout gear and bring water, your workout shoes, and a towel/yoga mat for floor exercises. For more information, please contact instructor at chelsea@groovedancefitness.com or 301-775-5674. All classes take place in the dance studio (Room 10) at the Greenbelt Community Center.

Session Dates: 1/3 - 3/25 (No class 2/20)**Sa 9:00am-10:00am, Tu 7:00pm-8:00pm,****Th 7:00pm-8:00pm****164220-20 20-class card R: \$160, NR: \$180****164220-10 10-class card R: \$90, NR: \$100****164220-5 5-class card R: \$50, NR: \$55****Drop-in: \$12 (no cash)****Instructor: Chelsea Calhoun****FIT 'N' FUN CARDIO 152203-1****Ages 16+**

Participants experience a variety of cardio including dance, boot camp, weights and floor work set to great music! You will need to bring weights, water and a mat, jump rope is optional.

M/W/F 10:00am-11:15am/CC-106**28 mtgs: 1/9 - 3/17 (No class 1/16, 2/20)****R: \$82, NR: \$92, Drop-in: R: \$4, NR: \$5****Instructor: Judy Cocchiari****ZUMBA GOLD 152402-1****Ages 16+**

This energizing dance party is designed for the active older adult and/or anyone looking for the original moves you love at a lower-intensity. This fun workout incorporates the contagious Latin and international rhythms that is safe and effective for all ages with easy-to-follow choreography that focuses on cardio, balance, range of motion, and coordination. Join the FUN!! Wear comfortable clothing and shoes, bring water and a towel.

Sa 9:00am-10:00am/CC-202**10 mtgs: 1/7 - 3/11****R: \$50, NR: \$60, Drop-in: \$8 (no cash)****Instructor: Wanda Crawley-Pearson***Greenbelt's Healthy Initiatives*

The City of Greenbelt has been recognized as a:
Let's Move! City, Healthy Eating Active Living (HEAL)
Cities & Towns, and Kaboom! Playful City USA

If you want to learn more and *Get Active Greenbelt*,
visit us at www.greenbeltmd.gov/recreation.



NEW! **ZUMBA TONING 152404-1** **Ages 16+**
This class is perfect for those that want to party, but put extra emphasis on toning and sculpting. Adding resistance using lightweight maraca-like Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Join the FUN!! Wear comfortable clothing and shoes, bring water and a towel. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

M 7:00pm-8:00pm/CC-202

8 mtgs: 1/9 - 3/13 (No class 1/16, 2/20)

R: \$50, NR: \$60, Drop-in: \$8 (no cash)

Instructor: Wanda Crawley-Pearson

BEE YOGA FUSION VINYASA YOGA 162503-1 **Ages 18+**
Contact: Andrew Phelan, 240-542-2194, aphelan@greenbeltmd.gov

Start your morning with a vigorous adult yoga class! Build stamina and strength while moving through a series of yoga postures choreographed to music. The best workout for your soul and waistline! Beginners and experienced students alike, regardless of your flexibility or level of fitness are welcome. Yoga mat required. Babies (pre-crawling) and home-schooled children are welcome to play quietly next to you while you attend class.

Th 9:30am-10:30am/YC-GYM

8 mtgs: 1/5 - 2/23

R: \$80, NR: \$96

Drop-in \$15

Instructor: Gretchen Schock

GENTLE YOGA- WELCOME TO THE NEW YEAR 152202-1

Ages 16+

This one day class includes gentle yoga poses, breathing practices, relaxation, and meditation to welcome in the New Year with vitality, clarity, and joy! After a gentle yoga practice, the class will end with a guided yoga nidra meditation. Please bring a mat, a blanket, and a bolster or pillow. For more information, please email Laura Bonkosky at laura.bonkosky@gmail.com, or visit www.laurabonkosky.com.

Tu 6:30pm-8:00pm/CC-202

1 mtg: 1/3

R/NR: \$15

Instructor: Laura Bonkosky

GENTLE YOGA 152201-1

Ages 16+

This class is designed to offer a gentle yoga experience that includes yogic breathing, postures, relaxation, and simple meditation techniques to help release tension, strengthen and stretch your body, and increase your sense of well-being. Bring a mat and blanket to class, and please refrain from eating 2 hours before class. *Drop-ins are not permitted for this class.*

Tu 6:00pm-7:15pm/CC-202

10 mtgs: 1/10 - 3/14

R: \$80, NR: \$90

Instructor: Laura Bonkosky

YOGA & CORE CONDITIONING 152202-2 **Ages 16+**

Develop strength, flexibility, balance and a sense of well-being by combining postures, breathing practices and deep relaxation of yoga with toning and core strengthening movements. Bring a mat. Don't eat 2-3 hours before class. For more information email laura.bonkosky@gmail.com. *Drop-ins are not permitted for this class.*

Th 7:00pm-8:15pm/CC-202

10 mtgs: 1/12 - 3/16

R: \$80, NR: \$90

Instructor: Laura Bonkosky

FUN YOGAMIX 152220-1

Ages 16+

A fun and gentle yoga mix of breathing, poses, meditation and laughter therapy. Please bring a mat and a blanket to each class. Beginners are welcome; no experience necessary. For more information contact instructor at yogatina@yahoo.com.

Th 6:00pm-7:00pm/CC-202

10 mtgs: 1/12 - 3/16

R: \$70, NR: \$80, Drop-in: \$10 (no cash)

Instructor: Tina McCloud

LUNCHTIME YOGA

Ages 18+

This mixed level class offers a balanced practice of warm-ups, postures, yogic breathing, meditative awareness and relaxation designed to stretch, strengthen and energize your body, release tension, enliven your spirit and bring more ease and joy to your life. Bring a mat. Don't eat 2-3 hours before class. *For drop-ins, please pay in CC office prior to class.*

152221-1 Tu 12:30pm-1:30pm/CC-10

10 mtgs: 1/10 - 3/14

R: \$77, NR: \$87, Drop-in: \$10

152221-2 Th 12:30pm-1:30pm/CC-10

10 mtgs: 1/12 - 3/16

R: \$77, NR: \$87, Drop-in: \$10

Instructor: Laura Bonkosky



YOGA NIDRA 152221-2**Ages 16+**

Yoga Nidra is an accessible form of meditation, rooted in ancient yoga traditions, but uniquely suited to our modern times. Benefits include reduced stress and insomnia, and increased confidence, joy, and well-being. In this series, each week we will take a deeper look at various core elements of yoga nidra, and then relax into a guided yoga nidra meditation. Please bring a mat, blankets, and a pillow or bolster. No previous yoga or meditation experience is necessary. For more information, email Laura Bonkosky at laura.bonkosky@gmail.com, or visit www.laurabonkosky.com

F 7:00pm-8:00pm/CC-202**6 mtgs: 1/27 - 3/3****R/NR: \$60, Drop-in: \$15 (no cash)****Instructor: Laura Bonkosky****PILATES II 152205-1****Ages 16+**

Prerequisite: Pilates Mat Class I or equivalent class (not video) experience and core strength. Class includes basic intermediate exercises for greater flexibility and core strength. Class will move at a faster pace, focusing on flow. Bring a mat (3/8 inch or more) or heavy blanket, and a 10-pound sandbag or rice bag as a foot weight.

W 6:45pm-7:45pm/CC-202**10 mtgs: 1/11 - 3/15****R: \$120, NR: \$130****Instructor: Catherine Turner****PILATES I 152210-1****Ages 16+**

A classic Pilates mat workout covering basic exercises for strengthening core muscles, and improving posture, balance and flexibility. Bring a mat or blanket and a 10-pound sandbag or bag of rice as a foot weight.

W 8:00pm-9:00pm/CC-202**10 mtgs: 1/11 - 3/15****R: \$120, NR: \$130****Instructor: Catherine Turner****TKA KARATE****Ages 13+**

Contact: Andrew Phelan, 240-542-2194, aphelan@greenbeltmd.gov

Registration for this class will be held at the Greenbelt Youth Center the first night of class. For more information please call 301-840-9262.

M 7:30pm-9:00pm/YC-GYM**9 mtgs: 1/9 - 3/20 (No class 1/16, 2/20)****R/NR: \$63****TAI CHI ALL LEVELS 152206-1****Ages 16+**

All Levels. Visit www.skyvalleytaiji.com for more information.

Sa 9:00am-10:00am/CC-106**10 mtgs: 1/7 - 3/11****R: \$70, NR: \$80****Instructor: Taj Johnson****TAI CHI LEVEL I/II 152207-1****Ages 16+**

Contact: Andrew Phelan, 240-542-2194, aphelan@greenbeltmd.gov

Beginning levels of Yang Simplified Tai Chi Form instruction as developed by Cheng, Man-Ch'ing (37 postures).

W 6:30pm-7:30pm/YC-MPR**10 mtgs: 1/4 - 3/8****R: \$70, NR: \$80****Instructor: Linda Uphoff****TAI CHI LEVEL III 152209-1****Ages 16+**

Contact: Andrew Phelan, 240-542-2194, aphelan@greenbeltmd.gov

Training and corrections for students who have completed instruction in Cheng Man-Ch'ing's simplified Yang Form. Instructor approval is required. Call 301-345-5386 if you have questions.

W 7:30pm-8:30pm/YC-MPR**10 mtgs: 1/4 - 3/8****R: \$70, NR: \$80****Instructor: Linda Uphoff****LADIES NIGHT BASKETBALL 162432-1****Ages 18+**

Contact: Frank Jones, 240-542-2123, fjones@greenbeltmd.gov

Greenbelt Recreation Facility ID required for all women interested in participating.

Th 8:00pm-9:45pm/SHLRC-GYM**8 mtgs: 1/5 - 2/23****MUSIC**

Contact: Angella Foster, 240-542-2067 afoster@greenbeltmd.gov

STRUM AND SING 164240-1**Ages 18+**

Have you ever wanted to be able to accompany yourself on guitar while singing? We will learn several beginner guitar tunes that sound GOOD (not Mary Had A Little Lamb). We will learn some basic chords and strumming patterns while we sing and strum together. Be prepared to strum, sing, laugh, and enjoy how good you sound! No previous experience necessary. At the end of eight weeks, we will have a class recital to celebrate your success. Students must provide their own acoustic or classical guitar.

W 6:30pm-7:30pm/CC-109**8 mtgs: 1/4 - 2/22****R: \$64, NR: \$74****Instructor: Rachel Cross****STRUM AND SING - CONTINUING 164241-1****Ages 18+**

In this class for the advanced beginner, we will focus on some more right hand techniques such as finger-picking and using a plectrum. We will also learn songs in a variety of rhythms and tempos while continuing to sing as we play. We will grow our repertoire and confidence, and celebrate our success with a recital at the end of eight weeks. Students must provide their own acoustic or classical guitar. Prerequisite: Students must have completed Beginning Strum and Sing or be able to strum and sing a basic three-chord song.

W 7:30pm-8:30pm/CC-109**8 mtgs: 1/4 - 2/22****R: \$64, NR: \$74****Instructor: Rachel Cross**

DANCE

Contact: Angella Foster, 240-542-2067
afoster@greenbeltmd.gov

MODERN DANCE FOR ALL 154207-1 **Ages 16+**

Modern Dance for All is an open level class designed for beginners as well as more experienced movers who want to develop their bodies into stronger, more expressive instruments with an emphasis on developing strength and efficiency. This class will introduce students to concepts and movement patterns borrowed Barentieff Fundamentals and a wide range of American modern dance styles. No previous dance experience necessary. All ages and body types welcome. Dress comfortably in clothes that are easy to move in but not too baggy; we will dance barefoot in this class.

W 7:00pm-8:00pm/CC-10
8 mtgs: 1/25 - 3/22 (No class 3/1) R: \$80, NR: \$90
Instructor: Angella Foster

BEGINNING BALLET 154202-3 **Ages 15+**

A fun introduction to ballet specifically designed for teen and adult beginners! Emphasis will be on developing strength, flexibility and balance through traditional ballet barre work as well as through conditioning exercises borrowed from Pilates and yoga. Please wear comfortable clothes but not too loose. Soft ballet shoes or bare feet. Leotards & tights not necessary.

M 7:00pm-8:00pm/CC-10
14 mtgs: 1/23 - 5/8 (No class 2/20, 4/17)
R: \$140, NR: \$150
Instructor: Angella Foster

HAND DANCING **Ages 18+**

Hand Dancing is a fun social Swing dance style that developed in the late 1940s, 1950s, and 1960s in the D.C./ Baltimore areas, where it was variously called fast dance, bop, jitterbug, and eventually Hand Dance. Jerry Hart is a certified Hand Dance instructor for the D.C. Hand Dance Club, which holds dances in Prince George's, Anne Arundel, and Howard Counties. For more information, contact Jerry at jerryh375@gmail.com

154203-1 M 8:15pm-9:00pm/CC-10
8 mtgs: 1/23 - 3/20 (No class 2/20) R: \$44, NR: \$55
154203-2 Th 8:15pm-9:00pm/CC-10
8 mtgs: 1/26 - 3/16 R: \$44, NR: \$55
Instructor: Jerry Hart

GREEK FOLK DANCING 154201-1 **Ages 16+**

Lose weight and keep fit while having fun expressing your unique personality the Greek way through food and dance! No partner required.

Su 4:30pm-6:30pm/CC-10
8 mtgs: 1/29 - 3/19 R/NR: \$32
Instructor: Chris Tennant

SPECIAL INTERESTS

Contact: Karen Haseley, 240-542-2054,
khaseley@greenbeltmd.gov

STRATEGY GAMES CLUB 187501-1 **Ages 10+**

Exercise your brain playing a variety of strategy games, Carcassonne, Mah Jongg, Ticket to Ride, Blokus, Cribbage. Traditional strategy games - Chess, Checkers, Backgammon, and Jenga - are also available. Come join in the fun!

Tu 7:15pm-9:15pm/YC-MPR
12 mtgs: 1/3 - 3/21 FREE
Instructor: Karen Haseley

SIGN LANGUAGE 157202-1 **Ages 15+**

Learn American Sign Language (ASL). This class is for those with minimal experience or no experience at all with ASL. It is a full immersion class.

Tu 6:30pm-8:30pm/CC-109
10 mtgs: 1/3 - 3/7 R: \$52, NR: \$65
Instructor: Michael Dunham

COMMUNICATING IN ASL 157207-1 **Ages 15+**

Continue working on your American Sign Language (ASL) skills and vocabulary. This class is for those who have an understanding of basic ASL signs. It is a full immersion class.

M 6:30pm-8:30pm/CC-114
8 mtgs: 1/9 - 3/13 (No class 1/16, 2/20)
R: \$41, NR: \$52
Instructor: Michael Dunham



TABLE TENNIS CLUB 187520-01 **Ages 8+**

Contact: Andrew Phelan, 240-542-2194
aphelan@greenbeltmd.gov

Table Tennis Club meets every week for fun and challenging play. Sharpen your skills playing with new folks every week! Annual membership fee required. Waived fee for current recreation members and pool pass holders!

Th 7:30pm-9:30pm/YC-MPR
13 mtgs: 1/5 - 3/30 R/NR: \$20