

Teen and Adult Programs

VISUAL ARTS

Contact: Amanda Demos Larsen,
240-542-2062,
alarsen@greenbeltmd.gov

WATERCOLOR PAINTING 253210-1

Ages 16+

Learn traditional watercolor techniques and vocabulary while cultivating your creativity. Includes Visual Arts Open Studio.

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

9 mtgs: 3/29 - 5/24

R: \$99, NR: \$129

Instructor: Valerie Watson

EXPLORING COLOR 253206-1

Ages 16+

This hands on class is appropriate for anyone interested in the history and use of color. Participants will study the use of color from cave paintings to contemporary art, explore the use of complementary colors, warm versus cool colors, color mixing and color blending. Appropriate for those working in all mediums and all levels of experience.

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

4 mtgs: 3/28 - 4/18

R: \$49, NR: \$63

Instructor: Racquel Keller

PLEIN AIR PAINTING AROUND MARYLAND 253214-1

Ages 16+

Learn to paint in plein air (outdoors). This class will paint at various locations within 10-20 minutes of the Greenbelt Community Center. We will explore many techniques to capture the outdoors on canvas with acrylic paint. All levels of artists are welcome.

Sa 9:00am-1:00pm/CC-113

7 mtgs: 4/14 - 5/26

R: \$146, NR: \$190

Instructor: Racquel Keller

ART SOCIAL EVENTS

Book your own social event for a group of friends! Events are currently available in painting, ceramics and soap making. Contact Amanda Demos Larsen at alarsen@greenbeltmd.gov for more information and to schedule an event.



VISUAL ARTS OPEN STUDIO 253216-1 **Ages 16+**

Independent use of the studio whenever the room is not reserved. Ideal for painting, drawing, fiber arts and crafts. Work alone, or arrange to meet up with fellow participants for more sociable studio time. Participants may use the studio's easels and mat cutter. New participants must meet with the Studio Manager for an orientation before using the space; contact Beth Fendlay at b fendlay@greenbeltmd.gov to schedule.

M-Sa, 9:00am-9:45pm; Su 9:00am-6:45pm/CC-116

10 wks: 3/26 - 6/3

R: \$30, NR: \$40

CERAMICS

Contact: Amanda Demos Larsen, 240-542-2062,
alarsen@greenbeltmd.gov

CERAMIC DECORATION AND ART TILES 253259-1

Ages 16+

Students will learn and practice exciting decorating and glazing skills on thrown, hand-built, or tile pieces and will get guidance on individually chosen projects. The instructor will provide customized demos and coaching on particular decorating and glazing techniques that meet the interests of students. Those interested in tiles can create individual tiles and tile panels. Recommended for students who can independently throw or hand-build ware or roll slabs for tiles. Includes Ceramics Open Studio and use of a shelf.

W 7:00pm-9:30pm/CC-304

9 mtgs: 3/28 - 5/23

R: \$123, NR: \$160

Instructor: Mary Gawlik

FUNCTIONAL HAND-BUILDING 263201-1 **Ages 18+**
 Students will learn the techniques to make cups, bowls, plates, and other useful objects by using only their hands and hand tools. They will 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
9 mtgs: 3/27 - 5/22
R: \$123, NR: \$160
Instructor: Sandra Dwiggins

LEVEL 1 WHEEL 253281-1 **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: 3/27 - 5/22
R: \$123, NR: \$160
Instructor: Gina Mai Denn

LEVEL 2 WHEEL 253282-1 **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 is not guaranteed.
M 7:00pm-9:30pm/CC-305
8 mtgs: 3/26 - 5/14
R: \$111, NR: \$144
Instructor: Michael Pappas

LEVEL 3 WHEEL 253283-1 **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: 3/28 - 5/23
R: \$123, NR: \$160
Instructor: Gina Mai Denn

LEVEL 4 WHEEL 253284-1 **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
9 mtgs: 3/29 - 5/24
R: \$123, NR: \$160
Instructor: Karen Arrington

RAKU WORKSHOP 253267-1 **Ages 16+**
 With roots in centuries-old Japan, Raku is a method of fast-firing ceramic art outdoors with beautiful and surprising results. Bring up to five bisque pieces to the glazing session. Firing will take place outside of the Greenbelt Aquatic and Fitness Center. Enroll for multiple slots in the class in order to fire more work. Clay purchased separately.
Orientation meeting: F 3/30 7:00pm-8:00pm/CC-304
Glazing: F 4/27 7:00pm-9:00pm/CC-304
Firing: Sa 4/28 10:00am-4:00pm/GAFC
R: \$73, NR: \$95
Instructor: Karen Arrington

CERAMICS OPEN STUDIO 253261-1 **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 Beth Fendlay at bfendlay@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
10 wks: 3/26 - 6/3
R: \$90, NR: \$100

CERAMICS FAMILY OPEN STUDIO 253261-2
Ages 8-15
 A new opportunity for parents and children to work together in the studio! Adults who are enrolled in Ceramics Open Studio or a spring class that includes open studio privileges may bring children ages 8 and up to select open studio hours. Participating children must be concurrently enrolled in a spring ceramics class and accompanied in the studio by an adult who is participating in open studios. Limit two children per adult per visit. Children under 8 may receive special permission from their instructor to participate as well. Recycled clay is provided for participants under age 16.
Su/F 3:00pm-6:00pm/CC-304
10 wks: 3/30 - 6/3
R: \$20, NR: \$25

FACILITY CODES

BF=Braden Field
 CC=Community Center
 GAFC=Greenbelt Aquatic & Fitness Center
 SHLRC=Springhill Lake Recreation Center
 YC=Youth Center

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!



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: 4/3 - 5/24 (no class 4/19-4/26)

Sa 9:00am-10:00am, Tu 7:00pm-8:00pm,

Th 7:00pm-8:00pm

264220-20 20-class card R: \$160, NR: \$180

264220-10 10-class card R: \$90, NR: \$100

264220-5 5-class card R: \$50, NR: \$55

Drop-in: \$12 (no cash)

Instructor: Chelsea Calhoun

ZUMBA GOLD 252402-1

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: 3/24 - 5/26

R: \$60, NR: \$70, Drop-in: \$8 (no cash)

Instructor: Wanda Crawley-Pearson

GENTLE YOGA 252201-1

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

10 mtgs: 3/27 - 5/29

R: \$80, NR: \$90

Instructor: Laura Bonkosky

YOGA & CORE CONDITIONING 252202-2 **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: 3/29 - 5/31

R: \$80, NR: \$90

Instructor: Laura Bonkosky

FUN YOGAMIX 252220-1 **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: 3/29 - 5/31

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.*

252221-1 Tu 12:30pm-1:30pm/CC-10

10 mtgs: 3/27 - 5/29

R: \$70, NR: \$80; Drop-in: \$10

252221-2 Th 12:30pm-1:30pm/CC-10

10 mtgs: 3/29 - 5/31

R: \$70, NR: \$80; Drop-in: \$10

Instructor: Laura Bonkosky

YOGA NIDRA **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

252403-1A 4/6

252403-1B 5/11

252403-1C 6/1

R/NR: \$10; Drop-in: \$12 (no cash)

Instructor: Laura Bonkosky

PILATES I 252210-1 **Ages 16+**

A classic Pilates mat workout covering basic exercises for strengthening core muscles, and improving posture, balance and flexibility. Bring a mat (3/8 inch or more) or heavy blanket, and a 10-pound sandbag or rice bag as a foot weight.

W 8:00pm-9:00pm/CC-202

10 mtgs: 3/28 - 5/30

R: \$100, NR: \$120

Instructor: Catherine Turner

PILATES II 252205-1 **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: 3/28 - 5/30

R: \$120, NR: \$130

Instructor: Catherine Turner

**TAI CHI ALL LEVELS 252206-1** **Ages 16+**

Visit www.skyvalleytaiji.com for more information.

World Tai Chi Day - April 28

Sa 9:00am-10:00am/CC-106

10 mtgs: 3/24 - 5/26

R: \$80, NR: \$90

Instructor: Taj Johnson

TAI CHI LEVEL I/II 252207-1 **Ages 16+**

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-Multi

12 mtgs: 3/28 - 6/13

R: \$84, NR: \$96

Instructor: Linda Uphoff

TAI CHI LEVEL III 252208-1 **Ages 16+**

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-Multi

12 mtgs: 3/28 - 6/13

R: \$84, NR: \$96

Instructor: Linda Uphoff



BEGINNER ARCHERY 252602-1 Ages 14+

Andrew Phelan, 240-542-2194, aphelan@greenbeltmd.gov
Shoot for it! PREVIOUS EXPERIENCE NOT REQUIRED. Learn proper safety, shooting techniques, scoring, eye dominance, alignment and hand position with re-curve bows. All equipment will be provided. Sessions will be led by a certified a National Field Archery Association instructor.

Th 5:30pm-6:15pm/BF-2

8 mtgs: 4/12 - 5/31

R: \$55, NR: \$65

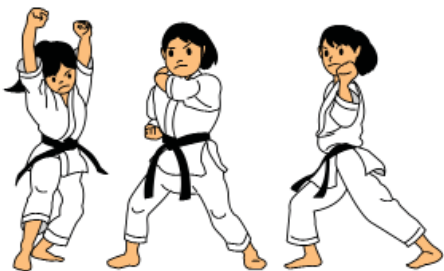
INTERMEDIATE ARCHERY 252603-1 Ages 14+

Andrew Phelan, 240-542-2194, aphelan@greenbeltmd.gov
Refine your alignment, release and follow through in an intermediate level course using re-curve and compound bows. PARTICIPANTS REQUIRE SIX MONTHS OF ARCHERY EXPERIENCE and basic knowledge of range safety procedures, shooting technique, hand position and stance. Enhance the skills taught in Beginner Archery. All equipment will be provided. Sessions will be led by a certified National Field Archery Association instructor.

Th 6:30pm-7:15pm/BF-2

8 mtgs: 4/12 - 5/31

R: \$55, NR: \$65



TKA KARATE Ages 13+

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

11 mtgs: 3/5 - 5/21 (No class 4/2)

R/NR: \$77

MUSIC

Contact: Chris Cherry, 240-542-2055
ccherry@greenbeltmd.gov

UKE CAN DO IT! BEGINNING UKULELE 264242-1

Ages 16+

Uke Can Do It! is a beginning level ukulele class. Students will learn how to pluck simple melodies, strum, and sing songs in a group while exploring ukulele music past and present. We will also learn to read ukulele tablature and chord charts. Students must provide their own ukulele and a folder for sheet music. All sheet music will be provided.

Th 6:45pm-7:45pm/CC-109

8 mtgs: 4/5 - 5/24

R: \$72, NR: \$81

Instructor: Rachel Cross

UKE CONTINUED! 264243-1

Ages 16+

In this intermediate level class, focus will be on more complex ensemble pieces that will add to our eclectic performance repertoire. You will also learn some finger-picking, new strumming patterns, and more chords. Students must provide their own soprano ukulele and a folder for sheet music. All sheet music will be provided. This class will culminate in a group recital and celebration on the last day of class.

Th 8:00pm-9:00pm/CC-109

8 mtgs: 4/5 - 5/24

R: \$72, NR: \$81

Instructor: Rachel Cross

SPECIAL INTEREST

Rebekah Sutfin, 240-542-2056,
rsutfin@greenbeltmd.gov

SIGN LANGUAGE TO GO 257202-1

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-8:00pm/CC-109

9 mtgs: 3/20 - 5/15

R: \$42, NR: \$52

Instructor: Michael Dunham

COMMUNICATING IN ASL 257207-1

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.

Tu 8:15pm-9:45pm/CC-109

9 mtgs: 3/20 - 5/15

R: \$42, NR: \$52

Instructor: Michael Dunham