



# Teen and Adult Programs

## VISUAL ARTS

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

### WATERCOLOR PAINTING 353210-1 Ages 16+

All levels of painting skills are welcome to join! The instructor 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: 6/28 - 8/16

R: \$89, NR: \$116

Instructor: Racquel Keller

### MAKE A STAINED GLASS GEODE WINDOW HANGING 253207-1 Ages 16+

Participants will make a 10" diameter stained glass hanging using the copper foil technique. The hanging will contain a geode surrounded by glass nuggets and pieces of stained glass. We will learn to cut, foil, position, and solder stained glass, and to finish and frame the piece with lead came. We will explore the role of color and lighting in stained glass as well as learn the basic techniques of stained glass copper foil construction. No experience necessary, tools and glass will be provided.

Su 11:00am-3:00pm/CC-116

1 mtg: 8/26

R: \$45, NR \$57

Instructor: Maureen Stone



## TEENS AGES 15-18...

Saturday, June 2, 1:00pm-3:00pm

See page 4 for an awesome **SPRAY PAINTING WORKSHOP!**  
Create your own 12" square art panel using spray paint and an acrylic sheet!

### BATIK WORKSHOP 353221-1 Ages 12+

Batik is an ancient Indonesian technique of using hot wax and natural dyes to create stunning hand drawn patterns on fabric. In this introductory workshop students will learn the history of batik fabrics and experiment with the tools and techniques used to make them. Each participant will design a 2 foot square piece of fabric (perfect for pillows and baby quilts!) using traditional Indonesian batik tools, hot wax, and indigo. This class is perfect for those who enjoy meditative art practices like quilting, life drawing, and beading which require a high level of focus over an extended period of time.

Sa-Su 11:00am-3:00pm/CC-113

2 mtgs: 6/16 - 6/17

R: \$85, NR: \$111

Instructor: Omolara Williams McCallister

## CERAMICS

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

### FUNCTIONAL HAND-BUILDING 363201-1 Ages 16+

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

8 mtgs: 6/26 - 8/14

R: \$86, NR: \$112

Instructor: Sandra Dwiggin

**LEVEL 1 & 2 WHEEL 353281-1** **Ages 16+**

A class for first-time throwers and those with limited experience. Participants will practice basic skills on the potter's wheel as well as glazing technique. Group instruction is combined with individual support. Ceramics Open Studio included. Clay purchased separately. Use of a personal shelf in the studio is not guaranteed.

**Tu 7:00pm-9:30pm/CC-305**

**8 mtgs: 6/26 - 8/14**

**R: \$110, NR: \$143**

**Instructor: Gina Mai Denn**

**LEVEL 3 & 4 WHEEL 353283-1** **Ages 16+**

Recommended for potters who can throw a range of basic forms and make vessels with handles and feet. Group instruction combined with individual support. Clay purchased separately. Includes Ceramics Open Studio and use of a shelf.

**M 7:00pm-9:30pm/CC-305**

**8 mtgs: 6/25 - 8/13**

**R: \$110, NR: \$143**

**Instructor: Michael Pappas**

**MAKING POTS FOR A WOOD KILN 353264-1**

**Ages 16+**

An exploration of forms and surfaces that are well-suited for a wood-kiln. This weekly meeting will give wood-firers dedicated time to produce the volume of pots needed to fill the kiln. Intermediate and advanced wheel-throwers and hand-builders welcome. Enrollment in The Woodfire Workshop is required in order to take this class (see activity #353263-1). Includes Ceramics Open Studio and use of a shelf.

**Th 7:00pm-9:30pm/CC-305**

**8 mtgs: 6/28 - 8/16**

**R: \$110, NR: \$143**

**Instructor: Karen Arrington**

**WOODFIRE WORKSHOP 353263-1** **Ages 16+**

Intermediate and advanced potters: experience the ancient roots and the scientific heights of pottery by firing a wood-fueled kiln. This is an intense, hands-on process requiring physical labor and cooperation among participants. The end results are an organic element, lively, fully-functional pots. Students must attend two instructional meetings at the Community Center as listed below, along with the firing itself which will take place at Monocacy River Pottery (about an hour and half drive from Greenbelt). See also activity # 353264-1, a class in which participants will make wares for this firing. If you are not registered in the class, permission is required to enroll in the workshop only; please write to [alarsen@greenbeltmd.gov](mailto:alarsen@greenbeltmd.gov). Open Studio not included. Includes 35 lbs Phoenix clay.

**Introductory meeting: Th 6/28 7:00 pm-9:00 pm/  
CC 304 (First day of making pots for wood kiln class)**

**Glazing meeting: Th 8/16 7:00 pm-9:00 pm/CC-304**

**Loading: Sa 10/6, Monocacy River Pottery**

**Firing: Sa 10/13, Monocacy River Pottery**

**Unloading: Sa 10/20, Monocacy River Pottery**

**CERAMICS OPEN STUDIO 353261-1** **Ages 16+**

Independent access for current and former students of The Greenbelt Community Center ceramic programs whenever the studios are not reserved for classes and maintenance. 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](mailto:bfendlay@greenbeltmd.gov) to schedule. Clay purchased separately. Includes the use of a studio shelf. Participants 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**

**6/18 - 8/19**

**R: \$90, NR: \$100**

*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!*

**DANCE**

**Angella Foster, 240-542-2067,  
[afoster@greenbeltmd.gov](mailto:afoster@greenbeltmd.gov)**

**BEGINNING BALLET 354202-1**

**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 and tights not necessary. Must meet minimum age requirement date by first class meeting.

**M 7:00pm-8:00pm/CC-10**

**8 mtgs: 6/18 - 8/6**

**R: \$80, NR: \$90**

**Instructor: Angella Foster**



**MUSICAL THEATER TAP 354209-1** **Ages 15+**

A fun introduction to the rhythms of tap designed for teen and adult beginners! Classic tap steps will be introduced and developed to the sound of musical numbers and jazz favorites. Please wear comfortable clothes that you can move in. Oxford style tap shoes are recommended. Hard-soled shoes are permitted.

**M 6:45pm-7:45pm/CC-106**

**8 mtgs: 6/18 - 8/6**

**R: \$80, NR: \$90**

**Instructor: Lisa Pellittiere**

## HEALTH



## &amp; FITNESS

**HEALTH AND FITNESS**

Contact (unless otherwise noted): LaToya Fisher,  
240-542-2054, [lfisher@greenbeltmd.gov](mailto:lfisher@greenbeltmd.gov)

**GENTLE YOGA 352201-1****Ages 16+**

This class is designed to offer a gentle but powerful practice of yoga suitable for anyone, including seniors. You will explore yogic breathing, gentle postures and simple meditation techniques to help release tension, strengthen and stretch your body, enliven your spirit and increase your sense of well-being. Bring a mat and blanket to class and refrain from eating 2 hours before class. *Drop-ins are not permitted for this class.*

**Tu 7:00pm-8:15pm/CC-202****9 mtgs: 6/19 - 8/14****R: \$72, NR: \$82****Instructor: Laura Bonkosky****YOGA & CORE CONDITIONING 352202-2** **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](mailto:laura.bonkosky@gmail.com). *Drop-ins are not permitted for this class.*

**Th 7:00pm-8:15pm/CC-202****9 mtgs: 6/21 - 8/16****R: \$72, NR: \$82****Instructor: Laura Bonkosky****PILATES II 352205-1****Ages 16+**

Prerequisite: Pilates 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 and a 10-pound sandbag or rice bag as a foot weight.

**W 6:45pm-7:45pm/CC-202****10 mtgs: 6/20 - 8/22 (No class 7/4)****R: \$90, NR: \$100****Instructor: Catherine Turner****PILATES I 352210-1****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 bag of rice as a foot weight.

**W 8:00pm-9:00pm/CC-202****10 mtgs: 6/20 - 8/22 (No class 7/4)****R: \$90, NR: \$100****Instructor: Catherine Turner****TAI CHI ALL LEVELS 352206-1****Ages 16+**

Visit [www.skyvalleytaiji.com](http://www.skyvalleytaiji.com) for more information.

**Sa 9:00am-10:00am/CC-106****10 mtgs: 6/23 - 8/25****R: \$80, NR: \$90****Instructor: Taj Johnson**

**TAI CHI LEVELS I/II 352207-1****Ages 16+**

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****10 mtgs: 6/20 - 8/29 (No class 7/4)****R: \$70, NR: \$80****Instructor: Linda Uphoff****TAI CHI LEVEL III 352208-1****Ages 16+**

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****10 mtgs: 6/20 - 8/29 (No class 7/4)****R: \$70, NR: \$80****Instructor: Linda Uphoff****FUN YOGAMIX 352220-1****Ages 16+**

A fun and gentle yoga mix of breathing, poses, meditation and laughter therapy. Please bring a mat and 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****8 mtgs: 6/21 - 8/16 (No class 7/5)****R: \$56, NR: \$66, Drop-in: \$10 (no cash)****Instructor: Tina McCloud****LUNCHTIME YOGA 352221-1****Ages 16+**

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. *Drop-ins are not permitted this session.*

**Tu 12:30pm-1:30pm/Municipal Building****9 mtgs: 6/19 - 8/16****R: \$63, NR: \$73****Instructor: Laura Bonkosky****ZUMBA GOLD 352402-1****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: 6/23 - 8/25****R: \$60, NR: \$70, Drop-in: \$8 (no cash)****Instructor: Wanda Crawley-Pearson****YOGA NIDRA****Ages 16+**

Yoga Nidra is a very 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](mailto:laura.bonkosky@gmail.com) or visit [laurabonkosky.com](http://laurabonkosky.com).

**F 7:00pm-8:00pm/CC-10****352403-1A 7/6****352403-1B 8/3****R/NR: \$11, Drop-in: \$15 (no cash)****Instructor: Laura Bonkosky****TKA KARATE****Ages 13+****Contact: Andrew Phelan, 240-542-2194,****[aphelan@greenbeltmd.gov](mailto: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****10 mtgs: 6/11 - 8/13****R/NR: \$70****SPECIAL INTEREST****Rebekah Sutfin, 240-542-2056,****[rsutfin@greenbeltmd.gov](mailto:rsutfin@greenbeltmd.gov)****SIGN LANGUAGE TO GO 357201-1****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****11 mtgs: 6/5 - 8/14****R: \$48, NR: \$60****Instructor: Michael Dunham****COMMUNICATING IN ASL 357207-1****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****11 mtgs: 6/5 - 8/14****R: \$42, NR: \$52****Instructor: Michael Dunham****FACILITY CODES**

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