

# Teen and Adult Programs



**VISUAL ARTS**  
 Contact: Amanda Larsen, 240-542-2060,  
 alarsen@greenbeltmd.gov

**WATERCOLOR PAINTING 453210-1** **Ages 16+**  
 Learn traditional watercolor techniques and vocabulary while cultivating your creativity. Includes Visual Arts Open Studio.  
**Th 7:00pm-9:00pm/CC-113**  
**11 mtgs: 9/14 - 12/7 (No class 9/21, 11/23)**  
**R: \$141, NR: \$183**  
**Instructor: Valerie Watson**

**PLEIN AIR PAINTING 453214-1** **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. Participants may choose from a variety of mediums including acrylic, watercolor and pastel. On rainy days, the class will meet indoors and work on still lifes, master painting copies, and other drawing and painting exercises. All levels of artists are welcome. See page 3, Special Event listing, for a "Paint-Out Picnic" on October 1.  
**Sa 9:00am-1:00pm/CC-113**  
**4 mtgs: 9/16 - 10/14 (No class 9/30)**  
**R: \$96, NR: \$125**  
**Instructor: Racquel Keller**

**STILL LIFE PAINTING 453232-1** **Ages 16+**  
 In this class students will examine the still life paintings of European artists and create their own still life paintings. Participants may choose from a variety of mediums (including acrylic, watercolor and pastel) and will learn how to compose an arrangement and interpret objects that symbolize abstract ideas, as well as focus on the direct observation of nature.  
**Sa 9:00am-1:00pm/CC-113**  
**4 mtgs: 11/18 - 12/16 (No class 12/2)**  
**R: \$96, NR: \$125**  
**Instructor: Racquel Keller**

**SEW FOR CHARITY 453242-1** **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-116**  
**13 mtgs: 9/14 - 12/14 (No meeting 11/23)**  
**R: \$5, NR: \$10**

**VISUAL ARTS OPEN STUDIO 453216-1** **Ages 16+**  
Independent use of the studio whenever the room is not reserved. Ideal for painting, drawing, fiber arts and crafts. 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 [bfendlay@greenbeltmd.gov](mailto:bfendlay@greenbeltmd.gov) to schedule.

**M-Sa, 9:00am-9:45pm; Su 9:00am-6:45pm/CC-116**  
**14 wks: 9/11 - 12/16**  
**R: \$30, NR: \$40**

## CERAMICS

Contact: Amanda Larsen, 240-542-2062,  
[alarsen@greenbeltmd.gov](mailto:alarsen@greenbeltmd.gov)

**FUNCTIONAL HAND-BUILDING 463201-1** **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**  
**12 mtgs: 9/12 - 11/28** **R: \$140, NR: \$182**  
Instructor: Sandra Dwiggins

## CERAMIC DECORATING & ART TILES 453259-1

**Ages 16+**

Learn ceramic surface decoration and glazing techniques while learning to make ceramic art tiles. All techniques can also be used in class on hand-built and thrown ware. Students will learn how to create art tiles, including shaping them, keeping them flat, decorating and glazing them, planning designs, and mounting tiles. Techniques taught in this class will be different from previous classes. Includes Ceramics Open Studio and use of a shelf.

**W 7:00pm-9:30pm/CC-304**  
**12 mtgs: 9/13 - 12/6 (No class 9/20)** **R: \$154, NR: \$200**  
Instructor: Mary Gawlik

## ONE-DAY WORKSHOP: RESIST METHODS FOR DESIGNING THE CLAY SURFACE 453268-1

**Ages 16+**  
Learn to decorate your pottery with a wide range of resist methods, using Tyvek, newspaper, tape, wax, latex, shellac and Mod Podge. We will examine the different effects of each and consider the opportunities for layering designs. Watch demonstrations of these methods applied on soft clay, leather hard, dry clay and bisque surfaces and see finished examples of each. Bring to class: at least 3 bone dry pieces and 3 bisque pieces to practice the various techniques.

**Sa 10:00am-3:00pm/CC-304 & 305**  
**1 mtg: 9/9** **R: \$56, NR: \$69**  
Guest instructor: Natalia Kormeluk

**GAFC=Greenbelt Aquatic and Fitness Center;**  
**SHLRC=Springhill Lake Recreation Center;**  
**YC=Youth Center; CC=Community Center;**

**LEVEL 1 POTTERY 453281-1** **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**  
**13 mtgs: 9/12 - 12/5** **R: \$173, NR: \$225**  
Instructor: Gina Mai Denn

**LEVEL 2 WHEEL 453282-1** **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 shelf in the studio is not guaranteed.

**M 7:00pm-9:30pm/CC-305**  
**13 mtgs: 9/11 - 12/4** **R: \$173, NR: \$225**  
Instructor: Michael Pappas

**LEVEL 3 WHEEL 453283-1** **Ages 16+**  
Recommended for Level 2 "graduates" who are skilled in the basics; centering, trimming and handles. This class includes 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**  
**12 mtgs: 9/13 - 12/6 (No class 9/20)** **R: \$161, NR: \$209**  
Instructor: Gina Mai Denn

**LEVEL 4 WHEEL 453284-1** **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**  
**11 mtgs: 9/14 - 12/7 (No class 9/21, 11/23)**  
**R: \$148, NR: \$192**  
Instructor: Karen Arrington

**CERAMICS OPEN STUDIO 453261-1** **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](mailto: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 14 wks: 9/11 - 12/16**  
**R: \$90, NR: \$100**

**WOODFIRE WORKSHOP 453263-1****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 rustic, lively, fully-functional pots. Students are encouraged to attend an instructional meeting about glazing at the Community Center on 8/17. All participants must attend the firing itself which will take place at Monocacy River Pottery (about an hour and a half drive from Greenbelt). Permission is required in order to register, and off-line registration is required. Please write to Amanda Demos Larsen at [alarsen@greenbeltmd.gov](mailto:alarsen@greenbeltmd.gov). Open Studio not included. Includes 35 lbs Phoenix clay.

**Glazing meeting: Th 8/17, 7:00pm-9:00pm/CC-305****Loading: Sa 10/7, Monocacy River Pottery****Firing: Sa 10/14, Monocacy River Pottery****Unloading: Sa 10/21, Monocacy River Pottery****R: \$230, NR: \$260****Instructor: Karen Arrington****HEALTH AND FITNESS**

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

**ULTIMAGE 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, fitter 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](mailto:chelsea@groovedancefitness.com) or 301-775-5674. All classes take place in the dance studio (Room 10) at the Greenbelt Community Center.

**Session Dates: 9/5 - 12/16****(No class 10/31 through 11/11; 11/25)****Sa 9:00am-10:00am; Tu 7:00pm-8:00pm;****Th 7:00pm-8:00pm****164220-20 20-class card R: \$160, NR: \$180****164220-1 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 452203-1****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****39 mtgs: 9/11 - 12/13 (No class 11/10, 11/24)****R: \$108, NR: \$118, Drop-in: R: \$4, NR: \$5****Instructor: Judy Cocchiario****ZUMBA GOLD 452402-1****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 are 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****9 mtgs: 9/16 - 12/9 (No class 9/23, 9/30, 10/21, 11/25)****R: \$54, NR: \$64, Drop-in: \$8 (no cash)****Instructor: Wanda Crawley-Pearson****GENTLE YOGA 452201-1****Ages 16+**

This class is designed to offer a gentle but powerful practice of yoga suitable for anyone, including seniors. We 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****14 mtgs: 9/12 - 12/12****R: \$96, NR: \$106****Instructor: Laura Bonkosky****YOGA & CORE CONDITIONING 452202-2****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. *Drop-ins are not permitted for this class.*

**Th 7:00pm-8:15pm/CC-202****13 mtgs: 9/14 - 12/14 (No class 11/23)****R: \$96, NR: \$106****Instructor: Laura Bonkosky****PILATES I 452210-1****Ages 16+**

A classic Pilates 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****12 mtgs: 9/13 - 12/13 (No class 9/20, 11/22)****R: \$120, NR: \$130****Instructor: Catherine Turner****PILATES II 452205-1****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****12 mtgs: 9/13 - 12/13 (No class 9/20, 11/22)****R: \$120, NR: \$130****Instructor: Catherine Turner****AQUATICS CLASSES see pages 28-29.**



**TAI CHI ALL LEVELS 452206-1**

Visit [www.skyvalleytaji.com](http://www.skyvalleytaji.com).

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

**12 mtgs: 9/16 - 12/9 (No class 9/30)**

**R: \$98, NR: \$108**

**Instructor: Taj Johnson**

**Ages 16+**

**TAI CHI LEVELS I/II 452207-1**

**Contact: Andrew Phelan, 240-542-2194,**

**[aphelan@greenbeltmd.gov](mailto: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: 9/13 - 11/29**

**R: \$84, NR: \$96**

**Instructor: Linda Uphoff**

**Ages 16+**

**TAI CHI LEVEL III 452208-1**

**Contact: Andrew Phelan, 240-542-2194,**

**[aphelan@greenbeltmd.gov](mailto: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: 9/13 - 11/29**

**R: \$84, NR: \$96**

**Instructor: Linda Uphoff**

**Ages 16+**

**FUN YOGAMIX 452220-1**

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](mailto:yogatina@yahoo.com).

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

**13 mtgs: 9/14 - 12/14 (No class 11/23)**

**R: \$91, NR: \$101, Drop-in: \$10 (no cash)**

**Instructor: Tina McCloud**

**Ages 16+**

**LUNCHTIME YOGA**

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 into your life. Bring a mat. Don't eat 2-3 hours before class. *For drop-ins, please pay in CC office prior to class.*

**452221-1 Tu 12:30pm-1:30pm/CC-10**

**14 mtgs: 9/12 - 12/12**

**R: \$98, NR: \$108, Drop-in: \$10 (no cash)**

**452221-2 Th 12:30pm-1:30pm/CC-10**

**13 mtgs: 9/14 - 12/14 (No class 11/23)**

**R: \$91, NR: \$101, Drop-in: \$10 (no cash)**

**Instructor: Laura Bonkosky**

**Ages 18+**

**YOGA NIDRA**

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](mailto:laura.bonkosky@gmail.com), or visit [www.laurabonkosky.com](http://www.laurabonkosky.com)

**F 7:00pm-8:00pm/CC-202**

**R/NR: \$10, Drop-in: \$12**

**(no cash)**

**452403-1A 9/15**

**452403-1B 10/13**

**452403-1C 11/17**

**452403-1D 12/15**

**Instructor: Laura Bonkosky**

**Ages 16+**

**BEE YOGA FUSION VINYASA YOGA 462502-1**

**Ages 18+**

**Contact: Andrew Phelan, 240-542-2194,**

**[aphelan@greenbeltmd.gov](mailto: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 homeschooled children are welcome to play quietly next to you while you attend class.

**Th 9:30am-10:30am/YC-FULL**

**8 mtgs: 9/21 - 11/9**

**R: \$80, NR: \$96**

**Instructor: Gretchen Schock**

**FIT DANCE 462411-1**

**Ages 18-80**

**Contact: Anne Oudemans, 240-542-2189,**

**[aoudemans@greenbeltmd.gov](mailto:aoudemans@greenbeltmd.gov)**

Dance your way to fitness! Join this community dancing their way to fitness, fun and mutual support in achieving wellness! All participants should consult with a physician prior to participating in any fitness program. Registration for this program is required, but there is no registration fee. Participants are only required to purchase a valid Greenbelt Recreation Facility ID.

**M/W 10:00am-12:00pm/SHLRC-FULL**

**16 mtgs: 9/11 - 11/1**

**TKA KARATE**

**Ages 13+**

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-MPR**

**11 mtgs: 9/18 - 11/27**

**R/NR: \$77**

**ATHLETICS**

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

**ARCHERY (TEEN/ADULT) 452602-1** **Ages 14+**

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: 9/14 - 11/2

R: \$50, NR: \$65

**ARCHERY (TEEN/ADULT) 452603-1** **Ages 14+**

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 a National Field Archery Association instructor.

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

8 mtgs: 9/14 - 11/2

R: \$50, NR: \$65

**MUSIC**

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

**UKE CAN DO IT! BEG UKULELE 464242-1** **Ages 16+**

In this beginner level class, we will learn how to pluck simple melodies, strum and sing songs in a group, and build a performance repertoire. We will learn to read ukulele tablature and chord charts. 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 6:45pm-7:45pm/CC-109

8 mtgs: 9/28 - 11/16

R: \$72, NR: \$81

Instructor: Rachel Cross

**UKE CONTINUED! 464243-1** **Ages 16+**

In this intermediate level class, we will focus on more complex ensemble pieces that will add to our eclectic performance repertoire. We 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: 9/28 - 11/16

R: \$72, NR: \$81

Instructor: Rachel Cross

**DANCE**

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

**BEGINNING BALLET 454202-1** **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 and center 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. Minimum age requirement must be met by first class meeting.

M 7:15pm-8:15pm/CC-10

12 mtgs: 9/11 - 12/4 (No class 10/16)

R: \$120, NR: \$130

Instructor: Angella Foster

**GREEK FOLK DANCING 454201-1** **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: 10/15 - 12/3

\$32

Instructor: Chris Tennant

**SPECIAL INTEREST**

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

**SIGN LANGUAGE TO GO 457202-1** **Ages 16+**

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

10 mtgs: 9/12 - 11/14

R: \$52, NR: \$65

Instructor: Michael Dunham

**COMMUNICATING IN ASL 457203-1** **Ages 16+**

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

10 mtgs: 9/12 - 11/14

R: \$52, NR: \$65

Instructor: Michael Dunham