

PERFORMANCE CLUB 244240-1

In a fun and lively atmosphere, club members will improve their singing, acting, dancing, improv, audition and presentation skills, with a rotating staff of mentors such as Steve Brodd, Chris Cherry, Samantha Fitschen, Jesse Folks, Chris Fominaya, and Melissa Sites.

W 6:30pm-8:00pm/CC-10 8 mtgs: 3/26 - 5/14
Ages 12-15 R: \$60, NR: \$65

TKA KARATE

Registration for this class will be held at the Springhill Lake Elementary School the first night of class. For more information please call 301-840-9262.

M 6:00pm-8:30pm/SHLES
10 mtgs: 4/21 - 6/30 (No Class 5/26)
Ages 5-12 R/NR: \$50

STRATEGY GAMES CLUB 287501-1

Exercise your brain playing a variety of strategy games. Come join in the fun!

Tu 7:00pm-9:00pm/YC-Multi 12 mtgs: 3/25 - 6/10
Ages 10-Adult FREE
Instructor: Karen Haseley

VOLLEYBALL 101 242201-1

NEW! An introduction to volleyball for beginner and intermediate levels. Class designed for teens that are not currently involved in an organized sport but are interested in becoming more active, learning a team sport and having fun! The class will cover the rules and fundamentals of volleyball and help develop skills needed to be successful in the sport.

Sa 10:45am-12:15pm/CC-106 11 mtgs: 3/29 - 6/7
Ages 12-17 R: \$30, NR: \$40
Instructor: Chris Butcher

ADULT CLASSES

R=Resident, NR=Non-resident

FITNESS CLASSES

HEALTH & FITNESS

Flexibility, strength, and toning movements from many disciplines. Bring a mat.

252202-1 Tu 7:00pm-7:55pm/CC-202
11 mtgs: 3/25 - 6/3
Ages 16-Adult R: \$44, NR: \$54
252202-2 Th 7:00pm-7:55pm/CC-202
11 mtgs: 3/27 - 6/5
Ages 16-Adult R: \$44, NR: \$54
Instructor: Amy Derin

FIT 'N' FUN AEROBICS

High/low impact aerobics, kickboxing, toning, and weights. Babysitting available only to dependents of registered participants. Child's information must be included on registration form. Fees for babysitting allow for two children per participant, each additional child will be charged a \$20 fee. *Online registration is not available for this class.*

252203-1 M/W/F 9:30am-10:45am/CC-106
31 mtgs: 3/24 - 6/6 (No Class 4/21, 5/26)
Ages 16-Adult
Without Babysitting R: \$80, NR: \$90
With Babysitting R: \$96, NR: \$106
Drop-In R: \$3, NR: \$4
Instructor: Judy Cocchiaro

FIT 'N' FUN BABYSITTING

M/W/F 9:30am-10:45am/CC-202
31 mtgs: 3/24 - 6/6 (No Class 4/21, 5/26)
252203-2 Ages 6 months-1 252203-3 Ages 2-6

TKA KARATE

Registration for this class will be held at the Springhill Lake Elementary School the first night of class. For more information please call 301-840-9262.

M 7:00pm-8:30pm/SHLES
10 mtgs: 4/21 - 6/30 (No Class 5/26)
Ages 13-Adult R/NR: \$60

VISHWAYATAN YOGA

Exercise the entire body. DON'T eat 2-3 hours before class. Bring a mat.

252204-1 Tu 6:05pm-6:55pm/CC-202
11 mtgs: 3/25 - 6/3
Ages 16-Adult R: \$72, NR: \$82
252204-2 Sa 10:00am-11:00am/CC-202
11 mtgs: 3/29 - 6/7
Ages 16-Adult R: \$72, NR: \$82
Instructor: Manju Shukla

PILATES MAT CLASS LEVEL I 252205-3

Strengthen and stretch every muscle in your body while decompressing your spine and improving your posture. Bring a mat and a 10-pound sandbag or rice bag as a leg weight.

Sa 11:30am-12:15pm/CC-202 11 mtgs: 3/29 - 6/7
Ages 16-Adult R: \$65, NR: \$75
Instructor: Emily Barnes

PILATES MAT CLASS LEVEL I 252205-2

Basic exercises for strengthening core muscles and improving posture, balance and flexibility. Bring a mat and a 10-pound sandbag or rice bag as a leg weight.

W 8:00pm-9:00pm /CC-202 11 mtgs: 3/26 - 6/4
Ages 16-Adult R: \$75, NR: \$85
Instructor: Catherine Turner

PILATES MAT CLASS LEVEL II 252205-1

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 and a 10-pound sandbag or rice bag as a leg weight.

W 6:30pm-7:30pm/CC-202 11 mtgs: 3/26 - 6/4
Ages 16-Adult R: \$75, NR: \$85
Instructor: Catherine Turner

TAI CHI ALL LEVELS 252206-1

Sa 9:00am-10:00am/CC-106 11 mtgs: 3/29 - 6/7
Ages 16-Adult R: \$70, NR: \$80
Instructor: Thomas Johnson

NEIJIA TRAINING 252206-2

Advanced Tai Chi training which includes Bagua, Xing-I, and Taiji. Contact instructor with any questions at 301-379-4370 or email at taijivisionquest@comcast.net.

Sa 1:00pm-2:00pm/CC-106 11 mtgs: 3/29 - 6/7
Ages 16-Adult R: \$70, NR: \$80
Instructor: Thomas Johnson

TAI CHI LEVELS I/II 252207-1

Developed by Cheng Man-Ch'ing, learn 37 different postures in this beginner and intermediate class by using the Yang-Simplified form.

W 6:30pm-7:30pm/YC-Multi 13 mtgs: 3/19 - 6/11
Ages 16-Adult R: \$76, NR: \$86
Instructor: Linda Uphoff

TAI CHI LEVEL III 252208-1

Develop a greater understanding of form and self-cultivation by using an in depth form correction and two person interplay. Students must have completed the Yang Simplified Form: 37 Postures. Instructor approval needed prior to class, unless continuing from winter session. Please call 301-345-5386 if you have any questions.

W 7:30pm-8:30pm/YC-Multi 13 mtgs: 3/19 - 6/11
Ages 16-Adult R: \$76, NR: \$86
Instructor: Linda Uphoff

JAZZERCISE

Ongoing class; register any class night. Drop-ins are welcome. Warm-up aerobics, toning, strengthening and cool down. For more information: www.bev4jazz.com or 301-776-5405.

M/W 7:00pm-8:00pm/CC-106
Sat 8:00am-9:00am YC-Gym
4 weeks: \$35, 8 weeks: \$95, drop-in: \$10

JACKI SORENSON AEROBICS

Register with class instructor. For more info: 301-439-3866.

Tu/Th 6:00pm-7:00pm & Sat 9:00am-10:00am
SHLRC-Gym Drop-In: \$3.50 per class
Instructor: Janet Anderson

STRATEGY GAMES CLUB 287501-1

Exercise your brain playing a variety of strategy games. Come join in the fun!

Tu 7:00pm-9:00pm/YC-Multi 12 mtgs: 3/25 - 6/10
Ages 10-Adult FREE
Instructor: Karen Haseley

VISUAL ARTS CLASSES**QUILTING 153229**

Create a beautiful sampler wall-hanging/table topper while gaining the knowledge and confidence to make almost any quilt! Learn the basics of machine piecing, quilting and binding. Focus on beginners, but all skill levels welcome. Bring sewing machine if you have one. Some machines available for general use. Call 240-542-2060 to inquire and for materials purchase list. Includes Open Studio.

Tu 7:00pm-9:00pm/CC-116 8 mtgs: 4/1 - 5/19
Ages 14-Adult R: \$70, NR: \$80
Instructor: Dannielle Beitzell

STAINED GLASS: BEGINNER AND INTERMEDIATE 253215-1

Learn the ancient art of stained glass! This class will provide beginners with the basic skills required for assembling stained glass panels using the copper foil method. Students with some basic background in the craft will be challenged to stretch their skills to new levels. Class includes Open Studio, tool use, starter glass and other materials. Additional glass purchases required.

Sa 3:00pm-6:00pm/CC-116 4 mtgs: 4/5- 4/26
Ages 16-Adult R: \$70, NR: \$80
Instructor: Richard McMullin

GLASS MOSAICS: GARDEN STEPPING STONE 253207-1

Create a beautiful stepping stone for your garden in the traditional mosaic style. All skill levels welcome. Fee includes materials for one project.

Su 5/18, 1:00pm-5:00pm
Ages 13-Adult R: \$35, NR: \$45
Instructor: Richard McMullin

ADVANCED MOSAIC WORKSHOP WITH ISRAELI ARTIST ILANA SHAFIR 253268-1

Use a variety of natural and artist made elements to create a vibrant, spontaneous composition.

Fri March 28 7:30pm. Reception and Artist's presentation. Free and open to the public.

Workshop:

Sa March 29: 9:15am-12:00pm and 4:00pm-8:00pm
Su March 30: 9:15am-12:00pm and 4:00pm-6:00pm
 Special registration procedure: Contact Nicole DeWald for details: ndewald@greenbeltmd.gov or 240-542-2057.
Ages 16-Adult CC-116 R/NR: \$400

FUSED GLASS JEWELRY 253219-1

Design and complete 5 original pieces of jewelry (pins, pendants, earrings and more) using a variety of techniques and applications: Italian glass millefiori, silver and copper foil, glass rods. Course fee includes \$60 worth of materials. Requires return trip same evening, or alternate date by arrangement, to pick up finished work. Visit the artist's website: www.profusionsofglass.com.

Sa 4/19; 10:00am-1:00pm R: \$85, NR: \$95
Ages 14-Adult Instructor: Tina Van Pelt

GLASS OPEN STUDIO 253215-2

Independent use of the studio for individuals with prior glass experience. May access studio, tools, and grinders anytime when room is not reserved for another use. For inspiration, join other glass artists Saturdays noon-3pm. Instruction and project materials are not included. Registered applicants must attend the orientation and certification test on Saturday, March 29 at noon unless certified within the past 6 months.

M-Sa 9:00am-9:45pm, Su 9:00am-6:45pm/CC-116
10 weeks: 3/29 - 4/7
Ages 16-Adult R: \$30, NR: \$40

SCHOLARSHIP ASSISTANCE is available to Greenbelt residents for visual arts, performing arts, and senior programs. Applications are available at the main office of the Greenbelt Community Center. Call 301-397-2208 for more information.