



Teen and Adult Programs

VISUAL ARTS

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

WATERCOLOR PAINTING

Ages 16+

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

153210-1 Th 7:00pm-9:00pm/CC-113

9 mtgs: 1/3 - 2/28

R: \$99, NR: \$123

Instructor: Valerie Watson

153210-2 M 10:00am-12:30pm/CC-113

7 mtgs: 1/7 - 3/4 (No class 1/21, 2/18)

R: \$96, NR: \$120

Instructor: Racquel Keller

LEVEL 1 ACRYLIC PAINTING: AN EXPLORATION OF MEDIUMS AND TECHNIQUES 153212-1

Ages 16+

This class is designed for the beginner who wants to learn how to paint with Acrylics. You will be led step-by-step through a series of projects to teach you what you need to know about how to work in this versatile and rewarding medium.

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

8 mtgs: 1/8 - 2/26

R: \$89, NR: \$111

Instructor: Racquel Keller

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!

ABSTRACT PAINTING WORKSHOP 153213-1

Ages 16+

This class will explore painting intuitively with a variety of mark-making techniques. Perfect for beginners and experienced artists who want to explore the freedom of creating non-representational art.

F 7:00pm-9:30pm/CC-113

2 mtgs: 2/22 - 3/1

R: \$44, NR: \$55

Instructor: Racquel Keller

MIXED MEDIA WORKSHOP 153228-1

Ages 16+

This workshop will take the mystery out of mixed media and help you jumpstart your art making. We will cover the basics of how to lay out a mixed media art piece step-by-step as we explore both additive and subtractive techniques to enrich your painting surface.

F 7:00pm-9:30pm/CC-113

2 mtgs: 1/25 - 2/1

R: \$44, NR: \$55

Instructor: Racquel Keller

STAINED GLASS WINTER WORKSHOP

Ages 16+

Participants will make a small stained glass hanging using the copper foil technique. The goal is to learn to cut, foil, and solder a stained glass piece into a finished product. Particular emphasis will be placed on developing and practicing the skills needed to score and break glass, as this is a challenging skill. The supplies will include a pattern for a square or diamond design, as well as glass and tools. A fee of \$35 for tools, glass, and supplies is included in the price.

153207-1 Sa 11:00am-4:00pm/CC-113

1 mtg: 2/9

R: \$60, NR: \$75

153207-2 Su 11:00am-4:00pm/CC-113

1 mtg: 2/10

R: \$60, NR: \$75

Instructor: Maureen Stone

CERAMICS

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

GLAZING AND SURFACE DECORATION MINI-CLASSES**Ages 16+****153259-1 CARVING TECHNIQUES**

Learn three carving techniques for clay. Work will be finished with glaze wiping that is covered with another glaze. Students will also learn how to transfer designs to clay and how to wipe glaze and successfully apply glaze with a brush. Students will bring one to two pieces of smooth leather-hard ware (wheel thrown, hand-built, or tile) to work on. Leather-hard clay should be stiff, but still wet. This mini-class is open to anyone who can create their own ware.

M 7:00pm-9:30pm/CC-304**2 mtgs: 1/7 - 1/14****R: \$39, NR: \$49****153259-2 BASIC GLAZING**

Begin to master the basic glazing techniques: dipping, pouring, layering, brushing, and spraying. Students will begin by learning about the characteristics of various glazes so they can make effective glaze choices. Then they will practice applying glaze in five different basic ways. Plan to bring between four to six pieces of bisqued ware to each of the two classes. It is fine to bring broken ware or scraps of bisque if you don't have enough good quality ware. This mini class is open to anyone who can create their own ware.

F 7:00pm-9:30pm/CC-304**2 mtgs: 1/25 - 2/1****R: \$39, NR: \$49****153259-3 CARVING GLAZE**

Instead of carving the clay, try carving the glaze! Achieve dramatic results, and it's easy! Learn the tricks to this exciting decorating approach. Students should bring three to four bisque pieces that have no texture on them. This mini class is open to anyone who can create their own ware.

W 7:00pm-9:30pm/CC-304**2 mtgs: 2/13 - 2/20****R: \$39, NR: \$49****Instructor: Mary Gawlik****LEVEL 1 FUNCTIONAL HAND-BUILDING 163201-1****Ages 16+**

This class is for students new to hand-building techniques. 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. Ceramics Open Studio included. Clay purchased separately. Use of a personal shelf is not guaranteed.

Th 7:00pm-9:30pm/CC-304**9 mtgs: 1/3 - 2/28****R: \$123, NR: \$153****Instructor: Sandra Dwiggin****LEVEL 2 HAND-BUILDING 163202-1****Ages 16+**

This class is for students who already have already taken Level 1 Functional Hand-building or have experience with hand-building techniques, such as joining, and working with slabs. In addition to functional projects, students will learn how to extend their experience to more complex 3-dimensional forms. Includes Ceramics Open Studio and use of a shelf. Clay purchased separately.

Tu 7:00pm-9:30pm/CC-304**8 mtgs: 1/8 - 2/26****R: \$110, NR: \$138****Instructor: Sandra Dwiggin****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**8 mtgs: 1/8 - 2/26****R: \$110, NR: \$138****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. Clay purchased separately. Includes Ceramics Open Studio and use of a shelf.

M 7:00pm-9:30pm/CC-305**9 mtgs: 1/7 - 3/4 (this class meets on city holidays)****R: \$135, NR: \$166****Instructor: Michael Pappas****LEVEL 3 WHEEL 153283-1****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**9 mtgs: 1/2 - 2/27****R: \$123, NR: \$153****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**9 mtgs: 1/3 - 2/28****R: \$123, NR: \$153****Instructor: Karen Arrington**

CERAMICS SCULPTURE WORKSHOP 153206-1**Ages 16+**

Students will learn to create a sculpture created initially as a solid object which will be cut into discrete pieces, hollowed out, and re-assembled. The sculpture should be of an animal or a seated human figure. Students might not complete their sculpture during the workshop, but will be given adequate demonstrations and completed samples that that will enable them to either complete their sculpture on their own, or make special arrangements with the instructor for help at a later time.

Students will need to provide their own 25lb. of clay, pictures of the sculpture they want to create, tools and hole-free plastic bags. Students should bring clay that is not porcelain and contains grog; phoenix is recommended.

Sa/Su 11:00am-4:00pm/CC-304

2 mtgs: 3/2 - 3/3

R: \$62, NR: \$76

Instructor: Judith Kornett

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 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 weeks: 1/2 - 3/10

R: \$90, NR: \$100

FAMILY CERAMICS OPEN STUDIO 153261-2**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 winter 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 winter ceramics class and accompanied in the studio by their participating adult. 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.

F/Su 3:00pm-6:00pm/CC-304

10 weeks: 1/4 - 3/10

R: \$20, NR: \$25

**HEALTH AND FITNESS**

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

FIT 'N' FUN CARDIO 152203-1**Ages 16+**

Participants will tone their bodies and burn calories while having fun with a variety of cardio including boot camp games, cardio kickboxing, dance, weights and floor work set to great music! You will need to bring weights, water and a mat; jump rope is optional.

W/F 10:00am-11:15am/CC-106

18 mtgs: 1/9 - 3/8

R: \$54, NR: \$64, Drop-in: \$5

Instructor: Derrick Faison

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: 1/5 - 3/9

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

Instructor: Wanda Crawley-Pearson

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

9 mtgs: 1/10 - 3/7

R: \$63, NR: \$73, Drop-in: \$10 (no cash)

Instructor: Tina McCloud

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 7:00pm-8:15pm/CC-202**9 mtgs: 1/8 - 3/5****R: \$90, NR: \$100****Instructor: Laura Bonkosky****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**9 mtgs: 1/8 - 3/5****R: \$77, NR: \$87, Drop-in: \$10****152221-2 Th 12:30pm-1:30pm/CC-10****9 mtgs: 1/10 - 3/7****R: \$77, NR: \$87, 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. You will be guided through the meditation while lying on a yoga mat or comfortably seated. 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

152403-1A F 1/25; 7:00pm-8:00pm/CC-202**R/NR: \$10, Drop-in: \$15 (no cash)****152403-1B F 2/22; 7:00pm-8:00pm/CC-202****R/NR: \$10, Drop-in: \$15 (no cash)****Instructor: Laura Bonkosky****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 (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**9 mtgs: 1/9 - 3/6****R: \$90, NR: \$100****Instructor: Catherine Turner****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**9 mtgs: 1/9 - 3/6****R: \$90, NR: \$100****Instructor: Catherine Turner****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**9 mtgs: 1/10 - 3/7****R: \$90, NR: \$100****Instructor: Laura Bonkosky****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: 1/5 - 3/9****R: \$80, NR: \$90****Instructor: Taj Johnson****TAI CHI LEVEL I/II 152207-1****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: 1/2 - 3/6****R: \$70, NR: \$80****Instructor: Linda Uphoff****TAI CHI LEVEL III 152209-1****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 6:30pm-7:30pm/YC-Multi**10 mtgs: 1/2 - 3/6****R: \$70, NR: \$80****Instructor: Linda Uphoff****TKA KARATE****Ages 13+**

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

M 7:30pm-9:00pm/YC-Gym**8 mtgs: 12/3 - 2/11 (No class 12/24, 12/31, 1/21)****R/NR: \$56**

DANCE

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

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 7:15pm-8:15pm/CC-10**13 mtgs: 1/28 - 5/13 (No class 2/18, 4/15, 4/22)****R: \$130, NR: \$140****Instructor: Angella Foster****MUSICAL THEATER TAP 154209-1****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. *Note: Tap classes meet on the stage in the Community Center gymnasium, not in the dance studio.*

W 7:00pm-8:00pm/CC-106**8 mtgs: 1/30 - 3/20****R: \$80, NR: \$90****Instructor: Lisa Pellittiere****MUSIC**

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

UKE CAN DO IT! BEGINNING UKULELE 164242-1**Ages 14+**

This class is for adults and teens who have never played the ukulele. We will learn some basic chords, how to read and play a few melodies, and how to perform together as an ensemble. Students will need to bring their own soprano ukulele to class (the most popular kind) and a folder for sheet music and handouts. At the end of our last class session, we will invite our families and friends to a short recital and celebration.

Th 7:00pm-8:00pm/CC-109**8 mtgs: 1/3 - 2/21****R: \$88, NR: \$99****Instructor: Rachel Cross****FACILITY CODES**

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

UKE CONTINUED! 164243-1**Ages 14+**

This class is for adults and teens who can play several ukulele songs with confidence, read a chord chart, read ukulele tablature, and strum and sing at the same time. This session, we will be fattening up our repertoire with an instrumental tune, songs from the gold age of ukulele, a Hawaiian song, and a surprise or two! Students will need to bring their own soprano ukulele to class (the most popular kind) and a folder for sheet music and handouts. At the end of our last class session, we will invite our families and friends to a short recital and celebration.

Th 8:00pm-9:00pm/CC-109**8 mtgs: 1/3 - 2/21****R: \$88, NR: \$99****Instructor: Rachel Cross****SPECIAL INTEREST**

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

SIGN LANGUAGE TO GO 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-8:00pm/CC-109**10 mtgs: 1/8 - 3/12****R: \$50, NR: \$60****Instructor: Michael Dunham****COMMUNICATING IN ASL 157203-1****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**10 mtgs: 1/8 - 3/12****R: \$50, NR: \$60****Instructor: Michael Dunham****MISCELLANEOUS**

Contact: Alison Longworth, 240-542-2098
alongworth@greenbeltmd.gov

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

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-Multi**R/NR: \$20**