



Teen and Adult Programs

VISUAL ARTS

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

DRAWING BASICS 253201-1

Ages 16+

Everyone has some drawing experience, even if it was way back in elementary school!! In this class we will take your past experience and push it to the next level! Students will work in sketchbooks as well as produce large scale drawings. Each class will focus on both traditional and experimental exercises to improve your drawing skills and help you find your own artistic voice. Includes Visual Arts Open Studio.

M 7:00pm-9:00pm/CC-116

9 mtgs: 3/25 - 5/20

R: \$94, NR: \$118

Instructor: Amanda Larsen

BEGINNING SEWING 253202-1

Ages 12+

Learn how to hand sew and use a sewing machine. Students will make flannel pajama pants and a zipper pouch. Students with some prior sewing experience may also make a stuffed animal. Sewing machines, iron and ironing board, patterns, pins, needles, and scissors will be supplied, but students will bring their own fabric and thread. Students are also welcome to bring their own sewing machines and their own iron/ironing board to use. Includes Visual Arts Open Studio.

W 4:45pm-6:15pm/CC-116

8 mtgs: 3/27 - 5/22 (No class 4/17)

R: \$104, NR: \$130

Instructor: Leah Cohen

WOODWORKING: HAND TOOLS 253205-1

Ages 14+

You will learn the basic concept of joinery by making a picture frame with lap joints. The course will begin with an explanation on how to evaluate a tool before purchasing it. The course will include demonstrations on how to put a razor sharp edge on a chisel, how to use marking gauges to square the wood, and how to chalk fit a joint. All the work will be done using hand tools exclusively. Participants will be required to purchase one chisel after the first class. This class is appropriate for students with no wood working experience or for woodworkers interested in replacing their power tools with hand tools. Includes Visual Arts Open Studio.

W 7:00pm-9:00pm/CC-116

9 mtgs: 3/27 - 5/22

R: \$136, NR: \$167

Instructor: Larry Andersen

STAINED GLASS: GEOMETRIC DESIGN 253207-1

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.

Sa 4/27, 11:00pm-4:00pm/CC-113

R: \$60, NR: \$75

Instructor: Maureen Stone

INTERMEDIATE STAINED GLASS WORKSHOP

253207-2

Ages 16+

This class is intended for students who have participated in Stained Glass: Winter Workshop 453207-1,2, 153207-1,2 or Stained Glass: Geometric Hanging 253207-1. Participants will make a small stained glass hanging using the copper foil technique. The goal is to apply our knowledge of cutting, foiling, and soldering to a more advanced piece that requires curved cuts, as well as different sized and shaped irregular pieces. Emphasis will be placed on making more difficult cuts. The supplies will include abstract and flower patterns, as well as glass and tools. A fee of \$35 for tools, glass, and supplies is included in the price.

Su 4/28, 11:00pm-4:00pm/CC-113

R: \$60, NR: \$75

Instructor: Maureen Stone



Sally Davies

MONO-PRINT: FUN WITH FLUID ACRYLIC 253232-1

Ages 14+

Discover the joy of fluid acrylic paints! Embrace your inner artist by creating patterns and layering colors in Fluid Acrylics. Each participant will make a painting that is gallery-ready, wired, and perfect to take home and hang on your wall. Sally Davies will guide participants on a fun-filled morning exploring different techniques using Gel Plates and Fluid Acrylics. The class will experiment with layers of textures including leaves, netting, fabric, stencils, and fun rubber stamps. Students are encouraged to bring in objects with surface textures - like Lego sheets, interesting leaves, bubble wrap, shells, or lace fabric - anything that has a patterned surface texture. All materials provided, but pack a lunch for yourself. Sally Davies is a local artist, teacher, graphic designer, and illustrator.

Sa 5/25, 10:00am-2:00pm/CC-113

R: \$62, NR: \$77

Instructor: Sally Davies

WATERCOLOR PAINTING

Ages 16+

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

253210-1 Th 7:00pm-9:00pm/CC-113

9 mtgs: 3/28 - 5/23

R: \$94, NR: \$118

Instructor: Valerie Watson

253210-2 M 10:00am-12:30pm/CC-113

9 mtgs: 3/25 - 5/20

R: \$116, NR: \$145

Instructor: Racquel Keller

LEVEL 2 ACRYLIC PAINTING: AN EXPLORATION OF COMPOSITION AND FORM 253212-1

Ages 16+

This class is designed for students who participated in Level 1 Acrylic Painting 153212-1 or have some outside experience 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. Includes Visual Arts Open Studio.

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

9 mtgs: 3/26 - 5/21

R: \$94, NR: \$118

Instructor: Racquel Keller

VISUAL ARTS OPEN STUDIO 253216-1

Ages 16+

Patrons who register for an eligible visual arts class will receive open studio access. Open studio includes independent use of the visual arts studios during Community Center hours whenever the rooms are not reserved for other classes and events. Participants will receive a spring studio calendar with dates and times of reservations; dates and times are subject to change during the session. 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 bfendlay@greenbeltmd.gov to schedule.

M-Sa 9:00am-9:45pm; Su 9:00am-6:45pm/CC-113

9 weeks: 3/25-6/2

CERAMICS

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

GLAZING AND SURFACE DECORATION MINI CLASSES**Ages 16+****TECHNIQUES FOR CREATING RELIEF DESIGN 253259-1**

Learn techniques for creating your own sprig molds and applying sprigs to your ware. (Sprigs are small decorations that you apply to the surface of a piece to create a relief effect.) Also learn techniques for creating relief designs with slip and with applied clay that enhance glaze flow on sloped or vertical surfaces. For each of the two classes, students will bring one to two pieces of smooth leatherhard ware (wheel thrown, hand-built, or tile) to work on, plus a small amount of wet clay on the first night to use in making sprig molds. There will be additional instruction about how to glaze relief designs most effectively. This mini class is open to students who can create their own ware.

F 7:00pm-9:30pm/CC-304**2 mtgs: 3/29 - 4/5****R: \$39, NR: \$49****Instructor Mary Gawlik****EROSION DECORATION TECHNIQUES 253259-2**

Learn three techniques for creating designs by eroding clay in the greenware (unfired) phase. This technique can create either subtle designs or can result in more colorful and textured designs. Students will bring one to two pieces of smooth leatherhard ware (wheel thrown, hand-built, or tile) to work on the first night, and for the second night, will bring one to two pieces of smooth bone-dry (completely dry) ware. This mini class is open to students who can create their own ware.

W 7:00pm-9:30pm/CC-304**2 mtgs: 4/24 - 5/1****R: \$39, NR: \$49****Instructor Mary Gawlik****UNDERGLAZE PAPER RESIST DESIGNS 253259-3**

Learn how to add color and design to your pieces with underglaze paper resist designs. Students will bring one to two pieces of smooth leatherhard ware (wheel thrown, hand-built, or tile) to the first class. Ideally, bring pieces that are flat or shallow (tile, platter, or plate) OR cylindrical; these shapes are easiest to learn on. This mini class is open to students who can create their own ware.

M 7:00pm-9:30pm/CC-304**2 mtgs: 5/13 - 5/20****R: \$39, NR: \$49****Instructor: Mary Gawlik****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: Su 3/31, 2:00pm-3:00pm/CC-304**Glazing: Su 4/28, 1:00pm-3:00pm/CC-304****Firing: Su 5/5, 10:00am-4:00pm/GAFC (rain date 5/12)****R: \$66, NR: \$81****Instructor: Karen Arrington****LEVEL 1 POTTERY 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**8 mtgs: 3/26 - 5/21 (No class 4/16)****R: \$110, NR: \$138****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. Clay purchased separately. Includes Ceramics Open Studio and use of a shelf.

M 7:00pm-9:30pm/CC-305**9 mtgs: 3/25 - 5/20****R: \$123, NR: \$153****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**8 mtgs: 3/27 - 5/22 (No class 4/17)****R: \$110, NR: \$138****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: 3/28 - 5/23****R: \$123, NR: \$153****Instructor: Karen Arrington**

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!

LEVEL 1 HAND-BUILDING 263201-1 **Ages 18+**

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 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.

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

8 mtgs: 3/28 - 5/16

R: \$110, NR: \$138

Instructor: Sandra Dwiggins

LEVEL 2 HAND-BUILDING 263202-1 **Ages 18+**

This class is for students who 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: 3/26 - 5/14

R: \$110, NR: \$138

Instructor: Sandra Dwiggins

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 weeks: 3/25 - 6/2

R: \$90, NR: \$100

FAMILY CERAMICS OPEN STUDIO **253261-2****Ages 8-15**

An 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 spring 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: 3/29 - 6/2

R: \$20, NR: \$25

HEALTH AND FITNESS

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

FIT 'N' FUN CARDIO 252203-1 **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: 3/27 - 5/24

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

Instructor: Derrick Faison

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

9 mtgs: 3/30 - 6/1 (No class 5/25)

R: \$54, NR: \$64, Drop-in: \$8 (no cash)

Instructor: Wanda Crawley-Pearson

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

Visit www.skyvalleytaiji.com for more information.

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

10 mtgs: 3/23 - 5/25

R: \$100, NR: \$110

Instructor: Taj Johnson

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

Contact: 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: 3/27 - 6/12

R: \$84, NR: \$96

Instructor: Linda Uphoff

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

Contact: 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: 3/27 - 6/12

R: \$84, NR: \$96

Instructor: Linda Uphoff

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

W 6:45pm-7:45pm/CC-202**10 mtgs: 3/27 - 5/29****R: \$100, NR: \$110****Instructor: Catherine Turner****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 or blanket and a 10-pound sandbag or bag of rice as a foot weight.

W 8:00pm-9:00pm/CC-202**10 mtgs: 3/27 - 5/29****R: \$100, NR: \$110****Instructor: Catherine Turner****YOGA & CORE CONDITIONING****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.***252202-1 Tu 5:30pm-6:45pm/CC-202****10 mtgs: 3/26 - 5/28****R: \$100, NR: \$110****252202-2 Th 7:00pm-8:15pm/CC-202****10 mtgs: 3/28 - 5/30****R: \$100, NR: \$110****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: 3/28 - 5/30****R: \$70, NR: \$80, Drop-in: \$10 (no cash)****Instructor: Tina McCloud****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: 3/26 - 5/28****R: \$100, NR: \$110****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.*

252221-1 Tu 12:30pm-1:30pm/CC-10**10 mtgs: 3/26 - 5/28****R: \$85, NR: \$95, Drop-in: \$10****252221-2 Th 12:30pm-1:30pm/CC-10****10 mtgs: 3/28 - 5/30****R: \$85, NR: \$95, 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@gmail.com, or visit www.laurabonkosky.com

R/NR: \$10; Drop-in: \$15 (no cash)**252403-1A F 3/29, 7:00pm-8:00pm/CC-202****252403-1B F 4/26, 7:00pm-8:00pm/CC-202****252403-1C F 5/31, 7:00pm-8:00pm/CC-202****Instructor: Laura Bonkosky****DANCE**

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

MODERN DANCE FOR ALL 254207-1**Ages 15+**

Modern Dance for All is an open level class designed for beginners as well as more experienced movers who want to develop their bodies into stronger, more expressive instruments with an emphasis on developing strength and efficiency. This class will introduce students to concepts and movement patterns borrowed from Barentieff Fundamentals and a wide range of American modern dance styles. No previous dance experience necessary. All ages and body types welcome. Dress comfortably in clothes that are easy to move in but not too baggy; we will dance barefoot in this class.

W 7:00pm-8:00pm/CC-10**8 mtgs: 3/27 - 5/22 (No class 4/17)****R: \$80, NR: \$90****Instructor: Angella Foster**

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: 3/19 - 5/14

R: \$45, NR: \$55

Instructor: Michael Dunham

COMMUNICATING IN ASL 257206-1 **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

9 mtgs: 3/19 - 5/14

R: \$45, NR: \$55

Instructor: Michael Dunham



SPORTS

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

BEGINNER ARCHERY 252602-1 **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: 4/11 - 5/30

R: \$55, NR: \$65

INTERMEDIATE ARCHERY 252603-1 **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: 4/11 - 5/30

R: \$55, NR: \$65



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-Gym

10 mtgs: 3/4 - 5/20 (No class 4/15,4/22)

R/NR: \$84

FACILITY CODES

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