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www.artistreevt.org

CHILDREN'S ENRICHMENT PROGRAMMING GUIDE

INCLUDES AFTERNOON PROGRAMS FOR SCHOOL-AGED KIDS

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11PM	Homeschool Clay (6+)		Art History for Homeschoolers (5-9) Public Speaking and Art for Homeschoolers (5-9)		
11AM- 11:45/12:30PM	Lunch and Recess Club for Homeschoolers (5+)		Drums & Percussion for Homeschoolers (5-6) Music for Homeschoolers (7-9)		
12:30-3PM	Homeschool Adventures (5+)				
3:30- 4:15/30PM	Acrobatics: Rising Stars (6-9)	Group Piano (5-12)			
3:30-5:30PM	Clay for Kids (5-8) Fiber Arts Felting Studio (8-12) Intro to Acting (9-12)	Art Studio (5-8) Make Hybrid Instruments (9-12) GAMES! Make Your Own (8+)	Clay for Kids (9-12) Whoosh! Whoa! Pow! Theatre Games (5-8) Crochet for Kids (5-8)	Paint Recipes (5-10) Digital Photography (9-12) Hands-On Design (9-12)	Friday Art Escape (5-12)
4:30-5:30PM			Acrobatics: Shining Stars (7-9)		
4:45-6:15PM	Acrobatics: Tween Tumblers (10-12)				
6:30-8PM			Acrobatics for Teens (13-16)		

Full descriptions and the most up-to-date class information can be found on our website: www.artistreevt.org

All offerings are subject to change and/or cancellation due to low enrollment. Please pre-register.

Register Today! www.artistreevt.org 802.457.3500 - info@artistreevt.org



CHILDREN'S ENRICHMENT PROGRAMMING

MONDAYS

Clay for Kids (5-8)

Instructor: Fiona Davis, Ceramics Director

Class Dates: Two Fall Sessions

Session 1: September 11 – October 2 (4 weeks) Session 2: October 23 – November 27 (6 weeks)

Day/Time: Mondays, 3:30-5:30pm

Cost: \$80 for Session 1 (4 weeks), \$120 for Session 2 (6 weeks) *OR*, \$190 for both Sessions 1 and 2

Ages: 5-8

This class introduces and develops basic hand building techniques of pinch, coil and slab to create anything you

can imagine.

Acrobatics: Rising Stars

Instructor: Kaitlyn Knapp

Class Dates: One 10-week Session, September 11 – November 27 (No class October 9 or October 16) Day/Time: Mondays, 3:30-4:30

Cost: \$120 for 10 weeks

Ages: 6-9

Join us as we start from the beginning, exploring floor gymnastics, acrobatic gymnastics, and acro dance. Students

will develop flexibility and strength as we practice tumbling and limbering in our fun supportive classroom.

Fiber Arts Felting Studio

Instructor: Rachel Kahn

Class Dates: One 4-week Session Session 1: September 11 – October 2 **Day/Time:** Mondays, 3:30-5:30pm

Cost: \$100 for 4 weeks

Ages: 8-12

Want a wonderful, hands-on art experience? Explore felting! You will have the opportunity to work with both wet felting and needle felting techniques to create a variety

of playful creatures and unique accessories.

Introduction to Acting for Kids

Instructor: Chris Flockton, Director of Theatre Arts

Class Dates: One 6-week Session Session 2: October 23 – November 27 Day/Time: Mondays, 3:30-5:30pm

Cost: \$120 for 6 weeks

Ages: 9-12

Taught in ArtisTree's new Grange Theatre! Whether you're new to theatre or have had some experience, join us for rousing exercises, theatre games, script work, and a

culminating performance for friends and family.

Acrobatics: Tween Tumblers

Instructor: Kaitlyn Knapp

Class Dates: One 10-week Session

September 11 – November 27 (No class October 9 or 16)

Day/Time: Mondays, 4:45-6:15pm

Cost: \$150 for 10 weeks

Ages: 10-12

Join this fun acrobatics course designed for students who have had some prior acrobatics or gymnastics training and are ready to take their limbering, tumbling, and contortion skills to the next level. Prerequisites skills: front and back limbers.



TUESDAYS

Art Studio

Instructor: Ben Fox, ArtisTree Staff **Class Dates:** Two Fall Sessions

Session 1: September 12 – October 10 (5-week session) Session 2: October 24 – November 28 (6-week session)

Day/Time: Tuesdays, 3:30-5:30pm

Cost: \$100 for Session 1 (5 weeks), \$120 for Session 2 (6

weeks)*OR*, \$110 for both Sessions 1 and 2

Ages: 5-8

Children will have the opportunity to learn foundational art making in drawing, painting, sculpture, printmaking, mixed media, and more by working on activities in each modality.

Make Hybrid Instruments!

Instructor: Mark van Gulden, Music Director

Class Dates: One 5-week Session Session 1: September 12 – October 10 Day/Time: Tuesdays, 3:30-5:30pm

Cost: \$100 for 5 weeks

Ages: 9-12

Why not turn a clock into a guitar? Or turn a hockey stick into a one-string instrument you can amplify and run through digital effects? Imagine what kinds of new music we can create. What fantastical instrument will you come up with?

CHILDREN'S ENRICHMENT PROGRAMMING CONT'D

TUESDAYS CONT'D

GAMES! Make Your Own Game Boards

Instructor: Margaret Dwyer **Class Dates:** One 6-week Session Session 2: October 24 – November 28 **Day/Time:** Tuesdays, 3:30-5:30pm

Cost: \$132 for 6 weeks

Ages: 8+

Design and create your own game board and accessories and make up your own rules! Use your imagination and many 2D and 3D materials to transform your sturdy game

board base.

Group Piano for Kids

Instructor: Emily Burkholder **Class Dates:** Two Fall Sessions

Session 1: September 12 – October 10 (5-week session) Session 2: October 24 – November 28 (6-week session)

Day/Time: Tuesdays, 3:30-4:15pm

Cost: \$50 for Sessions 1 (5 weeks), \$60 for Session 2 (6 weeks) *OR*, \$100 for both Sessions 1 and 2

Ages: 5-12

Participants will enjoy playing in this fun, relaxed atmosphere where friendships develop and the joy of music is experienced. This is an introductory course.

WEDNESDAYS

Whoosh! Whoa! Pow!: Theatre Games for Kids

Instructor: Chris Flockton, Director of Theatre Arts

Class Dates: One 5-week Session Session 1: September 13 – October 11 Day/Time: Wednesdays, 3:30-5:30pm

Cost: \$100 for 5 weeks

Ages: 5-8

Whether you're interested in acting or not, theatre games are a great way to boost confidence and coordination and get an introduction to acting basics. A gigglicious gaggle of

giddy games! Golly!

Crochet for Kids!

Instructors: Sarah Bernstein and Jenney Silva

Class Dates: One 5-week Session Session 2: October 25 – November 29

(No class November 22)

Day/Time: Wednesdays, 3:30-5:30pm

Cost: \$100 for 5 weeks

Ages: 5-8

Learn basic crochet stitches such as chain, single crochet, and double crochet. Our new skills will be put to use when we work on projects such as scarves, dish cloths, and more!

Acrobatics: Shining Stars

Instructor: Kaitlyn Knapp

Class Dates: One 10-week Session September 13 – November 29

(No class October 18 or November 22) **Day/Time:** Wednesdays, 4:30-5:30pm

Cost: \$120 for 10 weeks

Ages: 7-9

Flexibility, strength, and artistry will be gained as we explore limbering, tumbling, and contortion in our fun, supportive classroom! Prerequisite skills include: cartwheel and handstand plus experience with gymnastics and/or acrobatics already under their belt.

Clay for Kids (9-12)

Instructor: Fiona Davis. Ceramics Director

Class Dates: Two 5-week Sessions Session 1: September 13 – October 11

Session 2: October 25 – November 29 (No class Nov. 22)

Day/Time: Wednesdays, 3:30-5:30pm

Cost: \$100 for 5 weeks *OR* \$190 for Sessions 1 and 2

Ages: 9+

This class will give kids experience in all hand-building techniques. There will be class projects and time for personal projects. Attention will be paid to form, detail, and finish. Students will be encouraged to think about glazing options as they make their pieces.

Acrobatics for Teens

Instructor: Kaitlyn Knapp **Class Dates:** One 10-week Session September 13 – November 29

(No class October 18 or November 22) **Day/Time:** Wednesdays, 6:30-8pm

Cost: \$160 for 10 weeks

Ages: 13-16

Join us in this exciting exploration of acrobatics for teens. Simple and effective progressions are used to increase each student's flexibility, strength, balance, limbering, tumbling, and contortion skills!

Register Today!
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CHILDREN'S ENRICHMENT PROGRAMMING CONT'D

THURSDAYS

Paint Recipes: Teach Your Paints New Drips

Instructor: Stacey Helm and Suzanne Crosby

Class Dates: Two 5-week Sessions Session 1: September 14 – October 12 Session 2: October 26 – November 30

(No class November 23)

Day/Time: Thursdays, 3:30-5:30pm

Cost: \$120 for 5 weeks *OR* \$230 for Sessions 1 and 2

Ages: 5-10

Have fun experimenting with various mediums and paint formulas. You will be free to create and express in your very own unique style while learning how to mix and move paints to suit your imagination. Dabble in contemporary, abstract, and modern art. We'll use simple scientific techniques to teach your paints new tricks...or, to be more precise, "teach your paint new drips!"

Digital Photography

Instructor: Ben Fox, ArtisTree Staff Class Dates: One 5-week Session Session 1: September 14 – October 12 Day/Time: Thursdays, 3:30-5:30pm

Cost: \$100 for 5 weeks *OR* \$190 for both *Digital Photography* and *Hands-on Design* (offered Session 2)

Ages: 9-12

Learn the basics of digital photography while shooting portraits, landscapes, action scenes, and more. Our experience will culminate with a viewing of your favorite

photos for friends and family.



Hands-On Design

Instructor: Ben Fox, ArtisTree Staff **Class Dates:** One 5-week Session

Session 2: October 26 – November 30 (No class Nov. 23)

Day/Time: Thursdays, 3:30-5:30pm

Cost: \$100 for 5 weeks *OR* \$190 for both *Hands-on Design* and *Digital Photography* (offered Session 1)

Ages: 9-12

In this creative class children will use mixed media and explore the elements of hands-on design through projects such as kinetic sculpture. The class will culminate in a portfolio that documents children's artistic process.

FRIDAYS

Friday Art Escape

Instructor: Caitlin Eastman **Class Dates:** Two Fall Sessions

Session 1: September 15 – October 13 (5-week session) Session 2: October 27 – December 1 (4-week session)

(No class November 10 or November 24) **Day/Time:** Fridays, 3:30-5:30pm

Cost: \$120 for Session 1 (5 weeks), \$96 for Session 2

(4 weeks) *OR* \$206 for Sessions 1 and 2

Ages: 5-12

Let's leave the busy week behind and focus on what each child needs to move into the weekend. There will be an optional teacher-led group project each week, as well as independent space for building and inventing with recycled materials and a quiet nook to practice drawing.

Full descriptions and the most up-to-date class information can be found on our website: www.artistreevt.org

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HOMESCHOO

Homeschool classes connect artistic learning with subjects required for home study in VT. Families will receive photos and/or videos, learning updates, and a certificate of completion that can be included in children's course of study portfolios.

MONDAYS

Homeschool Clay

Instructor: Fiona Davis, Ceramics Director

Mondays, 9-11am

Session 1: September 11 – October 2 (4 weeks) \$80 Session 2: October 23 - November 27 (6 weeks) \$120

\$190 for both Sessions 1 and 2

Ages: 6+

Children will have the opportunity to develop skills in both hand building and wheel throwing in our ceramics studio. They will finish their pieces by glazing and decorating them.

Lunch and Recess Club

Instructor: Jennifer Gieseke

Mondays, 11am-12:30pm

Session 1: September 11 – October 2 (4 weeks) \$40 Session 2: October 23 - November 27 (6 weeks) \$60

Time to get the wiggles out! Let's have some playtime, fill our bellies, and then do an energetic and fun group activity before our afternoon class. Bring a lunch and drink!

* Note: children signed up for morning children's classes AND afternoon Homeschool Adventures can join Lunch and Recess Club for FREE! *

WEDNESDAYS

Art History for Homeschoolers Instructor: Sarah Bernstein & Jenney Silva

Wednesdays, 9-11am

Session 1: September 13 – October 11 (5 weeks) \$105

Ages: 5-9

Explore art! Each class we'll study the artist's life, body of work, and the artist's medium. Children will then work together in that medium to create a large collective piece or produce individual masterpieces. The class will feature the history and work of Vincent Van Gogh, Beatrix Potter, Jackson Pollock, Frida Kahlo, and Jean-Michel Basquiat.

Public Speaking and Art! Instructor: Emily Burkholder

Wednesdays, 9-11am

Session 2: October 25 – November 29 (5 weeks) \$125

(*No class November 22)

Ages: 5-9

Let's develop our communication skills while exploring the hands-on world of art. Choose your favorite animal for book research and expressive projects in papier-mâché, salt dough, and more. You'll develop a short 1-2 minute presentation on your topic focusing on the elements of public speaking. Everyone works at their own developmental level.

Homeschool Adventures: Native Species and Art

Instructor: Jennifer Gieseke

Mondays, 12:30-3pm

Session 1: September 11 – October 2 (4 weeks) \$100 Session 2: October 23 – November 27 (6 weeks) \$150

\$240 for both Sessions 1 and 2

Ages: 5+

Let's cover as many home school study areas as possible using cross-curriculum teaching. We will include natural science, physical education, art, literature, and writing. Let's head outdoors to explore, photograph, identify, and discuss our native Vermont wildlife.



The World of Drums and Percussion for Homeschoolers

Instructor: Mark van Gulden, Music Director

Wednesdays, 11-11:45am

Session 1: September 13 – October 11 (5 weeks) \$90 Session 2: October 25 – November 29 (5 weeks) \$90

(*No class November 22)

\$170 for both Sessions 1 and 2

Ages: 5-6

We'll learn about percussion and how it relates to the world through math, science, art, and self-expression. Explore djembes, doumbeks, snare drums, bucket drumming, hand percussion, and practice pad techniques. Students will receive a homemade practice pad and set of drumsticks.

Music for Homeschoolers

Instructor: Chris Rua

Wednesdays, 11-11:45am

Session 1: September 13 – October 11 (5 weeks) \$90 Session 2: October 25 – November 29 (4 weeks) \$72

(*No class November 8 or November 22)

\$152 for both Sessions 1 and 2

Ages: 7-9

Join us to develop basic music skills in a group setting while having fun! We'll explore rhythm through drumming, play the recorder, discover the joy of singing together, learn to read music, compose pieces, and more. Continuing students will build upon previous learning and expand their skills.

PRESCHOOL PROGRAMMING GUIDE

AGES 5 AND UNDER

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9-11AM 9:30-11:30AM	Star Wars Art Adventure Seuss is Loose!		Playgroup Sensory Lab for Tots		Music Together (9:15-10am)	
10:30-11:15AM		Acrobatics: Tiny Tumblers		Clay for Tots		
10AM-12PM						Family Clay

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PRESCHOOL PROGRAMMING

MONDAYS

Star Wars Art Adventures

Instructor: Emily Burkholder **Class Dates:** Session 1:

September 11 – October 2 (4 weeks) **Day/Time:** Mondays 9-11am

Cost: \$100 for Session 1 (4 weeks) *OR* \$215 for both *Star Wars!* and *Seuss is Loose!* (offered Session 2)

Ages: 3-5

Which Star Wars character are you? Are you Rey, Luke Skywalker, or even Kylo Ren or Darth Vader? In this class we'll build spaceships and lightsabers and create characters for ourselves using upcycled materials, paint, clay, and other fun art supplies. We'll even work as a team to paint a galaxy mural with planets, stars, and spaceships.

Seuss is Loose!

Instructor: Emily Burkholder **Class Dates:** Session 2:

October 23 – November 27 (6 weeks)

Day/Time: Mondays 9-11am

Cost: \$125 for 6 weeks *OR* \$215 for both Seuss is

Loose! and Star Wars (offered Session 1)

Ages: 3-5

Let's celebrate Seuss' creative ideas with hands-on learning. After reading a Dr. Seuss book, we'll have a scavenger hunt to solve a secret message and end with a craft, such as rhyming books, puppets, dioramas, and book art. After class, families are invited to stay to visit with one another in our playroom and on our playground.

TUESDAYS

Acrobatics: Tiny Tumblers

Instructor: Kaitlyn Knapp **Class Dates:** Two Fall Sessions

Session 1: September 12 – October 10 (5 weeks) Session 2: October 24 – November 28 (6 weeks)

Day/Time: Tuesdays, 10:30-11:15am

Cost: \$50 for Session 1 (5 weeks), \$60 for Session 2 (6

weeks) *OR* \$100 for both Sessions 1 and 2 **Ages:** 3-5, (children and their caregivers.)

Our tiniest acrobats can look forward to learning many new ways to move their bodies as we focus on balance, coordination, flexibility, limbering, and, of course,

tumbling!

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PRESCHOOL PROGRAMMING CONT'D

WEDNESDAYS

Playgroup

Class Dates: Ongoing, September 13 – December 20

(No Playgroup November 22)

Day/Time: Wednesdays, 9:30-11:30am **Cost:** FREE! (donations welcome)

Ages: Birth-5 years (children must be accompanied by

an adult caregiver)

Playgroups give caregivers and children a chance to play together, make new friends and share parenting ideas in a

safe and comfortable environment.

Sensory Lab for Tots

Class Dates: Ongoing, September 13 – December 20

(No Sensory Lab November 22) Day/Time: Wednesdays, 9:30-11:30am

Cost: \$5 per family

Ages: Birth-5 years (children must be accompanied by an

adult caregiver)

Children and caregivers are invited to explore our selfguided sensory art stations which offer tots the chance to play with finger paint, modeling dough, moon sand, and more. The lab is lightly monitored and caregivers are required to supervise their children during these sessions.

Offered concurrently with our Playgroup.

THURSDAYS

Clay for Tots

Instructor: Fiona Davis, Ceramics Director

Class Dates: Two 5-week Sessions Session 1: September 14 – October 12

Session 2: October 26 – November 30 (No class Nov. 23)

Day/Time: Thursdays, 10:30-11:15am

Cost: \$50 per 5-week session *OR* \$90 for Sessions 1 & 2

Ages: 3-6

Let your little ones explore the soft and inviting sensory experience of hands in clay. With an emphasis on process rather than outcome, your children will also have the opportunity to work with glazes to bring some special

pieces home.



FRIDAYS

SATURDAYS

Music Together

Instructor: Kathleen Dolan, ArtisTree Staff

Class Dates: One 10-week Session September 15 – December 1

(No class November 10 or November 24)

Day/Time: Fridays, 9:15-10am

Cost: \$175 for 10 weeks, \$88 per sibling

Ages: Infant to 5 years

Fall features BONGOS! Join this fun, interactive music and movement class with an early childhood development focus. Music Together® is a music and movement approach to early childhood development for infant, toddler, preschool and kindergarten-age children and their parents, teachers or other primary caregivers.

Family Clay

Instructor: Fiona Davis, Ceramics Director

Dates: Once monthly:

October 7, November 4, & December 2. Day/Time: Saturdays, 10am-12pm Cost: \$20 per parent/child pair, \$5 per additional family member

Join us once monthly for a special hand building ceramics studio session. You will decide what you would like to make and can join us another month to glaze your work.

Parents/caregivers must attend with children.

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MONDAYS

Painting Rich Colors

Instructor: Joan Hoffmann
Class Dates: One 4-week Session
Santamber 11 October 2

September 11 – October 2 **Day/Time:** Mondays, 6-9pm **Cost:** \$100 for 4 weeks

Ages: Adults

Let's focus on color! Bring the paint medium of your choice: watercolors, oils, water based oils, or acrylics. Learn to lighten colors with color (not white) and mix colors with precision to keep your painting rewardingly bright and vibrant. Joan will demonstrate and give insightful critiques. All levels of painting are welcome.

Ceramics: Making Multiples

Instructor: Judi Greene **Class Dates:** Two Fall Sessions

Session 1: September 11 – October 2 (4-week session) Session 2: October 23 – November 27 (6-week session)

Day/Time: Mondays, 6-8pm

Cost: \$120 for Session 1 (4 weeks), \$180 for Session 2 (6

weeks) *OR* \$290 for both Sessions 1 and 2

Ages: Adults, 14+

Making a set of matching mugs—ones that are truly identical—can require some practice! In this throwing class for intermediate students, you'll learn simple skills to reproduce the same shape, from throwing to trimming, and create a matching set.

TUESDAYS

Expressive Clay Sculpture

Instructor: Peg Brightman

Class Dates: Two 5-week Sessions Session 1: September 12 – October 10 Session 2: October 24 – November 28

(No class November 21)

Day/Time: Tuesdays, 10am-12pm

Cost: \$120 for 5 weeks *OR* \$230 for Sessions 1 and 2

Ages: Adults, 12+

Create figurative or abstract expressive clay sculpture. Our creative process will be enriched and deepened through journaling and class discussions. We will experiment with using hands and tools and discuss the various technical challenges of designing sculpture which can be fired.

Continuing Wheel Throwing

Instructor: Amanda Ann Palmer **Class Dates:** Two Fall Sessions

Session 1: September 12 – October 10 (5-week session) Session 2: October 24 – November 28 (6-week session)

Day/Time: Tuesdays, 6-8pm

Cost: \$150 for Session 1 (5 weeks), \$180 for Session 2

(6 weeks) *OR* \$320 for both Sessions 1 and 2

Ages: Adults

Explore function and design through in-depth lessons. Each week we will approach a different form with a start-to-finish demonstration to let you improve your skills and bring your own ideas to fruition. You will have time to glaze and/or decorate your work.

Figure Drawing

Monitor: Adrian Tans, ArtisTree Staff

Dates: Ongoing, September 12 – November 28

Day/Time: Tuesdays, 6-8:30pm

Cost: \$15 per class Ages: Adults

The figure drawing program features weekly monitored life drawing sessions, without instruction, open to individuals of all levels of experience. The poses will be timed, with an emphasis on longer poses.

Beginning Painting: Acrylic or Oil

Instructor: Daniel Gottsegen **Class Dates:** One 5-week Session September 12 – October 10 **Day/Time:** Tuesdays, 6:30-9pm

Cost: \$175 for 5 weeks Ages: Adults, 14+

Have you always wanted to learn to paint? Now is your chance with a very experienced artist and teacher. You will learn the foundations of painting in a fun and supportive environment that will excite your passion for paint and for art-making!

TUESDAYS CONT'D

Discoveries in Water Media

Instructor: Margaret Dwyer **Class Dates:** One 6-week Session October 24 – November 28

Day/Time: Tuesdays, 10am-1:30pm

Cost: \$175 for 6 weeks Ages: Adult, 16+

Let's integrate experimental water media techniques with traditional techniques. You will learn how to combine organic starts with unusual methods and materials. Interesting demonstrations will open your eyes to new possibilities. Individuals with previous watercolor

experience are welcome.

New Inspirations and Abstract Explorations in Paint

Instructor: Daniel Gottsegen **Class Dates:** One 6-week Session October 24 – November 28 **Day/Time:** Tuesdays, 6:30-9pm

Cost: \$210 for 6 weeks Ages: Adults, 14+

Have you always wanted to try abstract painting but wondered, "How do I begin?" "What makes an abstract painting work?" or "How do I make decisions in the process?" If so, this class is perfect for you. Join us and explore a process that will open the door to abstraction in

your painting.

WEDNESDAYS

Hybrid Musical Instruments

Instructor: Mark van Gulden, Music Director

Class Dates: One 5-week Session

October 25 – November 29 (No class November 22)

Day/Time: Wednesdays, 6-8pm

Cost: \$100 for 5 weeks Ages: Adults, 16+

Why settle for an ordinary instrument? Delve into the world of instrument sculpture. Clocks, hockey sticks, bicycle wheels...string them and they can be plucked, strummed, tapped, and even amplified and run through digital effects. At the intersection of fine art, acoustical design, and performance we have a lot of fun.

Beginner Wheel Throwing

Instructor: Fiona Davis, Ceramics Director

Class Dates: One 5-week Session

October 25 – November 29 (No class November 22)

Day/Time: Wednesdays, 6-8pm

Cost: \$150 for 5 weeks Ages: Adults, 16+

You will be introduced to the fundamental skills of wheel throwing. Wedging, centering, and throwing will be practiced, followed by the basics of trimming. An overview of glazing and decorating will be discussed prior to glazing fired pieces. Participants will need to return to pick up their finished work.

Academic Drawing

Instructor: Katie Runde

Class Dates: One 8-week Session September 13 – November 15 (No class September 27 or October 4) Day/Time: Wednesdays, 6-9pm

Cost: \$175 for 8 weeks Ages: Adults, 15+

This is the first course in a cumulative four-class series for anyone serious about sharpening skills in representational drawing and painting. In this course, we will speed through principles of form, proportion, tone, and composition to build and/or deepen drawing skills. Students may take this as a stand-alone class.



THURSDAYS

ArtisTree Plein Air Painting Group

Instructor: Jacqueline Overstreet, ArtisTree Staff

Dates: Ongoing, August 24 – October 19 **Day/Time:** Thursdays, 9am-12pm **Cost:** FREE (donations welcome)

Ages: Adults

Venture outside weekly to paint our gorgeous Vermont landscape with fellow artists. Soak in the autumn sun and practice your *en plein air* painting skills to capture the beauty around us. The organizer will find ideal scenic painting sites each week and facilitate a friendly and

supportive painting environment.

Acrylic Painting (All Levels)

Instructor: Rae Newell

Class Dates: Two 5-week Sessions Session 1: September 14 – October 12

Session 2: October 26 – November 30 (No class Nov. 23)

Day/Time: Thursdays, 10am-12pm

Cost: \$75 for 5 weeks *OR* \$140 for Sessions 1 and 2

Ages: Adults, 16+

Students will work on their own, at their own pace, learning the basics of composition, color theory, mixing, and applications. You will be taken through all of the steps necessary for taking a painting from start to completion.

Join us for lots of fun; all are welcome!

Digital Photography and Processing: Level 1

Instructor: Carmen Noradunghian **Class Dates**: One 5-week Session September 14 – October 12 **Day/Time**: Thursdays, 6-8pm

Cost: \$150 for 5 weeks *OR* \$290 for both *Digital Photography and Processing: Level 1* and *Digital Photography and Processing: Level 2* (October

26-November 30). **Ages:** Adults, 14+

Explore shooting and processing digital images in this beginner class. Learn how to take better photos with your DSLR and use digital software to elevate your photography to the next level. You will have the opportunity to work with Adobe Lightroom software.

Digital Photography and Processing: Level 2

Instructor: Carmen Noradunghian **Class Dates**: One 5-week Session

October 26 – November 30 (No class November 23)

Day/Time: Thursdays, 6-8pm

Cost: \$150 for 5 weeks *OR* \$290 for both *Digital Photography and Processing: Level 2* and *Digital Photography and Processing: Level 1* (September

14-October 12). **Ages:** Adults, 14+

Photography students with some experience are invited to learn how to shoot better DSLR photos and explore the transformational effects of using digital software. Students will work with Adobe Lightroom. Prerequisite: *Digital*

Photography and Processing: Level 1

Beginning Drawing

Instructor: Dan Gottsegen **Class Dates:** One 8-week Session

September 14 – November 9 (No class October 19)

Day/Time: Thursdays, 6:30-9pm

Cost: \$290 for 8 weeks Ages: Adults, 16+

This supportive and fun course will focus on basic drawing skills and techniques for representing the observed world and visual ideas in two dimensions. Dan will broaden your approach to drawing by using a variety of methods and materials in a learning sequence whereby each week's class

builds on the previous one.



All offerings are subject to change and/or cancellation due to low enrollment. Please pre-register. Full descriptions and the most up-to-date class information can be found on our website:

FRIDAYS

Hand Building with Clay

Instructor: Veronica DeLay **Class Dates:** Two Fall Sessions

Session 1: September 15 – October 13 (5-week session) Session 2: October 27 – December 1 (4-week session)

(No class November 10 or November 24) **Day/Time:** Fridays, 9:30am-12pm

Cost: \$150 for Session 1 (5 weeks), \$120 for Session 2 (4 weeks) *OR* \$260 for both Sessions 1 and 2

Ages: Adults, 16+

Learn different techniques for making pottery without using a wheel. We will explore making pinch, coiled, and slab-built pots and how to incorporate surface decoration. You will be able to glaze all finished pieces.

Painting with the Thompson Senior Center

Instructor: Murray Ngoima **Class Dates:** Two Fall Sessions

Session 1: September 15 – October 13 (5-week session) Session 2: October 27 – December 1 (4-week session)

(No class November 10 or November 24)

Day/Time: Fridays, 10–11:30am

Cost: \$50 for Session 1 (5 weeks). \$40 for Session 2

(4 weeks) or \$10 per class

Ages: Adults

Come paint and learn about painting in ArtisTree's beautiful indoor and outdoor settings. Receive instruction in how to work with water-based mediums, or work on projects of your own choice amid supportive and congenial company. Bus transportation is provided from The Thompson to ArtisTree and back.

MULTIPLE DAYS

Clay Open Studio

Day/Time: Wednesdays, 10am-12pm **Class Dates:** Two 5-week Sessions Session 1: September 13 – October 11 Session 2: October 25 – November 29 (No studio November 22)

Day/Time: Thursdays, 12:30-2:30pm **Class Dates:** Two 5-week Sessions Session 1: September 14 – October 12 Session 2: October 26 – November 30 (No studio November 23)

Day/Time: Thursdays, 6-8pm **Class Dates:** Two 5-week Sessions Session 1: September 14 – October 12 Session 2: October 26 – November 30 (No studio November 23)

Day/Time: Sundays, 1-3pm **Class Dates:** Two 5-week Sessions Session 1: September 17 – October 15 Session 2: October 29 – December 3 (No studio November 26) **Cost:** \$75 for 5 visits to the studio, plus \$1.20 per pound of stoneware clay (includes firing and glazing).

Drop-in fee: \$20 plus \$1.20 per pound of clay (minimum

purchase is 5 pounds). **Ages:** Adults, 16+

Open Studio is a self-directed time to work in our wellequipped ceramics studio. If you have previous ceramics experience and are looking for studio space and equipment, this is an opportunity for you to delve into your own work.

STUDIO BENEFITS

- Use of wheels, slab roller, and space
- Eight open studio hours per week
- Storage space for work and supplies
- Large selection of glazes



All offerings are subject to change and/or cancellation due to low enrollment. Please pre-register. Full descriptions and the most up-to-date class information can be found on our website:

SUNDAYS

B&W Darkroom Photography: Level 1

Instructor: Carmen Noradunghian

Class Dates: One Fall Session, September 17 – October 15

Day/Time: Sundays, 10am-12pm

Cost: \$150 for 5 weeks *OR* \$290 for Level 1 and *B&W*

Darkroom Photography: Level 2

Ages: Adults, 14+

Join this introduction to black and white film photography. Learn to take photographs, develop your 35mm film, and print your negatives using an enlarger. See also *B&W*

Darkroom Photography Level 2.

B&W Darkroom Photography: Level 2

Instructor: Carmen Noradunghian

Class Dates: One Fall Session, October 29 – December 3

(No class November 26)

Day/Time: Sundays, 10am-12pm

Cost: \$150 for 5 weeks *OR* \$290 for Level 2 and *B&W*

Darkroom Photography: Level 1

Ages: Adults, 14+

The darkroom is where the full potential of black and white film photography is realized. Expand your skills in taking photographs, developing your 35mm film, and printing your negatives using an enlarger. Prerequisite:

B&W Darkroom Photography Level 1.

EXPRESSIVE ARTS

Guided Imagery for Deep Relaxation

Instructor: Jacqueline Overstreet, ArtisTree Staff **Dates:** Ongoing, September 12 – November 28

Day/Time: Tuesdays, 5-6pm **Cost:** FREE (donations welcome)

Ages: Adults

Are you looking for a mindful and imaginative way to reduce stress and connect more deeply to yourself during your busy week? In this class, you will be guided through a relaxing imagery practice each week that will include visualizations, metaphor, and storytelling. Guided imagery takes advantage of the connection between the visual brain and the involuntary nervous system, which, when activated, can influence our physical and emotional states to bring about greater healing and inner peace.

The Artist's Way

Instructor: Jacqueline Overstreet, ArtisTree Staff

Dates: One 13-week Session September 6 – December 13

(No class on October 25 or November 22) **Day/Time:** Wednesdays, 6-7:30pm **Cost:** FREE (donations welcome)

Ages: Adults

Interested in bringing more inspiration and creativity into your life? Then join this 13-week class series based on the book *The Artist's Way: Creativity as a Path to Higher Spirituality*. This course will take you chapter-by-chapter on an inner journey of personal transformation to uncover your true essence as an authentic, inspired, and creative person.

Expressive Arts Workshop Series

Instructors: Kathleen Dolan and Ben Fox, ArtisTree Staff **Class Dates:** One 4-day Series, October 23 – October 26

Day/Time: Monday-Thursday, 6-8pm **Cost:** FREE (donations welcome)

Ages: Adults, 16+

Drawing, painting, sculpting and other art media can be powerful promoters of mental health and wellbeing. Topical discussions and expressive art-making culminate in an art share at the end of each session. This is not an art class, but an opportunity to play and experiment with an assortment of art materials. ALL levels of artistic ability are welcome.

Artful Meditation Retreat

Instructor: Jacqueline Overstreet, ArtisTree Staff

Dates: One-day Retreat, November 12

Day/Time: Sunday, 9am-4pm **Cost:** \$30 for full-day workshop

Ages: Adults, 16+

Replenish your inner well in this nourishing and inspiring one-day retreat. Throughout the day you will explore the intuitive and mindful connections between contemplative practice (sitting meditation) and creative practice (drawing,

painting, sculpting, writing, etc.).



THEATRE CLASSES & WORKSHOPS

ADULTS AND TEENS - SEE "ENRICHMENT" FOR THEATRE OPTIONS FOR KIDS

Introduction to Acting

Instructor: Chris Flockton, Director of Theatre Arts

Class Dates: One 6-week Session October 23 – November 27 Day/Time: Mondays, 6-8pm Cost: \$120 for 6 weeks Ages: Adults, 16+

Whether you're new to acting, looking to brush up on some acting skills, or just curious about the benefits of acting, this class is perfect for you. Join us in our new Grange Theatre for lively discussion and exercises that will teach you the fundamentals of acting. The class culminates in a performance of material that you have learned.

BarnArts Improv Nights for Adults and Teens

Instructors: Linda Treash and Maureen Hennigan

Class Dates: One 6-week Session

October 26 – December 7 (No class November 23)

Day/Time: Thursdays, 6-8pm

Cost: \$60 for 6 weeks Ages: Adults, 12+

BarnArts Improv Nights give you an opportunity to experience creative on-the-spot personal expression through theater. Playful improv exercises expand creative thinking, build confidence, and support public speaking skills. Our last meeting features an informal performance.

Come laugh with us!

Musical Theatre Master Class: Audition 101

Instructors: Renee Koher, Nick Kuhn, and Josh D. Smith

Class Dates: One 3-hour Workshop, August 30

Day/Time: Wednesday, 5:30-8:30pm

Cost: \$25 for 3 hours Ages: Adults, 14+

This master class will cover audition techniques including song selection, musical cuts, score prep, etiquette, audition

attire, monologue advice, and the dance call.

Musical Theatre Master Class: Dance

Instructors: Tesha Buss, Phil Sloves, and Josh D. Smith **Class Dates:** One 3-hour Workshop, September 20

Day/Time: Wednesday, 5:30-8:30pm

Cost: \$25 for 3 hours Ages: Adults, 14+

This master class will cover a range of musical theatre dance techniques such as tap, jazz, ballet, and Fosse styles. Participants will learn dance routines in their original

choreography from hit Broadway musicals.

To Speak or Not to Speak...That is the Question! Play Shakespeare without Fear

Instructor: Amy Leavitt, RRT

Class Dates: One Full-Day Workshop, September 16

Day/Time: Saturday, 9am-5pm

Cost: \$90 for 8 hours with a break for lunch

Ages: Adults, 17+

Play Shakespeare without fear in this intro/refresher workshop for actors and non-actors alike. Together we will unleash the power of Shakespeare's rhetoric and heightened language as you learn to speak Shakespeare's verse in your own natural and free voice. Prior experience with Shakespeare is not required.

Musical Theatre Master Class: Singing for Actors

Instructors: Paul Wyatt, Christina Carlucci,

and Josh D. Smith

Class Dates: One 3-hour Workshop, October 18

Day/Time: Wednesday, 5:30-8:30pm

Cost: \$25 for 3 hours Ages: Adults, 14+

This master class is designed to help performers learn to connect character and intention in song while incorporating vocal technique. Along with performance practice we will also focus on vocal health and the rehearsal process.

All offerings are subject to change and/or cancellation due to low enrollment. Please pre-register.

Full descriptions and the most up-to-date class information can be found on our website:

WORKSHOPS BY MONTH OFFERED

ALL AGES - ALSO SEE "MOVEMENT" & "THEATRE" FOR ADDITIONAL OPTIONS

Watercolor for Beginners: The Basics and then Some

Instructor: Margaret Dwyer **Class Dates:** Two 4-hour Workshops September 19 and September 20

Day/Time: Tuesday and Wednesday, 9:30am-1:30pm

Cost: \$100 for 2 workshops

Ages: Adults, 14+

Experience the joy of painting with watercolor! Learn about materials, techniques, and some tricks that will help get you started. Demonstrations and individual instruction will keep things accessible to you. All materials are

provided.

Seeing with New Eyes: A Contemplative Approach to Photography

Instructor: Carla Kimball

Class Dates: One Full-Day Workshop, September 30

Day/Time: Saturday, 10am-5pm

Cost: \$85 for 6 hours with a break for lunch

Ages: Adults

Drawing on contemplative photography and mindfulness practices, you'll find beauty in the ordinary and the wealth of imagery that's always right in front of you. Participants will bring a digital camera or smartphone.

Watercolor: Try Before You Buy

Instructor: Margaret Dwyer

Class Dates: One 3-hour Workshop, September 23

Day/Time: Saturday, 9am-12pm

Cost: \$50 for three hours **Ages:** Adults, 14+

If you've ever wanted to try watercolor or have dabbled a bit and would like more, this workshop is for you. An overview of watercolor materials and techniques will be given as you try your hand at some simple studies. All materials are provided in this class. Bring a friend and enjoy a watercolor experience.

The Full Landscape in Watercolor en Plein Air

Instructor: Margaret Dwyer

Class Dates: One 3-hour Workshop, September 30

Day/Time: Saturday, 1-4pm **Cost:** \$40 for 3 hours **Ages:** Adults, 14+

Enjoy painting outside during the height of Vermont's foliage season. Learn to simplify complex scenes and work with a looser style. Colors and techniques will be taught through demonstrations and individual instruction.

The Autumn 2017 Ceramic Workshop Series

Explore three different techniques for making and decorating ceramics. Limited to eight participants, each intimate workshop will be taught by a skilled and experienced instructor. Workshops meet Saturdays and include demonstrations, discussions, and the completion of a project.

Workshop 1: Decorating with Brushwork and Underglaze

Instructor: Veronica DeLay

Class Dates: One Full-Day Workshop, September 23 Day/Time: Saturday, 9am-5pm with 1-hour lunch break

Cost: \$150 for 7 hours Ages: Adults, 16+

Veronica will demonstrate and teach painting on bisqued pottery. You will learn how to use specific brushes and the strokes they make. She will take you through the use of pigment and underglaze and some basic elements of design. Two mugs and a 6" round dish will be available for you to paint.

Workshop 2: Platters, Trays and Cheeseboards

Instructor: Deb Goodwin **Class Dates:** Two 3-hour Classes October 14 and October 28

Day/Time: Saturdays, 12:30-3:30pm

Cost: \$120 for two classes

Ages: Adults, 16+

Make a serving piece, a cheese board, or a tray. You will be led through the projects using your template design and adding texture and embellishments. Learn decorating and glazing techniques that highlight texture and display the uniqueness of the piece you make.

Workshop 3: Decorating with Slip

Instructor: Jessica King

Class Dates: One Full-Day Workshop, November 11 Day/Time: Saturday, 9am-5pm with a 1-hour lunch break

Cost: \$150 for 7 hours Ages: Adults, 16+

Marbling, sgraffito, inlay, and slip trailing will be covered. The workshop includes two mugs and a 9" bowl for you to decorate as you wish. You may also pre-order other pieces to slip. Email ceramics@artistreevt.org for a list of available pieces. When you register for the class you will need to place your order.

WORKSHOPS BY MONTH OFFERED

ALL AGES - ALSO SEE "MOVEMENT" & "THEATRE" FOR ADDITIONAL OPTIONS

Watercolor: The Art of Negative Painting

Instructor: Margaret Dwyer

Class Dates: Two 4-hour Workshops

October 3 and October 4

Day/Time: Tuesday and Wednesday, 9:30am-1:30pm

Cost: \$100 for 2 workshops

Ages: Adults, 16+

Negative painting is one of the most intricate techniques in watercolor. Its primary function is to create illusions of depth in mysterious and unexpected ways. Your work will turn a corner when you learn how to incorporate this

effective technique into your artwork.

Instructor: Nina Salvatore

Silk Painting: Create a Sumptuous Scarf

Class Dates: One 2-week Workshop

October 7 and October 14 Day/Time: Saturdays, 9am-3pm Cost: \$120 for a two-part workshop

Ages: Adults, 16+

Learn about the techniques and supplies needed to create your own hand-painted scarf. Using special permanent dyes you can paint anything, from abstracts to figurative designs, on the silk. All levels, from beginners to accomplished painters, are welcome. Create beautiful,

wearable art!

Steps to Outdoor Painting

Instructor: Lynn VanNatta

Class Dates: One 2-Day Workshop

October 21 and 22

Day/Time: Saturday and Sunday, 9:30-3:30

Cost: \$175 for 2 days Ages: Adults, 16+

Painters with previous outdoor painting experience are invited to renew and build on their skills in a fun, supportive environment. We will focus on composition, value, color, and perspective in outdoor settings through demonstrations, thumbnail sketches, and painting.

Can You Hear Me Now? Getting the Most **Out of Your PA System**

Instructor: Bob Merrill

Class Dates: One Full-Day Workshop, October 28

Day/Time: Saturday, 10am-4pm

Cost: \$35 for 5 hours (with a break for lunch)

Ages: Adults, 14+

Whether you are a musician or work for a band, learn how to make that PA system sound great. We'll start out with the basics: inputs, outputs, microphones, mixer channels, amplifiers, speakers, and the cables that connect them. By the time you leave, you'll have a solid understanding of levels and how to set them for best performance, how to troubleshoot when something's not working, and more.

Pricing and Costing your Artwork

Instructor: Deborah Goodwin

Class Dates: One 3-hour Workshop, November 7

Day/Time: Tuesday, 6-9pm

Cost: \$50

Ages: Adults, 16+

Many artists struggle to assign prices to their beloved work. This workshop will teach a method to determine what a piece costs to produce, and then how to set a price for your work based on your market and selling methods.

"Underpainting" in Watercolor: Work in Layers to Achieve Brilliance

Instructor: Margaret Dwyer

Class Dates: One 5-hour Workshop, November 11

Day/Time: Saturday, 9am-2pm

Cost: \$70 for 5 hours Ages: Adults, 14+

Learn the technique of underpainting. Separate values from color in a 2-stage process that pushes you to leave more whites, achieve darker darks, and layer vibrant

colors to achieve maximum brilliance

Knitted Embellishments

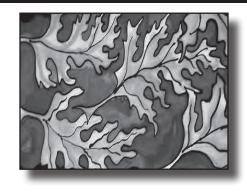
Instructor: Rachel Kahn

Class Dates: One 2-hour Workshop, December 2

Day/Time: Saturday, 11:30am-1:30pm

Cost: \$48 for two hours Ages: Adults, 12+

Add beauty and interest to your knitted projects! Join us and learn to knit several embellishments to adorn your knitted accessories or garments. Prerequisite skills: participants must be comfortable knitting and purling and threading a needle.



MUSIC PROGRAMMING BY DAY OFFERED ALL AGES

Music Theory 101

Instructor: Mark van Gulden, Music Director

Class Dates: One 4-week Session Session 1: September 11 – October 2 Day/Time: Mondays, 6-7:30pm

Cost: \$40 for 4 weeks Ages: Adults, 16+

Theory 101 will introduce the world of basic music theory in a fun, relaxed atmosphere. Bring your instrument and let's play together. We will cover the circle of fifths, scales and chord composition, and we'll analyze tunes and songs

brought in by the class.

Adult Ukulele

Instructor: Mark van Gulden, Music Director

Class Dates: Two Fall Sessions

Session 1: September 12 – October 10 (5-week session) Session 2: October 24 – November 28 (6-week session)

Day/Time: Tuesdays, 6-7:30pm

Cost: \$50 for Session 1 (5 weeks), \$60 for Session 2 (6 weeks) *OR* \$100 for both Sessions 1 and 2

Ages: Adults, 16+

You don't need a beach getaway to enjoy the sounds of the ukulele. Join this class and gain the skills and confidence

to become a competent ukulele player.

Group Piano for Adults

Instructor: Emily Burkholder **Class Dates:** Two Fall Sessions

Session 1: September 12 – October 10 (5-week session) Session 2: October 24 – November 28 (6-week session)

Day/Time: Tuesdays 6:30-7:15pm

Cost: \$50 for Session 1 (5 weeks), \$60 for Session 2 (6 weeks) *OR* \$100 for both Sessions 1 and 2

Ages: Adults, 16+

This is a course for adults and teens with little or no previous experience playing piano. In a hands-on piano lab group setting, students will be introduced to keyboard orientation, music theory, and notation. Learn the fundamentals of piano technique and music theory.

Beginning Recorder for Adults

Instructor: Chris Rua

Class Dates: Two Fall Sessions

Session 1: September 13 – October 11 (5-week session) Session 2: October 25 – November 29 (4-week session)

(No class November 8 or November 22) **Day/Time:** Wednesdays, 12-1pm

Cost: \$100 for Session 1 (5 weeks), \$80 for Session 2 (4 weeks) *OR* \$170 for both Sessions 1 and 2

Ages: Adults

This is a class for those with no previous recorder experience. We'll learn the fundamentals of music as well as explore many wonderful genres, from Medieval and Renaissance music to folk and contemporary pieces.

Recorder Ensemble

Instructor: Chris Rua

Class Dates: Two Fall Sessions

Session 1: September 13 – October 11 (5-week session) Session 2: October 25 – November 29 (4-week session)

(No class November 8 or November 22) **Day/Time:** Wednesdays, 1:15-2:15pm

Cost: \$100 for Session 1 (5 weeks), \$80 for Session 2 (4 weeks) *OR* \$170 for both Sessions 1 and 2

Ages: Adults

Join our ensemble. This class is for anyone who already knows how to read music and plays either soprano, alto, tenor or bass recorder. We'll explore music of the Renaissance, including dances and sacred and secular music of the time.

Morning Jam

Instructor: Ed Cheramie

Class Dates: First and third Thursdays of the month:

See website for dates.

Day/Time: Thursdays, 9-11am **Cost:** FREE (donations welcome)

Ages: Adults, 16+

This casual, low key, and supportive music session is for all levels. Bring your instrument, songs to play, and a

friend or two!

A Little Lunch Music

Instructor: Danelle Sims

Class Dates: Ongoing, September 14 – December 7 (No

session November 23)

Day/Time: Thursdays, 1-2pm **Cost:** FREE (donations welcome)

Ages: Adults, 16+

Gather with us for an hour of informal music-making. All

instruments are welcome.

All offerings are subject to change and/or cancellation due to low enrollment. Please pre-register. Full descriptions and the most up-to-date class information can be found on our website:

MUSIC PROGRAMMING CONT'D BY DAY OFFERED ALL AGES

Soul Drumming

Instructor: Ben Fox, ArtisTree Staff

Class Dates: TBA

Day/Time: Sundays, 3-5pm **Cost:** FREE (donations welcome)

Ages: Adults, 12+

Reconnect to your soul and the world around you. Drumming is excellent for opening the heart and mind and for bringing us together with one another, the natural world, and our true selves. Drums are provided, but bring yours if you like. No experience necessary.

Open Mic

Host: Jim Yeager

Class Dates: Select Thursdays, 7-9pm (see website)

Day/Time: Thursdays, 7-9 **Cost:** FREE (donations welcome)

Ages: Adults, 16+

Join our relaxed, supportive and fun atmosphere and show off your musical stuff! All levels and abilities are welcome to participate in the open mic experience. Come alone or with a group! Come to play or just to watch!

MOVEMENT PROGRAMMING

BY DAY OFFERED - ALSO SEE "WORKSHOPS" FOR ADDITIONAL MOVEMENT OFFERINGS

Beginning Tango Dance

Instructor: Albert Pantoja **Class Dates:** One 2-week Session September 11 – September 20

Day/Time: Mondays and Wednesdays, 6:30-8:30pm

Cost: \$95 for 4 classes Ages: Adults, 14+

Come join us for an energizing dance class and learn the art of tango. We will practice three forms of tango: classical, milonga, and waltz. Enroll with a partner and learn basic body mechanics, tango music rhythm, and dance timing. Explore how all of these topics apply to your role as a dance "leader" or "follower" and have a lot of fun.

Moving with Your Chakras

Instructor: Tracy Penfield

Class Date: One 2-hour Workshop, November 27

Day/Time: Monday, 6-8pm **Cost:** \$20 for 2 hours **Ages:** Adults, 14+

In many Eastern traditions, chakras are our inner energy centers that align along the spine, from root to crown. These centers have color and vibration and lots of movement when they are activated. Let your chakras move you, along with guided imagery and music. No

prior experience required.

Dance Improvisation and Choreography

Instructor: Peg Brightman **Class Dates:** Two 5-week Sessions Session 1: September 12 – October 10 Session 2: October 24 – November 28

(No class November 21)

Day/Time: Tuesdays, 6-7:30pm

Cost: \$100 for 5 weeks *OR* \$190 for Sessions 1 and 2

Ages: Adults, 12+

This class welcomes students at any technical level and from any dance style. Drawing on the work of Doris Humphrey and Rudolf Laban, students will explore creative movement in solos and small groups. Continuing students will build upon their previous learning and expand their skills.

Introduction to Yoga

Instructor: Tomoko Liguori

Class Dates: Ongoing, September 13 – November 29

(No class October 18 or November 22) **Day/Time:** Wednesdays, 9-10:15am

Cost: \$15 per class Ages: Adults

You do not need to be flexible or strong to begin practicing yoga. While yoga may appear to be simply a stretching exercise, yoga in fact creates balance in the body by developing both strength and flexibility. Through yoga, you will learn to feel relaxed while your muscle tone and alignment improve.



MOVEMENT PROGRAMMING CONT'D

BY DAY OFFERED - ALSO SEE "WORKSHOPS" FOR ADDITIONAL MOVEMENT OFFERINGS

Yoga with Phoebe

Instructor: Phoebe Standish

Class Dates: Ongoing, September 13 – November 29

(No class November 22)

Day/Time: Wednesdays, 4:30-6pm

Cost: \$15 per class Ages: Adults, 16+

This is a free-flowing Vinyasa style of Hatha Yoga: gentle enough for beginners, yet challenging for any level. It's designed specifically to restore and maintain flexibility, strength, and balance "from head to toe." Contact Phoebe Standish for more information at 802-672-3800

or phoebestandish@gmail.com

Beginning Latin Dance

Instructor: Albert Pantoja **Class Dates:** One 2-week Session September 25 – October 4

Day/Time: Mondays and Wednesdays, 6:30-8:30pm

Cost: \$95 for 4 classes Ages: Adults, 14+

Salsa and rumba! Turn up the heat this fall with a Latin dance class! Learn basic body mechanics, Latin music rhythm, and dance timing. Explore how all of these topics apply to your role as a dance "leader" or "follower" and

have a lot of fun.

Beginning Ballroom Dance

Instructor: Albert Pantoja **Class Dates:** One 2-week Session October 23 – November 1

Day/Time: Mondays and Wednesdays, 6:30-8:30pm

Cost: \$95 for 4 classes Ages: Adults, 14+

Get ready for holiday parties and step into the world of ballroom dance! Learn basic body mechanics, ballroom music rhythm, and dance timing for the foxtrot and waltz. Explore how all of these topics apply to your role as a dance "leader" or "follower" and have a lot of fun.

Yoga & Yantra: Discovering Energy Using Art & Movement

Instructor: Amanda Anderson Class Dates: One 7-week Session September 16 – November 11 (No class October 14 or November 4) Day/Time: Saturdays, 9:30-12pm

Cost: \$200 for seven weeks or \$35 per class

Ages: Adults, 17+

Find energy and balance through the ancient practices of Kundalini yoga. Each session in this seven-week series will focus on one of the main energy centers of the body, with a short lecture, yogic movement, breathwork, sound, and a coloring meditation upon a sacred shape, known as a yantra. You may join this series at any time.

Moving to Heal: Gentle Nia for Comfort and Ease

Instructor: Barbara Meyer

Class Dates: One 1 1/4 - hour workshop, October 7

Day/Time: Saturday, 9-10:15am

Cost: \$25 *OR* \$40 for both *Moving to Heal: Gentle Nia for Comfort and Ease* and *Nia: Joyful Movement Your*

Body's Way! (offered same day)

Ages: Adults

Join this gentle Nia class focused simply on feeling better in your body. Practice moving while listening to sensation and attending to your body with compassion. This class is for everyone, including those dealing with physical limitations, chronic pain, stress, or other considerations.

Nia: Joyful Movement Your Body's Way!

Instructor: Barbara Meyer

Class Dates: One 1 \(\frac{1}{4} \) - hour workshop, October 7

Day/Time: Saturday, 10:30-11:45am

Cost: \$25 *OR* \$40 for both *Nia: Joyful Movement Your Body's Way!* and *Moving to Heal: Gentle Nia for Comfort*

and Ease (offered same day)

Ages: Adults

Nia invites you to move the way your body is designed to move: following your body's function and design. The simple, adaptable movements are inspired by the Martial Arts, Dance Arts, and Healing Arts and set to eclectic and energizing music.

All offerings are subject to change and/or cancellation due to low enrollment. Please pre-register. Full descriptions and the most up-to-date class information can be found on our website:



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Phone: 802.457.3500 Email: info@artistreevt.org Web: www.artistreevt.org

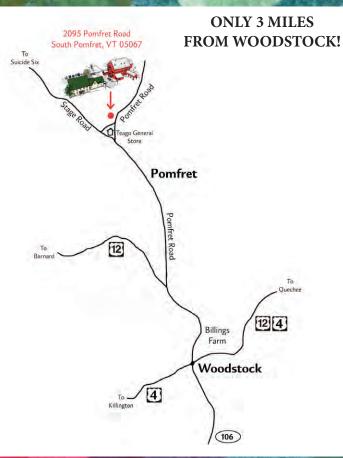








Art, Music, Movement, Theatre, Performances & Exhibits







Full descriptions and the most up-to-date class information can be found on our website:

www.artistreevt.org

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