

January Classes



MAKIN' MUGS - WHEEL CLASS SERIES

Instructor: Shannon Hunt Gray

Dates: Monday nights, January 6-February 3 (5 classes total)

Time: 5:30-8:00pm

Last Date for Student to Join Class: January 2

Location: Crossroads

Age: 21 and over

Minimum number of students: 4

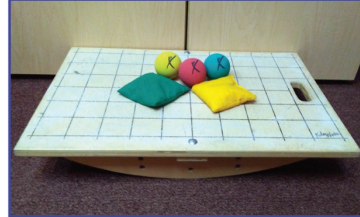
Maximum number of Students: 5

Supplies: \$25 fee will cover a 25 lb. bag of clay and firing charges; for those who have their own clay, the clay portion of the fee will be deducted from your total cost.

Course cost: \$90.00 for members/\$135 for non-members

Course description: A five-week wheel throwing series focusing on making mugs with handles! Some experience required.

You can never have too many coffee mugs or tea cups! This class is perfect for those with some wheel throwing experience. If you've taken one of my other wheel classes, or have a bit of experience from elsewhere, come join us for this wheel class focusing on making mugs with handles! Students must know how to wedge and center clay on the wheel.



BAL-A-VIS-X, SESSION A

Instructor: Nancy Ames, Sanctioned Bal-A-Vis-X Trainer

Dates/Times: Monday, January 6, 6:30-7:30pm, Informational Meeting
Mondays, January 13-March 2, 6:30-8:30pm

Location: Crossroads Downstairs Studio

Supplies: Provided by trainer during training. Available for purchase at the end of training

Age: 16 and up

Skill level: Ability to commit to attend EVERY CLASS, unless prior arrangements are made with instructor.

Minimum number of students: 10
Maximum number of Students: 20

Course Cost: \$80/members \$120/non-members

Course Description: Bal-A-Vis-X is a series of 300 Balance/ Auditory/ Vision/eXercises, all of which are deeply rooted in rhythm, using sand bags and racquet balls. Exercises address visual tracking deficiencies, auditory imprecision, impulsivity, balance and anxiety issues. Bal-A-Vis-X enables the mind-body system to experience the symmetrical flow of a pendulum while engendering focus. After completing this course, participants will have an understanding of how learning dominance and integration of mind/body systems can impact learning and every-day functioning. This class requires active participation; attendees should dress comfortably.



BEGINNER BALLET 1 - AGES 6-9 YEARS

Instructor: Debbie Friedman

Dates: Wednesdays - January 8-February 19 (no class January 22)

Time: 4:15-5:15pm

Age: 6-9 years

Minimum number of students: 5

Maximum number of students: 10

Supplies: Tights, leotard and ballet slippers

Course cost: \$48 for members/\$72 for non-members (6 hours of instruction)

Course description: This class is all about basic classical ballet technique for young beginning dancers. We will focus on standard positions and simple movements at the barre, in center and across the floor. This is a great opportunity to explore musicality and self expression while building strength and gaining flexibility and confidence.



ADVANCED BEGINNER BALLET - AGES 8-12 YEARS

Instructor: Debbie Friedman

Dates: Thursday, January 9-February 20 (No class on January 23)

Time: 4:15-5:15pm

Age: 8-12 years (1-2 years previous training)

Minimum number of students: 5

Maximum number of students: 10

Supplies: Tights, leotard and ballet slippers

Course cost: \$48 for members/\$72 for non-members (12 hours of instruction)

Course description: This class will prepare dancers for more complex movements and some choreography but will still focus on correct placement and ballet technique. Strength, flexibility, fluidity and design/line components will all be included in this expression of the "inner ballerina"

Building rental is included with your membership – Call today to reserve the building!