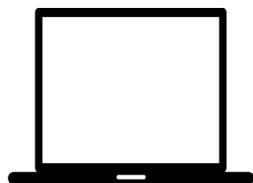
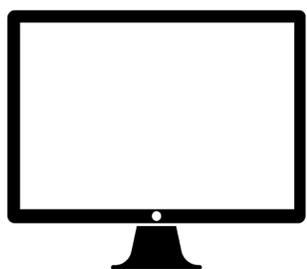


CLASS SCHEDULE

FALL 2020

Dance | Digital Arts | Drama | Music | Visual Arts | Creative Writing



SITAR
ARTS CENTER

Arts Afterschool

Grades K - 12 and Adult

MONDAY

4:30 - 6:00 PM

Art 4 Strength

9th - 12th Grade Anais Lugo

In this class, participants will explore art activities in an unusual and deeper manner without worrying about the esthetics of the piece, but about what it means to them. This will be an opportunity for artists to get to know themselves better, express feelings through art, develop critical thinking skills and problem solve creatively. It will be focused on finding strength and calm during these difficult times to build resiliency and self-efficacy.

4:30 - 5:30 PM

**WIT
(Washington Improv Theater)**

1st - 3rd & Up Jack Novak

Students learn beginning theatrical performance skills and the art of improvisation through fun theater games from professional instructors taught by Washington Improv Theater (WIT).

4:30 - 5:30 PM

Photography: Digital

4th - Adult Gregg Adams

Students learn visual composition for digital photography utilizing cell phone camera technology.

TUESDAY

4:15 - 5:00 PM

TWB: Pre-Ballet

K-1st Grade Jen Buchanan

Students learn pre-ballet techniques from professional instructors. The curriculum follows the same standards for studio classes as The Washington Ballet.

4:30 - 5:30 PM

Music Theatre Workshop

4th - 6th Grade Sylvia Zwi

For five weeks we at Sitar experimented with teaching and learning Musical Theater in the virtual world - and we liked it! I invite you to join me in continuing the exploration of singing, dancing and acting scenes from American musicals!

4:30 - 5:30 PM

YPT (Playwriting)

3rd - 8th Grade Aeneas Hemphill

Students learn the art of theatrical storytelling for the stage through creative playwriting exercises and with professional partner Young Playwrights' Theater. Focus on theater docudrama interviewing and monologue writing.

5:00 - 6:00 PM

TWB: Ballet

3rd - 5th Grade Jen Buchanan

Students learn Ballet techniques from professional instructors. The curriculum follows the same standards for studio classes as The Washington Ballet.

Arts Afterschool

Grades K - 12 and Adult

TUESDAY

5:00 - 6:00 PM

TWB: Ballet

3rd - 5th Grade

Jen Buchanan

Students learn Ballet techniques from professional instructors. The curriculum follows the same standards for studio classes at The Washington Ballet.

6:00 - 7:00 PM

**Exploring Music
Mind Games: Ukulele**

4th - 6th Grade

Sylvia Zwi

Students learn music through ukulele instrument playing and develop music theory skills through music games

6:00 - 7:00 PM

Physical Acting

6th - 12th Grade

Be Sweetman

Pre-registered Physical Acting III students develop and practice physical acting skills and theatrical story improvisation with instructor Be Sweetman.

WEDNESDAY

4:00 - 6:00 PM

Saints Band

4th - 12th Grade

Joe Link

Pre-registered Sitar Saints Band students learn ensemble playing in Sitar's House Band and experience a repertoire of Rock and Popular tunes.

4:30 - 5:30 PM

Capoeira

1st - 5th Grade

Roberto Tapia

Students will learn basic Capoeira movements, music and history of this Afro-Brazilian martial art. Even with a small space, students will be able to practice defenses and kicks.

4:30 - 5:30 PM

Clay Sculpture

4th - 12th Grade

Katie Macyshyn

Students have fun making clay creations of their own guided by visual artist and instructor Katie Macyshyn.

THURSDAY

4:00 - 5:00 PM

TWB: Beg. Ballet

K-1st - 2nd Grade

Jen Buchanan

Students learn Beginning Ballet techniques from professional instructors. The curriculum follows the same standards for studio classes as The Washington Ballet.

Arts Afterschool

Grades K - 12 and Adult

THURSDAY

4:30 - 5:30 PM **Sound Energy
Music Production** **4th - 12th Grade** **Lemond Brown**

Students learn S.T.E.A.M. skills by exploring sound energy and learning music production.

4:30 - 5:30 PM **3D Art** **4th-8th Grade** **Katie Macyshyn**

Students create art with 3D materials guided by visual artist and instructor Katie Macyshyn.

6:00 - 7:00 PM **Stage Makeup 2** **6th - 12th Grade** **Sharon Coleman**

Advanced Stage Makeup students work on their makeup design skills and bond as a creative team.

6:00 - 7:00 PM **Hip Hop & Sweat** **6th - Adult** **Jessica Denson**

Students learn fun hip hop dance techniques (and sweat it off!)

6:00 - 7:00 PM **Family Mixed
Media Studio** **Family (Ages 6 - 10)** **Melissa Muttiah**

Media Studio Family groups will use the arts as a vehicle to communicate and express their perspective of personal and social events.

**class requires a parent to be present*

FRIDAY

4:30 - 5:30 PM **AfroBeats** **6th - Adult** **Roda Movement**

Teen and Adults learn Afro Dance Beat skills while working up a sweat!

3:30 - 4:30 PM **Story Pirates** **1st - 3rd Grade** **Sam Reiff**

The Story Pirates are a new Sitar partner who are sharing a 7 week program. Story Pirates have been working with schools across the country since 2004. Our world-class literacy programs and performances inspire creativity and make learning more accessible, engaging, and effective for kids, teachers and families.

Early Childhood Arts Ages 0 - 7

MONDAY

3:00 - 3:45 PM

Visual Art

2 & Up

Katie Macyshyn

Family Arts (Early Childhood: 2 and up): A multi-age fun and exploratory forum for families to experiment with a variety of traditional and non-traditional art media. Process is emphasized over product in age-appropriate sessions. At their own pace and level, all students learn about basic art concepts such as line, color, shape, and texture. Art activities include multi-sensory experiences, story time, and play designed to advance your child's development and foster an early appreciation for the arts. Parents, children and siblings will enjoy this opportunity to bond with one another and interact with other children, parents and siblings. (Music/singing is also incorporated.)

3:00 - 3:45 PM

Bollywood Dance

4-5 y.o.

Shuchi Buch

Students will learn classical Indian poses, beautiful and high energy choreography to popular Indian songs (Bollywood). At the end of the session students will have an opportunity to perform their dances to family and friends. These classes create an opportunity for working as a team, building performance confidence, and learning about culture and language through the arts. Ms. Shuchi Buch is a performing teaching artist classically trained in Bharanatyam; she directed a professional dance company in India. In Washington DC, Ms. Buch is the Director of Taal Academy of Dance. Boys and girls of all skill levels are welcome.

4:30 - 5:30 PM

Duncan Dance

5-7 y.o.

Becky Lallande

In partnership with Word Dance Theater, this class is in the technique and philosophy of Isadora Duncan, the Mother of Modern Dance. Students will study how the motions of water, wind, and trees inspire the natural movements of the human body while they learn to honor the dance within themselves and each other. This imaginative work supports the basic locomotor skills of skipping, leaping, and waltzing, and fosters individual and collective grace, honor, pride, and freedom. Each technique class will study the mythologies, inspirations, and improvisations around the Duncan steps and dances to build a life-long relationship with natural movement exploration.

TUESDAY

3:00 - 3:45 PM

Music

0-6 y.o.

Sylvia Zwi

ECA Music: Sing and Family Playtime. We invite the whole family to play through songs, movement, and guided storytelling.

3:00 - 3:45 PM

Visual Art

2 & Up

Katie Macyshyn

Early Childhood Arts Ages 0 - 7

WEDNESDAY

3:00 - 3:45 PM

Guided Storytelling

0-5 y.o.

Melissa Stroval

Where are we going? A journey from words to places. Through role play, we study emotions in imaginary scenarios proposed and invented by the children. (Music/singing is also incorporated.) ¿A qué lugar viajaremos hoy? Un viaje entre las palabras a lugares y espacios propuestos por los niños y las niñas, donde reconoceremos nuestras emociones por medio de juegos de roles. (Musica/cantando es incorporado, tambien.)

3:15 - 4:00 PM

Flamenco Dance

4-6 y.o.

Magdalena Perlman

Students will learn about the traditional music and culture of Flamenco and various movements that are part of the dance.

THURSDAY

3:00 - 3:45 PM

Rainbow Dance

2-3 y.o.

Becky Lallande

RainbowDance® is offered to children aged 2-3 years and a caregiver. A structured sequence of sound and gesture integrated movement activities encourage secure attachment to the caregiver and to the peer group, while providing a soothing and energizing experience with peers. Through the language of the body children learn to determine safe and positive facial cues and physical movement, exploring music, soft props, and story.

3:00 - 3:45 PM

Bilingual Drama

4.5 - 6 y.o.

Karen Morales

Sitar's Early Childhood Drama (Bilingual) class merges storytelling, imagination, and the fundamentals of performance within a dynamic learning environment. Like all of Sitar's Early Childhood Arts classes, our drama course is grounded in literacy development, vocabulary acquisition, and peer-to-peer collaboration. Students will enjoy expressing themselves in this unique class!

FRIDAY

4:30 - 5:30 PM

Hip Hop

5-6 y.o.

Jessica Denson

Hip Hop: The goal of this class is to help students further their developmental agility through improvisational games, isolations of body parts and learning structured movement phrases that emphasize dynamics, musicality, and locomotion. The class structure emphasizes building stamina and coordination. Students will experience the joy and freedom of dance and the benefits of rehearsal and teamwork in a fun environment

Aftercare - Crafters Clubhouse Young Expressionists Social K- 4th grades & 5th - 8th grades

MONDAY

4:30 - 5:30 PM **Visual Art & Literacy** **Crafters Clubhouse** **Katie Macyshyn**

Students will learn how to express themselves through writing, such as poetry or storytelling, while creating visual arts projects.

4:30 - 5:30 PM **WIT** **Crafters Clubhouse** **Jack Novak**
(Washington Improv Theater)

Students learn beginning theatrical performance skills and the art of improvisation through fun theater games with professional instructors from Washington Improv Theater (WIT).

TUESDAY

4:30 - 5:30 PM **PlayActing** **Crafters Clubhouse** **Anna Claire Walker**

Playacting involves dramatic experimentation, play through movement and interaction with peers. Students gain confidence while having fun creating characters and improvising scenes.

4:15 - 5:00 PM* **TWB: Pre-Ballet*** **Crafters Clubhouse** **Jen Buchanan**

Students learn pre-ballet techniques from professional instructors. The curriculum follows the same standards for studio classes as The Washington Ballet.

5:00 - 6:00 PM **TWB: Ballet** **C.Clubhouse/ YE Social** **Jen Buchanan**

Students learn ballet techniques from professional instructors. The curriculum follows the same standards for studio classes as The Washington Ballet.

4:30 - 5:30 PM **Photography - Digital** **YE Social** **Gregg Adams**

Students learn visual composition for digital photography utilizing cell phone camera technology.

4:30 - 5:30 PM **Music Theatre Workshop** **YE Social** **Sylvia Zwi**

For five weeks we at Sitar experimented with teaching and learning Musical Theater in the virtual world - and we liked it! I invite you to join me in continuing the exploration of singing, dancing and acting scenes from American musicals!

Aftercare - Crafters Clubhouse Young Expressionists Social K- 4th grades & 5th - 8th grades

THURSDAY

4:30 - 5:30 PM

Hip Hop/Dance

Crafters Clubhouse

Shawna Williams

The goal of this class is to help students further their developmental agility through improvisational games, isolations of body parts and learning structured movement phrases that emphasize dynamics, musicality, and locomotion.

4:00 - 5:00 PM

TWB: Beg. Ballet

Crafters Clubhouse

Jen Buchanan

Students learn beginning ballet techniques from professional instructors. The curriculum follows the same standards for studio classes as The Washington Ballet.

4:30 - 5:30 PM

Mixed Media Studio

YE Social

Melissa Muttiah

Through self expression within the arts, students will use various arts forms, such as paper, paint and clay to visual emotions, feelings and understanding of themselves, and the world around them.

5:00 - 6:00 PM

TWB: Ballet

C.Clubhouse/ YE Social Jen Buchanan

Students learn ballet techniques from professional instructors. The curriculum follows the same standards for studio classes as The Washington Ballet.

4:30 - 5:30 PM

**Sound Energy
Music Production**

YE Social

Lemond Brown

Students learn S.T.E.A.M. skills by exploring sound energy and learning music production.

S.E.A.L. Program Online

The S.E.A.L. (Sitar's Emerging Arts Leaders) program is Sitar Arts Center's Teen program, for students between the ages of 13 to 18* years of age. S.E.A.L. is a safe space for teens to bond with one another, grow, and learn.

This year in virtual S.E.A.L., members will explore how **creative expression builds community**.

In the weekly Wednesday sessions, S.E.A.L. members will connect with our larger DC community by partnering with organizations all over the Washington area to learn from different artists and dive into different art forms. Some of our partners this year will include Words, Beats & Life and the Smithsonian.

Weekly Friday sessions will focus on mutually supporting our social-emotional wellness, strengthening life skills, and civic engagement. These sessions will be planned and lead by our S.E.A.L. members, with the guidance of Sitar Staff.

S.E.A.L. MEMBER CRITERIA

To participate in S.E.A.L., members must:

- Be 13 years old through 12th grade
- Enroll in or volunteer with at least one other class in the Arts Afterschool program
- Attend **at least four sessions** per month (two partner sessions and two regular sessions).

WEEKLY SCHEDULE

Partner Session

Wednesday: 6:00 – 7:00pm

Regular SEAL Session

Friday: 4:30 – 5:30pm

PARTNER SCHEDULE

First Trimester: TBD

Second Trimester: Words, Beats & Life
(Discipline: Creative Writing)

Third Trimester: Smithsonian
(Discipline: Visual Arts)

S.E.A.L. MEMBER OUTCOMES

By the end of Spring 2021, S.E.A.L. Members will have:

- Completed** 2-3 pieces of art from the partnerships to add to their portfolio
- Performed** or showcased their artwork
- Planned and executed** a project based on their community's needs

S.E.A.L. Program Online

GENERAL CLASS CONTENT

Partner Session Description:

Partners will teach and guide S.E.A.L. Members once a week over the course of each trimester through a new art form (ex. Slam Poetry/Spoken Word with Words, Beats & Life), culminating in a virtual showcase/presentation.

Regular S.E.A.L. Session Description:

Sitar Staff will guide one to two S.E.A.L. Members each week to plan and lead the sessions for their peers. These sessions will offer space to focus on social-emotional wellness, civic engagement, and building life skills. These sessions will be based on members' needs. (ex. If members are interested in learning about FAFSA, we would hold a session about FAFSA.) Staff will use the breakroom function in Zoom when appropriate/necessary.

SEAL Member Lead Description:

SEAL Members who would like to lead a session/s will be responsible for attending one planning meeting via Zoom with the SEAL Staff Members before the Friday session. In that planning meeting, they will reflect with the Staff members on the content of the session from the week prior and determine activities for the next session that build on the previous week. In the Friday sessions, they will lead the activities for their fellow members, with the guidance of the staff members when necessary.

INCENTIVES FOR ATTENDANCE/ENGAGEMENT

If S.E.A.L. Members attend at least 4 sessions (partner and regular) per month or at least 30 (partner and regular) sessions per year, they will receive:

- \$25 VISA Gift Cards

If S.E.A.L. Members lead 8-12 S.E.A.L. regular sessions they will receive:

- \$50 VISA Gift Cards