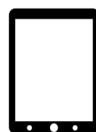
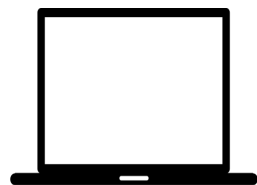
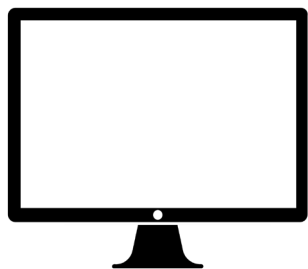


# CLASS SCHEDULE

# WINTER 2021

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



**SITAR**  
ARTS CENTER

# Arts Afterschool

Grades K - 12 and Adult

## MONDAY

**4:30 - 5:30 PM**                      **WIT**                      **1st - 3rd & Up**                      **Jack Novak**  
**(Washington Improv Theater)**

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.

**4:30 - 5:30 PM**                      **A Fun Feelings**                      **3rd -5th Grade**                      **Anais Lugo**  
**Art Group (Project Create)**

Let's make art and learn! Here we learn new art techniques without having to worry about if it's perfect or pretty, but about what it means. This course will offer opportunities to get to know your feelings, know your talents and find solutions creatively while engaging in fun art activities. A variety of materials (clay, paint, drawing) will be used to provide engaging ways to process thoughts and feelings. Through art making, children may discover their own strengths and develop socio-emotional skills.

**4:30 - 6:00 PM**                      **Creative Baking Class**                      **7th - 12th Grade**                      **Angeli Escalante-Bieler**

This Creative Baking Class will focus on baking & decorating sweets and cooking savory dishes! We'll discover how certain ingredients used can make it "better and healthier" while still tasting delicious. Students will learn self-sufficiency in the kitchen while having fun cooking up tasteful treats like s'mores cupcakes, decorating with fondant, and home-made pizza!

**4:30 - 6:00 PM**                      **Community Children's Chorus**                      **4th - 8th Grade**                      **Susan Galbraith &**  
**(New Music Theatre & In Series)**                      **Claudia Rosales Waters &**  
**Leo Herrera**

*\*Mondays and Thursdays @ 4:30 - 6:00 pm. Students must attend both days.*

Alliance for New Music-Theatre will offer twice-weekly classes starting in January for students Grades 5-8 in the development of a performing arts chorus. Professional staff will provide leadership in music literacy and choral singing skills one day a week and on the other give students opportunities to engage in their own creative expressions through improvisation and writing prompts. Students will build self-confidence and pride singing inspiring works in Spanish and English. In addition to student recitals, the program will culminate in 2022 with the rare opportunity for students to perform in two professional bi-lingual operas by award-winning Mexican composers, one produced by the Alliance and the other by collaborating colleagues at IN Series.

# Arts Afterschool

Grades K - 12 and Adult

## MONDAY

**6:00 - 7:00 PM**      **Comic Illustration & Animation**    **6th - 12th Grade**    **Anna Atkeson**

Students discuss their favorite visual media and learn to break down what makes it work - how to communicate emotion, emphasize themes, land jokes, and more? Students create a series of small comics and animation projects where they'll apply this knowledge to narratives of their own. Learning the visual language of sequential art will give students the tools they need to make artistic choices

**6:00 - 7:00 PM**      **Jewelry with Audrey**      **6th - 10th Grade**      **Audrey Sosa**

Students learn to design and create beautiful pieces of wearable jewelry art.

## TUESDAY

**3:00 - 4:00 PM**      **3D Art**      **3rd - 6th Grade**      **Katie Macyshyn**

Students create art with 3D materials

**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**      **Sound Energy**      **4th - 12th Grade**      **Lemond Brown**  
**Music Production**

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

**4:30 - 6:00 PM**      **Art 4 Strength**      **9th - 12th Grade**      **Anais Lugo**  
**(Project Create)**

In this course, 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 and problem solve creatively. It will be focused on finding strength and calm during these difficult times to build resiliency and self-efficacy.

# Arts Afterschool

Grades K - 12 and Adult

## TUESDAY

**4:30 - 5:30 PM**      **YPT (Playwriting)**      **3rd - 8th Grade**      **K.J. Moran**

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**

*Class meets on Tuesdays & Thursdays @ 5:00 - 6:00 pm. Students must attend both days.*

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**      **4th - 6th Grade**      **Sylvia Zwi**  
**Mind Games: Ukulele**

Students learn music through ukulele instrument playing and develop music theory skills through music games. *Note: Only open to students previously enrolled in Fall 2020.*

**6:00 - 7:00 PM**      **Physical Acting (FULL)**      **6th - 12th Grade**      **Be Dismond Sweet**

Physical Acting students develop and practice physical acting skills and theatrical story improvisation.

## 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**      **6th - 12th Grade**      **Katie Macyshyn**

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

# Arts Afterschool

Grades K - 12 and Adult

## WEDNESDAY

**6:00 - 7:00 PM**      **Teen Adult Ballet**      **6th - Adult**      **Alayna Williams**

This teen/adult ballet course will introduce students to the foundational positions of ballet. It is perfect for students who have 0-2 years of ballet experience. Students will exercise their creativity through dance, gestures, and facial expressions to tell a story and share their emotions.

**6:00 - 7:00 PM**      **Jazzin Afterschool  
(DCJF)**      **4th - 12th Grade**      **Herman Burney**

Student learn Jazz and to play in an ensemble from professional Jazz Musicians

## 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.

**4:00 - 5:30 PM**      **Food Crafts Class (FULL) 1st - 6th Grade**      **Angeli Escalante-Bieler**

This Food Crafts class will create edible and non-edible creations. Students will focus on the science, art and fun of being in the kitchen making items such as healthy bread, yummy cupcakes, or fridge magnets made from baked salt flour! Items will be assembled, mixed and prepped by students. Parents will be called on afterclass to put completed assignments in the oven.

**4:30 - 5:30 PM**      **Clay Sculpture**      **2nd - 5th Grade**      **Katie Macyshyn**

Students have fun making clay creations of their own

# Arts Afterschool

Grades K - 12 and Adult

## THURSDAY

**4:30 - 6:00 PM**

**Community Children's Chorus 4th - 8th Grade  
(New Music Theatre & In Series)**

**Susan Galbraith &  
Claudia Rosales Waters &  
Leo Herrera**

*\*Mondays and Thursdays @ 4:30 - 6:00 pm. Students must attend both days.*

Alliance for New Music-Theatre will offer twice-weekly classes at Sitar starting in January for students Grades 5-8 in the development of a performing arts chorus. Professional staff will provide leadership in music literacy and choral singing skills one day a week and on the other give students opportunities to engage in their own creative expressions through improvisation and writing prompts. Students will build self-confidence and pride singing inspiring works in Spanish and English. In addition to student recitals, the program will culminate in 2022 with the rare opportunity for students to perform in two professional bi-lingual operas by award-winning Mexican composers, one produced by the Alliance and the other by collaborating colleagues at IN Series.

**6:00 - 7:00 PM**

**Hip Hop & Sweat (FULL) 6th - Adult**

**Jessica Denson**

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

**6:00 - 7:00 PM**

**Sci Fi Filmmaking 6th - 12th Grade**

**Forrest Penrod**

Students learn to create their own fictional sci fi films using their cellphones.

**6:00 - 7:00 PM**

**Family Mixed Media Studio Family (Ages 6 - 10)**

**Melissa Muttiah**

Join teaching artist and art therapist, Melissa Muttiah for a mixed media arts class designed to promote creative expression and self-discovery. Students will be exposed to a wide range of drawing and painting media. Art experiences will engage creativity and problem solving, improve self-awareness and self-esteem, and advance social skills.

*\*class requires a parent to be present*

# Arts Afterschool

Grades K - 12 and Adult

## FRIDAY

**3:30 - 5:30 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.

**4:30 - 5:30 PM**

**Zumba  
(Rodamovement)**

**6th - Adult**

**Kareemah Woodard**

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

# 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**

**4-7 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.



# 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**

**SPANISH DANCE & PLAY... ¡OLÉ!™**

**4-6 y.o.**

**La Magdalena**

At any age Flamenco is a lot more than just dance. But for young children it can be a unique outlet for self expression. Magdalena's classes carefully balance discipline with lots of fun and character development. A parent peeking in on a class might see students learning to stand tall and proud like a King or Queen,... or practicing their stomping in unison like a stampede of horses. Final steps are met with a triumphant shout from the group, "olé!" Children with no dance or music background are welcome. Each class is an experience of a lifetime, as well as an opportunity to engage cooperatively with peers. Se habla español. All genders welcome. Fun weekly "homework."

## THURSDAY

**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**

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 with the freshest (and kid-appropriate) music and moves.

# Aftercare - Crafters Clubhouse

## Grades K- 5th

This Winter Sitar's Aftercare Online Program, Crafters Clubhouse will be 10 weeks with an opportunity to showcase student work and performances. **Our 10-week Winter Semester will be from January 11- March 19, 2021.**

Aftercare Online provides the opportunity for students to connect with peers and staff, engage in community projects, and strengthen social skills. Students will participate in 3 Arts Classes, an optional Homework Club, Academic Enrichment provided by Achieve Higher, and Challenges and Activities weekly. Our program for Middle School Students (Roots) will have the option to participate in the Academic Enrichment and Homework Club every week.

### Crafters Clubhouse Schedule

#### **Monday, Tuesday, and Thursday**

3:15 – 4:00- Homework Club (optional)

4:00 – 4:30 – Welcome Circle and Snack Social

4:30 – 5:30 – Arts Class

5:30 – 6:15 – Academic Enrichment (Tuesday & Thursday) / Closing Circle

#### **Wednesday and Friday**

3:15 – 4:00 – Homework Club (optional)

4:00 – 5:00 – Challenge Time and Community meeting

5:00 – 6:00 – Challenge and Activity Time Offline

Aftercare students will choose preferences for each day from the classes listed on the following pages.

### Roots (Grades 6-8) Schedule - ALL OPTIONAL

#### **Monday, Tuesday, and Thursday**

3:15 – 4:00- Homework Club

5:30 – 6:15 – Academic Enrichment (Tuesday & Thursday)

#### **Wednesday and Friday**

3:15 – 4:00 – Homework Club (optional)

# Aftercare - Crafters Clubhouse

## Grades K- 5th

### 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**                      **Crafters Clubhouse**                      **Jen Buchanan**

*Class meets on Tuesdays & Thursdays @ 5:00 - 6:00 pm. Students must attend both days.*

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

# Aftercare - Crafters Clubhouse

## Grades K- 5th

### THURSDAY

**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.

**4:00 - 5:30 PM**

**Food Crafts Class (FULL) 1st - 6th Grade**

**Angeli Escalante-Bieler**

This Food Crafts class will create edible and non-edible creations. Students will focus on the science, art and fun of being in the kitchen making items such as healthy bread, yummy cupcakes, or fridge magnets made from baked salt flour! Items will be assembled, mixed and prepped by students. Parents will be called on afterclass to put completed assignments in the oven.

**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.

**5:00 - 6:00 PM**

**TWB: Ballet**

**Clubhouse**

**Jen Buchanan**

*\*Class meets on Tuesdays & Thursdays @ 5:00 - 6:00 pm. Students must attend both days.*

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

# S.E.A.L. Program Online

**NEW THIS WINTER!** We are expanding SEAL into two programs - Roots (Grades 6-8) and XChange (Grades 9-12).

**Roots** - Join Roots, our program for middle school students, where we'll work together to discover who we are and the kind of artists and young leaders we want to be. We'll explore all different aspects of identity and leadership through a variety of art forms and community projects. Roots will meet once a week on Thursdays! Roots members will also have the opportunity to participate in Homework Club every day and Academic Enrichment on Tuesdays and Thursdays, provided by Achieve Higher.

**XChange** - Build community inside and out in XChange, our program for high school students! XChange will meet on Wednesdays for a session with an artistic partner, and Fridays where our XChange members will have the opportunity to plan and lead the sessions. This semester, our artistic partner is Words, Beats & Life, who will guide us through creating some truly awesome and empowering art together.

Learn what it means to be a Sitar Emerging Arts Leader! **Visit the SEAL page on our website for more information.**

## S.E.A.L. MEMBER CRITERIA

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

- Must be in **6th - 8th** grade to enroll in Roots and 9th - 12th grade to enroll in XChange
- Enroll in or volunteer with at least one other class in the Arts Afterschool program
- Attend **at least two sessions** per month (Roots) or at least four sessions **per month (XChange).**

## ROOTS SCHEDULE

**Tuesday,**

**uTHursdayesda**

4:00 - 5:30 - Roots Session (Thursday)

5:30 - 6:15 - Academic Enrichment - Optional  
(Tuesday & Thursday)

**Wednesday and Friday**

3:15 - 4:00 - Homework Club (optional)

## XCHANGE SCHEDULE

**Wednesday**

6:00 - 7:00 - Partner Session

**Friday**

4:30 - 5:30 - XChange Session