

# 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 from 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 at 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.

**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 thru 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.

**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.

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## 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; students will also learn music (that does not require an instrument).

**4:30 - 5:30 PM**      **Clay Sculpture**      **4th - 12th Grade**      **Katie Macyshyn**

Students have fun making clay creations of their own

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

Students learn jazz music improvisational techniques from the DC Jazz Festival's Professional Instructor/Professional Musician.

## THURSDAY

**4:00 - 5:00 PM**      **TWB: Beg. Ballet**      **K-1st - 2nd Grade**      **Jen Buchanan**

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.

**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 skills.

**4:30 - 5:30 PM**      **3D Art**      **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.

**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.

# Arts Afterschool

Grades K - 12 and Adult

## THURSDAY

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

**Hip Hop & Sweat**

**6th - Adult**

**Jessica Denson**

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

## 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 is 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.

## TBD

**TBD**

**Mixed Media Studio**

**Middle School**

**TBD**

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.

**TBD**

**Family Mixed  
Media Studio**

**Family (Ages 6 - 10)**

**TBD**

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

# 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. All students, at their own pace and level, 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 choreographies 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 artists 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**

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

# 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.

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

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

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# 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.

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