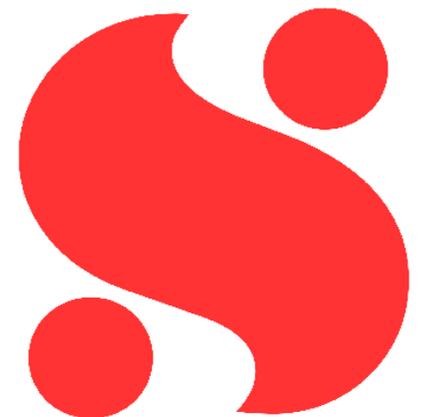


IN-PERSON & ONLINE CLASS SCHEDULE **FALL 2021**

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



SITAR
ARTS CENTER

In-Person Programming

Program Hours

ALL class times will be from 4:00pm - 6:00pm. Students will arrive and eat snack from 4:00pm - 4:30pm. Classes will start promptly at 4:30pm and will finish at 6:00pm (unless otherwise stated). Students will be dismissed at 6:00pm from their classrooms.

Arrival

At this time, parents/guardians will only be permitted to drop their students off at the front door. Sitar staff will be there to receive them and check their temperature before directing them to their classroom. Parents/guardians will not be able to wait in the lobby during class time for students.

Parents can begin dropping off their student for class at 4:00pm, and students will need to arrive prior to 4:30pm if they want to receive and eat snack in their classroom. Instructional time will start promptly at 4:30pm.

Dismissal

All classes will be done by 6:00pm, unless otherwise stated. Students will be dismissed directly from their classroom. Parents/guardians will wait outside the front door and a Sitar staff member will greet them and retrieve their student from their classroom.

Schedule

4:00pm - 4:30pm - Students arrive and eat snack in their classrooms

4:30pm - 5:45pm - Class time

5:45pm - 6:00pm - Clean up

6:00pm - Dismissal from each classroom

In-Person Programming

Limited Spaces

Space is limited in our in-person programs this fall due to COVID safety protocols. These protocols have been set to ensure the safety of our students, staff and community.

Safety Protocols

Below are some of the steps we are taking to create a safe learning environment this fall:

- Performing daily health and wellness screenings prior to entry.
- Reducing class sizes and limiting interaction outside of their class (students and teachers).
- Practicing proper social distancing in hallways, lobby and classrooms.
- Requiring the use of masks and other PPE (personal protection equipment) for all Sitar staff, teachers, and students.
- Keeping students in the same classroom for their entire class time; this includes eating snack in their respective classrooms.
- Cleaning and disinfecting classrooms and high traffic areas throughout and at the end of each day.

Sitar Arts Center will continue to monitor guidelines and safety protocol as mandated by the District of Columbia. If in-person programming can no longer continue safely or is required to halt due to changes in guidelines/protocol, Sitar Arts Center will contact students' families to discuss alternatives which include virtual programming and/or providing credits or tuition refunds.

Class Supplies

After snack, each student will wash/sanitize their hands before receiving the supplies they will need for the class from their teacher. When class time is over, the students will wash/sanitize their hands again and disinfect their materials. They will play a very important role in helping their teacher clean up the classroom .

Early Childhood Arts

Ages 0 - 6
IN-PERSON

FRIDAY

10:30 - 11:30 AM

Family Art

0 - 6 y.o.

Katie Macyshyn

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.)

SATURDAY

10:00 - 11:00 AM

Rainbow Dance

0 - 6 y.o.

Karen Morales

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.

10:00 - 11:00 AM

Family Art

3 - 6 y.o.

Katie Macyshyn

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.)

Early Childhood Arts

Ages 0 - 6
IN-PERSON

SATURDAY

11:00 AM - 12:00 PM

Story Hour

0 - 5 y.o.

Melissa Strova Valencia

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.)

11:00 AM - 12:00 PM

Hip Hop

3 - 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.

Arts Afterschool

Grades K - 12 and Adult
IN-PERSON

MONDAY

4:00 - 6:00 PM

**Art 4 Strength
(Project Create)**

6th - 12th

Mia Ballard

**This class meets twice a week on Mondays & Wednesdays*

Students 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.

4:00 - 6:00 PM

Improvisation

1st - 5th

Samantha Watson

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

4:00 - 6:00 PM

Sewing & Textile Crafts

1st - 5th

Jasmine Chandler

**This class meets twice a week on Mondays & Wednesdays*

Students learn to design and create beautiful textile art using fabric and sewing materials.

TUESDAY

4:00 - 5:00 PM

Pre-Ballet

K - 1st

Jennifer Buchanan

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

4:00 - 6:00 PM

**Fun Feelings
(Project Create)**

K - 5th

Anais Lugo-Axtmann

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.

4:00 - 6:00 PM

Physical Acting

6th - 12th

Be Dismond Sweet

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

Arts Afterschool **Grades K - 12 and Adult** **IN-PERSON**

TUESDAY

4:00 - 6:00 PM **Digital Photography** **6th - 12th** **Gregg Adams**

The class will look into the impressionistic and surreal side of photography through experimentation with exposures, composition and visual effects to convey narration and feeling in ways that traditional photography can be limited. In addition to class projects, we will look into photographic works of Man Ray, Nathan Lerner, Rene Magritte and others.

4:00 - 6:00 PM **3D Art** **K - 3rd** **Juliana Biondo**

Students will explore structure and construction by creating art work using all sorts of materials beyond pencils & paper.

5:15 - 6:30 PM **Ballet** **3rd - 5th** **Jennifer Buchanan**

**This class meets twice a week on Tuesdays & Thursdays*

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

WEDNESDAY

4:00 - 6:00 PM **Art 4 Strength
(Project Create)** **6th - 12th** **Mia Ballard**

**This class meets twice a week on Mondays & Wednesdays*

Students 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.

4:00 - 6:00 PM **Sewing & Textile Crafts** **1st - 5th** **Jasmine Chandler**

**This class meets twice a week on Mondays & Wednesdays*

Students learn to design and create beautiful textile art using fabric and sewing materials.

4:00 - 6:00 PM **Graphic Design** **6th - 12th** **Revanth Guttikonda**

Students will learn the basics of graphic design and will explore other facets of digital arts.

Arts Afterschool

Grades K - 12 and Adult
IN-PERSON

WEDNESDAY

4:00 - 6:00 PM **Saints Band** **6th - 12th** **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. At this time, this class is ONLY available for students enrolled in the band last year.

4:00 - 6:00 PM **Music Therapy** **1st - 5th** **Heather Hommel**

Reaching beyond barriers of social, communicative, and cognitive limitations, music therapy offers students a means to develop skills that can be used in everyday life. Through music therapy, individuals can identify and manage various emotional states, and can pursue opportunities for creativity and self-expression. Music interventions are individualized to meet the unique needs of each student to provide growth opportunities as well as to foster expression and creativity within each student.

4:00 - 6:00 PM **Hip Hop** **1st - 6th** **Shawna Williams**

In this class, students will explore various techniques and styles of Hip Hop dance. This class will focus on learning choreography that will challenge the way students move. They will become experts in isolation, footwork, and rhythm.

THURSDAY

4:00 - 5:00 PM **Beginning Ballet** **K - 2nd** **Jennifer Buchanan**

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

4:00 - 6:00 PM **Fashion Design** **7th - Adult** **Jasmine Chandler**

Students learn about the basics of garment creation and trends in fashion design.

4:00 - 6:00 PM **Scene Study** **6th - 12th** **Christopher Richardson**

Perfect for folks with little to no experience or actors hungry to dig deeper into acting techniques. Acting Fundamentals will lead young performers to unpack and explore the actor's tool-kit: active listening, character, relationship, objectives, obstacles, and given circumstances. These essential skills set young actors up for success with future scene work.

Arts Afterschool

Grades K - 12 and Adult
IN-PERSON

THURSDAY

5:15 - 6:30 PM

Ballet

3rd - 5th

Jennifer Buchanan

**This class meets twice a week on Tuesdays & Thursdays*

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

FRIDAY

4:00 - 6:00 PM

SEAL: Roots

6th - 8th

Annie Harney

Members will explore all different aspects of identity and leadership through a variety of art forms and community projects. Roots will meet twice a week, on Thursdays (virtually) and on Fridays (in-person). Roots members will also have the opportunity to participate in Homework Club every day and Academic Enrichment on Tuesdays and Thursdays.

4:00 - 6:00 PM

SEAL: XChange

9th - 12th

Naomi Cohen & Nickole Best

Build community inside and out in XChange, our program for high school students! Members will come together twice a week to work on building communication skills, leadership skills, and life skills. XChange will meet on Wednesdays for a session online, and Fridays in-person. Our XChange members will have the opportunity to plan and lead some of the sessions throughout the semester!

S.E.A.L. Program

Sitar's Emerging Arts Leaders (SEAL) is now 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 twice a week, on Thursdays (virtually) and on Fridays (in-person)! Roots members will also have the opportunity to participate in Homework Club every day and Academic Enrichment on Tuesdays and Thursdays.

XChange - Build community inside and out in XChange, our program for high school students! XChange will meet on Wednesdays for a session online, and Fridays in-person. Our XChange members will have the opportunity to plan and lead some of the sessions.

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:

- Be in **6th - 8th grade** to enroll in Roots and **9th - 12th grade** to enroll in XChange
- Attend **at least four sessions** per month.

ROOTS SCHEDULE

Thursday (Online)

4:30 - 5:30 PM

Friday (In-Person)

4:00 - 6:00 PM

XCHANGE SCHEDULE

Wednesday (Online)

6:00 - 7:00 PM

Friday (In-Person)

4:00 - 6:00 PM

Early Childhood Arts

Ages 0 - 6
ONLINE

MONDAY

3:00 - 4:00 PM

Bollywood

4 - 5 y.o.

Shuchi Buch

Students will learn classical Indian poses, beautiful and high energy choreographies to popular Indian songs (Bollywood). 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.

Arts Afterschool Grades K - 12 and Adult ONLINE

MONDAY

4:30 - 6:00 PM

Creative Baking

6th - 12th

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 homemade pizza!

6:00 - 7:00 PM

Bollywood Fitness

6th - Adult

Shuchi Buch

Students will work out and exercise their bodies to high energy, popular Indian songs (Bollywood). These classes create an opportunity for working as a team, building confidence, learning about culture and language through the arts and increasing aerobic skills. 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.

TUESDAY

4:30 - 5:30 PM

**Exploring Music:
Composition**

2nd - 12th

Sundre Winslow

Students enrolled in Private Lessons will explore music theory from the lens of writing their own music. They'll build their own rhythms, melodies, harmonies, and might even write a song altogether as a class!

WEDNESDAY

4:30 - 6:00 PM

Family Food Crafts

1st - 5th & Adult

Angeli Escalante-Bieler

Students and their families will create 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 and parents together. **This class REQUIRES supervision & participation from an adult.**

6:00 - 7:00 PM

**Exploring Music:
Composition**

2nd - 12th

Gabe Johnson

Students enrolled in Private Lessons will explore music theory from the lens of writing their own music. They'll build their own rhythms, melodies, harmonies, and might even write a song altogether as a class!

Arts Afterschool **Grades K - 12 and Adult** ONLINE

WEDNESDAY

6:00 - 7:00 PM **SEAL: XChange Online** **9th - 12th** **Naomi Cohen & Nickole Best**

Build community inside and out in XChange, our program for high school students! Members will come together twice a week to work on building communication skills, leadership skills, and life skills. XChange will meet on Wednesdays for a session online, and Fridays in-person. Our XChange members will have the opportunity to plan and lead some of the sessions throughout the semester!

THURSDAY

4:00 - 6:00 PM **Hip Hop** **1st - 5th** **Shawna Williams**

In this class, students will explore various techniques and styles of Hip Hop dance. This class will focus on learning choreography that will challenge the way students move. They will become experts in isolation, footwork, and rhythm.

4:30 - 5:30 PM **SEAL: Roots Online** **6th - 8th** **Annie Harney**

Members will explore all different aspects of identity and leadership through a variety of art forms and community projects. Roots will meet twice a week, on Thursdays (virtually) and on Fridays (in-person). Roots members will also have the opportunity to participate in Homework Club every day and Academic Enrichment on Tuesdays and Thursdays.

6:00 - 7:00 PM **Sci-Fi Filmmaking** **6th - 12th** **Forrest Penrod**

Students will learn how to create and develop their own science-fiction films using their cellphones and other at-home technology.