

CLASS SCHEDULE

FALL 2023

September 25 - December 9

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



SITAR
ARTS CENTER

Early Childhood Arts Ages 0 - 6

WEDNESDAY

4:00 - 5:00 PM

Musical Initiation

3 - 6yrs

Loidmary Perenguez

In this program, children will be able to explore various percussion instruments and connect them to basic musical figures and elements. The predominant instruments in this workshop are Boomwhackers, colorful bells, maracas, drums, and xylophones as well as other materials such as colored ribbons and musical figures on paper to begin to recognize the elements of music visually. Kodaly will be used as a method to enter the name of the musical notes.

THURSDAY

10:00 - 11:00 AM

Maternal Music

6mon - 3yrs

Loidmary Perenguez

In this program parents and their children will be the main protagonists of musical immersion through percussion instruments, sensory elements, and different materials such as paper, and fabrics with different textures connecting synesthesia of music through sounds and colors to emotions.*

*This class requires parent/caregiver participation.

4:50 - 5:50 PM

Bilingual Drama

3 - 6yrs

Karen Morales-Chacana

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.

SATURDAY

10:00 - 11:00 AM

Hip Hop

3 - 6 yrs.

Jessica Denson

Students will build confidence while experiencing the joy and freedom of hip hop dance fundamentals, in an encouraging and fun environment, with the freshest (and kid-appropriate) music and moves! The goal of this class is to help students further their developmental agility by learning movement phrases that emphasize dynamics, musicality, isolations of body parts, and locomotion. The class structure emphasizes building stamina, coordination, and teamwork through practice and play.

Arts Afterschool Grades K - 12 and Adult

MONDAY

4:30 - 5:30 PM

**Motion Graphics
Mondays**

7th - 12th

Tim Fabrega

If you're new to Adobe After Effects, or ready to create production-quality motion graphics and effects, we've got you covered. Animating 2D and 3D elements, editing using single-point and multipoint tracking, and rendering with Adobe Media Encoder, we'll help you take your still images and turn them into next level video projects.

4:30 - 6:00 PM

**Fashion Design
& Illustrations**

7th - 12th

Gisselle Cardona

Students will learn design concepts and practices to develop a fashion collection. They will develop their sewing skills, explore textile and fabric manipulations, and practice the art of illustrating fashion.

5:00 - 6:00 PM

**Hip Hop Class
with Rashaad Hasani**

9th - 12th

Rashaad Hasani

Research the people, movement, music and fashion of Hip Hop. Carry a thorough understanding of its origin stories and contributing communities. We aim to raise body awareness through use of exercises to help discover movement, lean on traditional steps to set up a core foundation, give space for you to project your confidence as you find ways to express yourself creatively to Hip Hop music. Ultimately we want you to be you but respect and honor its history.

5:00 - 6:00 PM

Sitar Night Live

9th - 12th

Kristina Friedgen

Explore the world of laughter in our Sketch Comedy Class! Unleash your creativity as you delve into the art of improv, mastering quick wit and spontaneity. Craft unforgettable characters and bring hilarious sketches to life, honing your comedic prowess in a supportive and dynamic environment.

6:00 - 7:00 PM

**Sitar Emerging
Arts Leaders**

9th - 12th

Nickole Best

Sitar's Emerging Arts Leaders Program is open to all high school teens who are looking to level up their artistic and leadership skills. Teens who are enrolled in another class during the fall qualify to participate in this program. Teens will have access to workshops led by professionals in the field, go on field trips to arts and cultural institutions, and will be eligible to participate in community service opportunities! SEAL students are also invited to take advantage of open studio time and use Sitar's facilities to work on their artform free of charge.

Arts Afterschool Grades K - 12 and Adult

TUESDAY

4:00 - 5:30 PM

**Eco Art Explorers:
Mixed-Media and Nature**

K - 3rd

Hope Glastris

In this class, we will use a mix of art supplies and objects we can find in our indoor and outdoor environments, to create artwork inspired by the natural world. We will use our imagination and our senses to explore how we can use different kinds of materials when we create. Activities will include both 2D and 3D, and there will also be some collaborative projects to encourage sharing and interaction.

4:15 - 5:00 PM

TWB: Pre-Ballet

K - 2nd

Kittie Morris

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

4:30 - 6:00 PM

Digital Photography

5th - 8th

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 are more limited in traditional photography. In addition to class projects, we will look into photographic works of Man Ray, Nathan Lerner, Rene Magritte and others.

4:30 - 5:30 PM

DCIF: Jazzin' Afterschool

4th - 12th

Herman Burney

Jazzin' Afterschool is a partnership class with the DC Jazz Festival where students have the opportunity to learn from professional Jazz musicians! This class will focus on ensemble playing, jazz rhythms, & experimenting with different instruments. All levels welcome!

4:30 - 5:30 PM

**Yoga
Mindful Movement**

2nd - 6th

Olivia Cox

Children will improve their strength, balance, attention and coordination through age-appropriate yoga and movement- including breathing, poses, games, stories, music, relaxation, meditation, and more. They will learn the basics of yoga and meditation, healthy stress, and anxiety coping mechanisms, and work on building self-esteem in a non-competitive environment.

Arts Afterschool Grades K - 12 and Adult

TUESDAY

4:30 - 5:30 PM

Intro to Acting

4th - 6th

**Maria Del Mar
Rodriguez**

Are you new to the world of acting? Looking for a safe space where you can develop your performance talents? In this class, we will explore the foundation to stage acting through theatre games, teamwork, improvisations, readings, text analysis and performance work.

5:15 - 6:30 PM

TWB: Ballet

3rd - 5th

Kittie Morris

Students learn Ballet techniques from professional instructors. The curriculum follows the same standards for studio classes at The Washington Ballet. This class meets on Tuesday and Thursday.*

*Previous ballet students must test out of other levels at Sitar and/or be approved by the instructor to join this level class.

5:30 - 7:00 PM

Painting Exploration

6th - Adult

**Deborah Wallace
& TBD**

Create both abstract and representational works of art. In this class we will use acrylic paints to experiment with color, composition, and technique. New painters and more experienced painters are welcome.

6:00 - 7:00 PM

Musical Theatre

6th - 12th

Kristina Friedgen

Delve into the captivating realm of musical theatre, where you'll cultivate captivating characters through the medium of song. Elevate your performance skills as you master the art of singing, dancing, and acting, both individually and as part of an ensemble.

6:00 - 7:00 PM

**Move + Rest:
Restorative Yoga**

7th - Adult

Hope Glastris

This is a gentle class for adults to explore light movement and calming breath. We will begin each practice with a few moments of breathing to get us grounded, then transition into some light asanas (postures and movements). We will finish each class with several minutes of quiet rest. No previous knowledge or experience in yoga is needed to join, and our practices will be adaptive to accommodate different bodies and mobility. Please arrive in clothing that is soft, loose and/or comfortable to move and relax in.

Arts Afterschool Grades K - 12 and Adult

WEDNESDAY

4:00 - 5:00 PM

String Ensemble

2nd - 6th

**Dietrich Paredes
Baralt**

Welcome to the String Orchestra, where you'll learn to play beautiful music, work with friends, make your fingers strong and quick, and build super-focus powers - all while having tons of fun! Imagine being part of a team where everyone works together like a big musical family. Just like superheroes combine their powers, in String Ensemble, each musician will play a special instrument, like the violin, viola, cello, or double bass, to create music that will fill your heart with joy and your ears with melodies that'll stay with you forever.

4:30 - 5:30 PM

Familiar & New!

K-3rd

Project Create

Join us as we explore various types of art projects using many mediums including drawing, painting, etc. both familiar and new. Express your creativity... We can't wait to make art with you!

4:30 - 5:30 PM

Percussion Ensemble

2nd - 7th

Rob Smith

Drums are fun! Come and explore the wild world of drums and percussion while learning fun rhythms and patterns while learning to play together with others to produce amazing moments in sound!

4:30 - 5:30 PM

Printmaking

3rd - 6th

Kayla Payne

Printmaking is an artistic process based on the principle of transferring images from a matrix onto another surface. Most often this is on paper or fabric, but printmaking is a super accessible form of art that can use materials we already have at our fingertips like fruits, vegetables, plants, and more!

Throughout the class, students will learn basic printmaking techniques and learn about famous artists in this field. They will learn to use recycled materials and different mediums like fabric, magazines, plants, and more.

5:00 - 6:00 PM

**Hip Hop Class
with Rashaad Hasani**

5th - 8th

Rashaad Hasani

Research the people, movement, music and fashion of Hip Hop. Carry a thorough understanding of its origin stories and contributing communities. We aim to raise body awareness through use of exercises to help discover movement, lean on traditional steps to set up a core foundation, give space for you to project your confidence as you find ways to express yourself creatively to Hip Hop music. Ultimately we want you to be you but respect and honor its history.

Arts Afterschool Grades K - 12 and Adult

WEDNESDAY

5:30 - 6:30 PM

Dance Party

1st - 3rd

**Julia Paris &
Kayla Payne**

In this upbeat and high-energy class, students will be introduced to choreography based on a broad range of dance styles, including ballet, jazz, hip hop, and contemporary dance. Through our weekly dance parties, students will develop dance technique and rhythm, improve agility and coordination, and – most importantly – have fun together!

5:30 - 6:30 PM

**Graphic Design
Creating Your Own Personal Brand**

7th - 12th

Liana Mensh

This class will go over the principles of design, and walk students through how to develop their personal brand. As part of their personal brand, they will create a logo and 2 design pieces of their choice that help showcase their design system.

5:30 - 6:30 PM

Art Journey Studio

1st - 5th

**Kelsey Bachenberg &
Alejandra Giraldo**

Each week we'll explore and combine different mediums and techniques to create both 2D and 3D art pieces. Projects will combine elements of craft (using fiber, paper, recycled materials, and more) and art, allowing students to maximize their creativity to produce unique works of art.

6:00 - 7:00 PM

Spinning Yarn

4th - Adult

Hailey Aardema

A space for knitters and crocheters to work on any project their heart desires, either as individuals or as a group. This class will support beginners and experts alike, providing project materials and the opportunity to learn and try out new patterns. From scarves and sweaters to quilts and stuffed animals, we can't wait to see students' imaginations come to life.

6:00 - 7:00 PM

**Hip Hop Class
with Rashaad Hasani**

9th - Adult

Rashaad Hasani

Research the people, movement, music and fashion of Hip Hop. Carry a thorough understanding of its origin stories and contributing communities. We aim to raise body awareness through use of exercises to help discover movement, lean on traditional steps to set up a core foundation, give space for you to project your confidence as you find ways to express yourself creatively to Hip Hop music. Ultimately we want you to be you but respect and honor its history.

Arts Afterschool Grades K - 12 and Adult

THURSDAY

4:00 - 5:00 PM

Jazz/Tap

1st - 5th

Judy Estey

Jazz/Tap class provides the basics of tap dance adding in the full movement of jazz dance (jumps, turns, etc) for a very fun dance experience- with lots of attitude! Dancers will start the class with stretches and jazz warm-ups, work on full body exercises and then move into tap for the second half of the class.

4:15 - 5:00 PM

Interactive Arts

2nd-4th

Angela Robinson

In Interactive Arts, students will be exposed to a variety of digital art forms at the introductory level from graphic design and music production to program design and game design.

4:30 - 5:30 PM

Collage / Altered Books

1st - 5th

Lauren Sitarchuck

A class for 1st - 5th graders introducing collage and altered books and how to blend both into a final project. This class will make use of all types of material to create collage pieces. The altered book portion will show how to edit and morph a found book into a piece of art.

4:30 - 5:30 PM

Weird Art

3rd - 6th

Kendra Rubenfield

For as long as humans have existed, art has been made! And during that time, most of the art created has not been done by trained artists. Folk Artists or "Outsider Artists," while not classically trained, have museums devoted to them, and people travel all over the world to see their works of art, often in forms of yard displays, giant homes made of tin foil, mazes created from concrete and mirrors, and so much more! Explore the world of folk art as we get our hands dirty on our own projects - creating sculpture, yard art, mosaics, murals and SO MUCH MORE! Much made from upcycled materials - for the planet! Don't worry about being "good." In this class, weird rules!

Arts Afterschool Grades K - 12 and Adult

THURSDAY

5:00 - 6:00 PM

**Stage Performance
for Musicians**

9th - Adult

Parker Schaffel

In this class, you'll learn everything you need to know about being a performing musician. You'll dive deep into all the aspects of a live musical performance, including setting up a stage, lighting, appearance, sound (and how to run a soundboard), audience interaction, transitions, movement, beginning and ending a performance, and the dynamics of playing in a band. By the end of the course, you'll have learned the basics of musical performance and will be able to access these various "tools" to improve your own performances. The course is led by Parker Schaffel, nine-year Sitar volunteer who teaches guitar, bass guitar, and drum classes. Parker has played dozens of live shows with several bands and has released multiple albums and EPs of his original music

5:15 - 6:30 PM

TWB: Ballet

3rd - 5th

Kittie Morris

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5:30 - 6:30 PM

My Voice, My Movie

4th - 9th

Daniela Delgado

Cinematography is the art of storytelling through images. Using iPads and iMovie software, students will develop basic skills to write, direct, film, and edit a one-minute movie. In this class, students will learn the importance of lighting, sound, camera movement and framing to find your creative voice and tell your story.

5:30 - 7:00 PM

Studio Art

5th - Adult

Loretta Thompson

Studio Art explores different art forms and artists, focusing on a subject or theme. Some art experience is required. By the end of this class, students will have finished an art project that they created throughout the entirety of the semester.

Arts Afterschool Grades K - 12 and Adult

THURSDAY

5:30 - 7:00 PM

Sculpture

6th - 9th

Isabella Alonzo

Sculpture is for the curious minds who are ready to explore the 3D format. There will be a very brief introduction to the fundamentals of figure making, and these small quick clay sketches will allow us to get comfortable making clay mockups for when we chisel out of plaster. We will be photographing our work at the end of each day so that students can witness their progress, and look for areas of improvement. This will allow students to get right to work the following week with clear goals! Subjects and mediums we will cover: face and body through clay, animals through chiseled plaster, and (if we have time) wire and/or more clay.

FRIDAY

5:00 - 6:00 PM

**Outsider Art
Found Objects**

9th- 12th

Lauren Sitarchuck

An open studio class for teens dedicated to working on their own personal projects. Teens will have a chance to plan their own concepts, choose their favorite mediums, and watch their ideas come to life. This class will also have brief presentations on Outsider Art and the use of found objects as inspiration.

SATURDAY

10:00 - 11:00 AM

Digital Photography

K - 3rd

Gregg Adams

How do we see things? This class will concentrate on the perception or how we see things in a series of hands on challenges that will eventually lead to the beginning of photography and graphic arts.

Arts Afterschool Grades K - 12 and Adult

SATURDAY

11:00 AM - 12:00 PM

Abstract Art

3rd - 5th

Esmat Zeerak

What do you see when you open your eyes? Maybe you see beauty, wonder, excitement, and opportunities to play. This class will be centered around observing the little things in our worlds, and creatively putting them on canvas, paper, cloth, and anything else that could be made use of. We will use a variety of mediums such as watercolor, acrylics, pastel, and charcoal to visualize what we see in the world. This will be an opportunity to explore our creative spirits in a freeing way. There are no wrong ways to paint a star, as long as you know that that is what you are painting. Above all, this class will offer a space to be who you really want to be.

11:00 AM - 12:00 PM

K-Pop UP (Dance)

6th - 9th

Glory Ngwe

Learn the dances of your favorite K-Pop songs and further explore the world of K-Pop through performance! This pop up class is open to all dance levels.

S.E.A.L. Teen Program

Mondays from 6:00 - 7:00pm

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Teens will have access to workshops led by professionals in the field, go on field trips to arts and cultural institutions, and will be eligible to participate in community service opportunities!

SEAL students are also invited to take advantage of open studio time and use Sitar's facilities to work on their artform free of charge.

