

# CLASS SCHEDULE

# **SPRING 2024**

January 29 - May 4

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

**11:00 - 12:00 PM**                      **Maternal Music**                      **6mon - 3yrs**                      **Dietrich Paredes Baralt**

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.

**5:00 - 6:00 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

**10:30 - 11:30 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.

**10:30 - 11:30 AM**                      **Mixed Media Art**                      **3 - 6 yrs**                      **Korina Isler**

A visual arts class for students ages 3 - 6, that allows them to explore different methods of creating mixed media art. Classes will be inspired by children's story books and the world around us. By the end of the semester, students will have worked with paint, fabric, paper, and natural found materials.

# Arts Afterschool Grades K - 12 and Adult

## MONDAY

**4:30 - 5:30 PM      The World of Watercolor      3rd - 6th      Aneka Johnston**

In this class, students will learn brush techniques and color mixing. Each week, they will explore new themes while diving into essential watercolor methods and the art of blending colors. Students will learn to be creative using bright colors and gain a solid understanding of color theory. Let your imagination flourish in a world of hues and brushes!

**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 - 5:30 PM      Art Academy      9th - 12th      TBD**

Art Academy is an arts exploration class for teens that consists of 3 workshops in 3 different artistic mediums. Over the course of 3 or 4 week workshops, students will uncover a new artistic passion and complete small projects. Art Academy workshops will be influenced by student interest in the following art forms: painting, fashion design, clay building, film and improv.

**5:30 - 7:00 PM      Sitar Emerging Arts Leaders      8th - 12th      Nickole Best**

Sitar's Arts Leaders Sitar's Emerging Arts Leaders Program is open to teens looking to channel their artistic and leadership skills. Teens collaborate together to serve the wider community through varied projects. 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 - 5:30 PM**

**Yarn Barn**

**2nd - 5th**

**Hailey Aardema**

In this class, students will learn how they can use common household items to help them create 2D and 3D art out of yarn and string. We'll learn to make bracelets, pompoms, string paintings, and more, using items like cardboard, glue, and popsicle sticks. Weaving, braiding, and sewing with yarn will become new mediums through which students can express their creativity.

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

**DCJF: 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**

**Rising Stars**

**4th - 6th**

**Maria del Mar Rodriguez**

In this acting class, the students will use their imagination to explore characters, expand their senses while using the space, and develop the circumstances that the character must live. We will explore the foundation to stage acting through theatre games, improvisations, readings, text analysis and performance work.

# Arts Afterschool Grades K - 12 and Adult

## TUESDAY

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

**Digital Photography**

**5th - 8th**

**Gregg Adams**

The class will cover the basic camera operations and basic editing techniques through Photoshop and similar editing programs. Street Photography or the capturing the moments of everyday life in the public will be the theme of the Winter/Spring Semester Class. Students will learn about the work of Sergio Larrain, Graciela Iturbide, Daniel Hernandez-Salazar and others.

**5:00 - 6:00 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.

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

**Latin Dance  
for Beginners**

**7th - Adult**

**Nickole Best**

Let the Latin rhythm move you in this introduction to dance! From basic step to solo shines, this class will get you ready for any Latin dance party!

**5:30 - 7:00 PM**

**Narrative Filmmaking**

**6th - 8th**

**Amy West**

In the Middle School Narrative Filmmaking Course students will work together to make a short narrative film from beginning to end. Students will write, film and edit the movie over the course of thirteen 90-minute classes. This course will teach students about all aspects of the filmmaking process, including the collaborative process that is essential to the success of every film.

**5:30 - 7:00 PM**

**Painting Exploration**

**6th - Adult**

**Deborah Wallace &  
Alisa Dan**

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.

# Arts Afterschool Grades K - 12 and Adult

## TUESDAY

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

**Move & Rest:  
Restorative Yoga**

**7th - Adult**

**Hope Glastris**

This is a gentle class for students 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.

## 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**

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

# Arts Afterschool Grades K - 12 and Adult

## WEDNESDAY

**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!

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

**Dance for  
Musical Theatre**

**6th - 12th**

**Kristina Friedgen**

Leap, turn, and strut your way to Broadway in this Broadway style dance class. Students will explore jazz, hip hop, and contemporary dance styles while creating stories through movement.

**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.

**5:30 - 6:30 PM**

**Graphic Design**

**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.

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

**Acting for  
Musical Theatre**

**6th - 12th**

**Kristina Friedgen**

Enhance your singing and acting skills in this musical theatre performance class. Students will create epic character performances by working on solos or duets and group songs.

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

**Spinning Yarn**

**6th - 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.

# Arts Afterschool Grades K - 12 and Adult

## THURSDAY

**4:15 - 5:15 PM**      **TWB: Beginner Ballet**      **1st - 3rd**      **Kittie Morris**

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

**4:15 - 5:15 PM**      **Game Design**      **6th - 9th**      **Angela Robinson**

Students will embark on an exciting journey into the world of role-playing games using RPG Maker MV. Throughout the class, students will master the art of crafting their own medieval adventure, from designing intricate maps to creating captivating characters and non-player characters (NPCs). Guided by hands-on lessons, students will delve into the art of storytelling and discover the secrets behind crafting in-game puzzles, adding an extra layer of challenge and fun to their games.

**4:30 - 5:30 PM**      **Mr. B's Builders**      **4th - 7th**      **Benton Bishop**

Prepare yourself for a journey of discovering new art skills and techniques while gaining a better understanding of the world around us. Engage in hands-on exploration of various artistic methods, including light and shadows techniques, capturing perspective, and experimenting with negative space, among other approaches. Witness your creations come to life and unleash your creativity!

**4:30 - 6:00 PM**      **Fashion Design  
for Costume & Cosplay**      **6th - 12th**      **Mei Miles**

Whether you're a first-time sewer, cosplay enthusiast or fashion designer in the making, you can sketch, cut and sew your first original or upcycled piece of frock! Your instructor will guide you through your project of choice based on your construction experience. Students are encouraged to bring any kind of inspiration for their first class: fabrics, old costumes/clothes they might want to alter, magazine clippings, or easy patterns.

**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



# Arts Afterschool Grades K - 12 and Adult

## THURSDAY

**5:15 - 6:15 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.

**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**

**Sculpture**

**5th - Adult**

**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.

## SATURDAY

**10:00 - 11:00 AM**

**Digital Photography**

**K - 3rd**

**Gregg Adams**

This class is geared to younger students who wish to learn basic photography, and computer skills to tell their own story. The students will learn famous sources such as National Geographic, New York Times and the Washington Post.

# S.E.A.L. Teen Program

**Mondays from 5:30 - 7:00pm**

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 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.

