

CROSSROADS CARNEGIE ART CENTER

Class Schedule

September 2018

INTERMEDIATE BALLET FOR TEENS AND ADULTS

Instructor: Heather Solisz

Dates: September 17-November 28, Mondays and Wednesday

Last Date for Student to Join Class: registration can be ongoing

Time: 5:15-6:45pm, Mondays and Wednesdays

Costs: \$7.50 a class member rate/\$11.25 a class non-member rate

OR Pay for 12 classes at a time:

September 17-October 24

October 29-November 28

Rate: \$90.00 for members/135.00 for non-members

OR Sign up for all 22 classes and pay \$145.00 members/

\$217.00 non-member (saving you \$20.00)

Location: Ballet Studio

Supplies: Ballet attire and ballet shoes (flat)

Age Requirements: 14 through 144

Skill Level Requirements: previous dance experience required

Minimum number of students: 3 *Maximum:* 12

Course Description: Intermediate Ballet for Teens and Adults is offered for dancers with previous training, and will expand dancers' range of motion, core strength, musicality, and grace. Taught by a former Principal Dancer, this class will be based on Classical Ballet technique. Students will hone concepts of focus, individual and ensemble movement, speed, fluidity, and endurance. Intermediate Ballet class will build on previously learned classical ballet technique and expand students' dance vocabulary and technical level. This class will be based on Russian Ballet technique using French terms, and will begin at the barre and move to center. Depending on skill of students a full class will consist of 45 minutes at the barre, then 45 minutes in the center working towards grande allegro, or big jumps.

HEATHER SOLISZ, INSTRUCTOR – NEW TO CROSSROADS

Heather Wallace Solisz grew up in Southern California and began her professional ballet career with BalletMet in Ohio. She then joined Eugene Ballet Company where she worked her way from Apprentice to Principal dancer, making her debut as Odette/Odile in Swan Lake. Over the nine years in Eugene Ballet she danced leading roles in classical ballets including The Nutcracker, Swan Lake, and Cinderella, as well as in numerous contemporary and original pieces. Heather has performed as a part of the Oregon Bach Festival as well as the Oregon Festival of American Music. As a classical ballet instructor, she has taught at numerous ballet schools including Ballet Idaho, Eugene Ballet Academy, Rachel's School of Dance in Klamath Falls, and in her hometown of Ventura, California. She is enjoying spending time with family in Baker City with her two young children while her husband is overseas.

LIKE Crossroads Carnegie Art Center on Facebook to catch the latest class changes, notifications or cancellations.

Check us on Instagram! Crossroads has a Google Calendar of all events which we also keep updated all the time.

Go to the Crossroads Website on the top right hand corner and click on Calendar to see the latest information.

PASTEL BIRD WORKSHOP

Instructor: Becky Litke

Start date: Saturday, September 29

Time: 10:00am-4:00pm with a break for lunch

Location: Downstairs Studio

Cost: \$40.00 members, \$60.00 non-members (this includes sanded paper for the class. Students encouraged to bring their own pastel supplies. If you are a newcomer Becky will provide you with a basic set of materials to work with at no charge.

Minimum number of students: 3, class limited to 5 students

Age: Beginner to Advanced Students Welcome

Course Description: Students will learn how to create beautiful birds with pastels. Focusing on the details like feathers, beaks, and feet.

Beginner to Advanced students

BEGINNING BALLET FOR MIDDLE SCHOOLERS

Instructor: Heather Wallace Solisz

Dates: October 1-November 28, Mondays and Wednesdays

Time: 4:00-5:00pm

Costs: \$90.00 for members/\$135.00 for non-members includes ballet slippers.

Location: Ballet Studio

Supplies: gym clothes, whatever is comfortable to move in. Ballet shoes will be provided. Must provide shoe sizes 2 weeks in advance.

Age Requirements if any: 6th through 8th grade

Skill Level Requirements if any: none

Minimum number of students: 3

Maximum number of students: 12

Course description: Beginning Ballet class will cover the basics of classical ballet technique which incorporate core strength, flexibility training, musicality, and grace. While this will be a class for beginners, it will be taught at a lively pace with lots of challenging and rewarding benefits, physically and mentally. Beginning Ballet for Middle Schoolers will be a one hour class based off of Vaganova Ballet technique, taught with the understanding that all bodies can move and learn. We will start with quick warmup on the floor, then move to the barre, then do as much movement in the centre as time allows. Ballet terms in French terms will be utilized and explained in context.

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NOT YOUR COLLEGE POTTERY CLASS – BEGINNING LEVEL!

Instructor: Shannon Gray

Dates: Thursdays, October 4-November 15 (7 classes total)

Note: No class on 3rd Thursday so everyone can enjoy the Art Walk – Class will be made up that week. Students will schedule the makeup date at the first class.

Last Date for Student to Join Class: October 1

Time: 6:00-8:00pm

Location: Crossroads Pottery Studio

Lab Fee: \$25 for 25 lbs. of clay and all firing charges. Students also have unlimited use of the pottery studio during the duration of the class for free and independent practice.

Course cost: \$70 for members/\$105 non-members.

Age Requirements if any: 21 and over

Minimum number of students: 5

Maximum number of students: 8

Course Description: Adulthood is hard! Take a break from your unending to-do list and join us for an easy, fun, and relaxed pottery class. Jump right in and start creating with clay on the very first day! Shannon has over 10 years of experience working with clay and would love to teach you the various methods of working with it (i.e., coil building, slab building, and (gasp!) wheel throwing). Each class includes instruction on methods and projects; at the end of the course series, you'll walk away with your very own collection of unique clay creations!

The main purpose of this class is to get you – yes you! – working with one of the most versatile art mediums available. I first found pottery in college and have been working with it on-and-off (because I'm a normal, busy person like you!) for over 10 years. I would love to teach you the basics of clay and show you various methods for working with it (i.e., coil building, slab building, and (gasp!) wheel throwing). We'll start with the beginner basics and jump right into getting our hands dirty in the very first class. My goal is to get you creating with clay, therefore this class will be very hands-on (don't worry – no quizzes or dense reading material). Each class, I'll provide simple instruction on a method and project, and each week we'll build on what we've learned. The sky is the limit! You are more than welcome to step outside the box and flex those creative muscles as you see fit; I am happy to help guide you on your unique creative journey. Also, feel free to BYOB!

BEGINNING CLASSICAL BALLET 1 (AGES 6-10)

Instructor: Debbie Friedman

Start date: October 9-November 15 (6 weeks)

Time: Tuesday and Thursday, 4:15-5:15pm

Location: Upstairs Ballet Studio

Cost: \$60.00 for members/\$90.00 for non-members

Dress Code: Tights, Leotards and ballet slippers

Course Description: The steps, movement, positions and general structure of classical ballet are essential to any dancer's training. Ballet is so organically sound that most people, of all ages, could benefit from working these essentials. My classes take that foundation and adjust them to accommodate more modern music and cultural sensibilities. Ballet is discipline, fun, emotion, and freedom, all wrapped up in a very traditional but expressive package that reflects enormous history and very vibrant cultural relevance.

Level 1 will focus on the basics and help your child to be comfortable moving in a very precise and somewhat formal way. The goal is to learn the most simple pieces of this art form so that the joy of the movement will shine through.

Final class on November 15th, family and friends are welcome to a mini-recital.

DEBBIE FRIEDMAN, INSTRUCTOR

We welcome Miss Debbie back after her injury. She will be doing a 6 week class this fall and will add longer session in 2019.

Tai Chi at Crossroads

TAI CHI/QI GONG FOR HEALTH – SKILL BUILDING WORKSHOPS YANG STYLE PART 1

Instructor: Dianne Erickson

Dates: Monday, October 22

Time: 8:30-11:00am

Location: Upstairs Studio, Crossroads Carnegie Art Center

Cost: \$25.00 for members or \$45.00 for nonmembers

Minimum number of students: 3 *Maximum:* 8

Course description: Learn and practice the movements of the Yang 24 Forms, one of the most well-known and popular Tai Chi sets worldwide. We will start by reviewing foundation movements, and then learn how to connect them to perform the expansive and flowing forms of this set.

Students are encouraged to think about their particular goals for future practice (such as: reducing stress, improving balance and coordination, enhancing energy, concentration and creativity). Some class time will be devoted to discussion, suggestions and individual coaching to help students achieve their goals. More experienced students will also focus on integrating the Tai Chi principles in order to gain further benefit and enjoyment from practicing the forms.

Age: Adults. Some previous experience recommended.

Note: Participants will need to sign a release confirming their readiness to participate in the physical activities of this class and, if necessary, obtain clearance from their health care professional before commencing. Students should wear clothing and footwear that are comfortable and appropriate for exercise. Shoes are required. In consideration of those with sensitivities, please refrain from wearing any strong fragrances.

DIANNE ERICKSON, INSTRUCTOR

Dianne Erickson is certified by the Tai Chi for Health Institute as an instructor for Tai Chi for Arthritis and Fall Prevention, Diabetes, and Rehabilitation. "My goal is to help class participants discover the benefits of practicing Tai Chi and learn how to easily make it a regular part of their daily personal care and health routines."

TAI CHI/QI GONG FOR HEALTH – SKILL BUILDING WORKSHOPS YANG STYLE PART 2

Instructor: Dianne Erickson

Dates: Tuesday, October 23

Time: 8:30-11:00am

Location: Upstairs Studio, Crossroads Carnegie Art Center

Cost: \$25.00 for members or \$45.00 for non-members

Minimum number of students: 3 *Maximum:* 8

Course description: A continuation of work on the Yang 24 Forms. See Yang Style Part 1 description and instructor information above.

Age: Adults. Some previous experience recommended.

Note: Participants will need to sign a release confirming their readiness to participate in the physical activities of this class and, if necessary, obtain clearance from their health care professional before commencing. Students should wear clothing and footwear that are comfortable and appropriate for exercise. Shoes are required. In consideration of those with sensitivities, please refrain from wearing any strong fragrances.

SUN STYLE PART 1

Instructor: Dianne Erickson

Dates: Monday, October 29

Time: 8:30-11:00am

Location: Upstairs Studio, Crossroads Carnegie Art Center

Cost: \$25.00 for members or \$45.00 for non-members

Minimum number of students: 3 *Maximum:* 8

Course description: With its strong Qi Gong component, the Sun (pronounced "soon") style short set offers smooth, gentle movements that are both relaxing and enjoyable to do. Practice will focus on improving balance, range of motion, overall fitness and flexibility. The forms are adaptable and suitable for anyone who needs to be in a seated position. Classes will include additional Qi Gong exercises for energizing, reducing stress and improving coordination.

Age: Adults. Some previous experience recommended. *Note:* Participants will need to sign a release confirming their readiness to participate in the physical activities of this class and, if necessary, obtain clearance from their health care professional before commencing. Students should wear clothing and footwear that are comfortable and appropriate for exercise. Shoes are required. In consideration of those with sensitivities, please refrain from wearing any strong fragrances.

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TAI CHI/QI GONG FOR HEALTH – SKILL BUILDING WORKSHOPS

SUN STYLE PART 2

Instructor: Dianne Erickson

Dates: Tuesday, October 30

Time: 8:30-11:00am

Location: Upstairs Studio, Crossroads Carnegie Art Center

Cost: \$25.00 for members or \$45.00 for non-members

Minimum number of students: 3 *Maximum:* 8

Course description: A continuation of work on the Sun style short form. See Sun Style Part 1 description and instructor information above.

Age: Adults. Some previous experience recommended. *Note:* Participants will need to sign a release confirming their readiness to participate in the physical activities of this class and, if necessary, obtain clearance from their health care professional before commencing. Students should wear clothing and footwear that are comfortable and appropriate for exercise. Shoes are required. In consideration of those with sensitivities, please refrain from wearing any strong fragrances.



KIDS CLASS – YOUNG ARTISTS' STUDIO

Instructor: Paul Hoelscher

Start Date: Every Friday – Join anytime

Time: 1:45-3:45pm

Age: 10 and Up

Location: Downstairs

Cost: \$15.00 per session, or 4 sessions for \$50.00

Note: Occasionally, Paul does have students work in clay; parents will need to pay for clay and firing charges. Ask instructor for details.

Maximum: 10

Class Description: Young people come to an open studio setting to learn and refine artistic skills with artist instructor Paul Hoelscher. The idea behind this ongoing class is to help young people make art the way that most interests them, with an artist who believes that everyone is artistic and who has enough personal experience to be supportive of many media and techniques. Media include acrylic, oil, and watercolor paint, soft and oil pastels, charcoal, graphite, conté, colored pencil, and clay sculpture. Come and create – the sky's the limit!

ADULT OPEN STUDIO

Instructor: Paul Hoelscher

Start Date: Saturday 1:00-3:00pm (OK to join anytime!)

Age: 18+

Location: Downstairs Studio

Cost: \$16.00 per session or 4 sessions for \$54.00 / members – \$24.00 per session or \$86.00 for 4 sessions non-member

Class Description: Come to the Art Center to learn and refine artistic skills of your choice with the encouragement and practical experience of artist/instructor Paul Hoelscher. The goal of this class is to offer an ongoing studio opportunity for people interested in any art medium or technique. Come and be around other creative people taking time to be artistic. There are often three or four different media being applied within the same small group, and this creates a supportive and inspiring experience. Paul's versatility will be encouraging in whatever medium interests you. Give yourself some really positive art time and join us!

LEARN TO LOVE WATERCOLOR & PASTELS

WEDNESDAY

Instructor: Becky Litke

Start dates: September 5, 12, 19, 25

October 3, 10, 17, 24

November 7, 14, 21, 28

December 5, 12, 19 (No class the 26th)

January 2, 9, 16, 23

February 6, 13, 20, 27

Every Wednesday evening – Join anytime

Time: 2 Sessions available; 3:00-5:00pm and 5:00-7:00pm

Come to one or join both. Each session is considered a separate class.

Minimum number of students: 5 Adults and Teens

Location: Downstairs Studio

Cost: \$ 16.00 per session/members – 24.00 per session/ non-members

Class Description: I will discuss what elements to put in a painting, what to leave out, how to use photos as a reference, how to position subject matter on painting paper surface for the best visual impact, how to pick the proper size paper for the subject matter depicted.

I will discuss outlets for students to sell art, including local business, art in parks, and the internet and of course local galleries. Also will discuss how to determine which pieces of art they produce have the best appeal to a large audience, therefore worth the investment to reproduce on note cards and prints.

REBECCA MANCINO LITKE, INSTRUCTOR

Becky has studied under several well known artists and instructors and is an active artist herself. She has been instructing watercolor classes at Crossroads for many years.

EXPLORING OIL PAINTING – ONGOING CLASS

Starting September 11th!

Instructor: Amy VanGaasbeck

Dates: Every Tuesday – Ongoing Class – Join Anytime

Time: 5:30-7:30pm

Location: Downstairs Studio

Cost: \$16.00 a session (members), \$24.00 a session (non-member)

Buy 4 sessions and get the 5th Session free!

Ages: 15 to adult

Supply list: At Crossroads

Course Description: This class will teach beginning students how to paint with oils, and help more advanced students refine their skills. We will learn basic techniques, composition, and color theory.

Students will learn to create original paintings, using objects from life and/or photographic reference. Our focus will be centered more on realism, rather than abstract.

Each student will work at their own pace and will receive individual instruction as needed.

Some objects will be available for use and inspiration in painting a still life; however, students are encouraged to bring their own objects and reference photos.

AMY VANGAASBECK, INSTRUCTOR

Amy has been a local success story by taking a hobby and making it into a successful art business. Crossroads is pleased to offer a weekly class in Oil painting where beginners can learn and experiment and intermediate and professional can get additional support and studio time!

OPEN PAINTING AND DRAWING STUDIO

Instructor: No instructor - independent work time!

Start Date: TUESDAYS! Please call in advance to assure that the studio is open.

Time: 10:00am-2:00pm

Location: Downstairs Studio

Cost: \$5.00 a month

Course Description: The downstairs studio is open to all members of Crossroads who would like to come and work on 2-d projects. Come and join anytime!

CLAY COACHING WITH MO

Instructor: Mo Quinn

Start date: Set Time with Instructor

Time: Arrange with Instructor

Location: Pottery Studio

Cost: \$16.00 members for 2 hours /\$24.00 non-member for 2 hours

Notes: Kids 5 year and older all the way to adults are welcome. All ages and skill level welcome from beginner to advanced. Can be individual instruction or small group of no more than 5.

Supplies: Purchase clay for your project at Crossroads. Or bring your own Cone 5 clay.

Course Description: I will help you make whatever you want out of clay. Limited only by the kiln size and your imagination. I will meet you for 2-10 sessions to help you reach your learning goal and achieve your final project goal.

Students need to call the art center with suggested dates, times, and what they would like to learn and Crossroads will connect you with Mo to confirm specific dates and schedule.

MO QUINN, INSTRUCTOR

Crossroads welcomes Allison Swensen Mitchell to Baker City and to give vocal instruction lessons. While this instruction is not a Crossroads program, Crossroads will be extending our Hand to Heart Scholarship Fund for teens or adults who need financial assistance in taking private vocal instruction. We hope to continue to work with Mrs. Mitchell and expand offerings.

PRIVATE VOCAL LESSONS

"The only thing better than singing is more singing!"

~Ella Fitzgerald

Over 30 years of teaching, 19 years director of voice and opera at Willamette University. I have taught both classical and musical theatre style voice for more than 30 years and can offer singers with any vocal preference, instruction to help improve their singing. I also have experience teaching the aging voice for older adults. One hour of instruction \$45.00, half an hour \$25.00. Contact information allisonnellswensen@gmail.com or call 503-393-8271.