



# Rising Star Studios Class Descriptions

## Winter 2010 Session January 4<sup>th</sup> – February 13<sup>th</sup>

### ***Clay Objects***

Instructor: Jane Bresser

Learn the basics of clay as we make objects such as a pinch pot, a mug, and a bowl. We will also glaze the clay objects so that these pieces are ready for everyday use and are microwave/oven/dishwasher safe.

### ***Mosaics***

Instructor: Jane Bresser

In this class, we will take glass beads and other clay pieces and make a mosaic flower pot and bowl. We will also make some of the pieces out of clay that will be put in the mosaic.

### ***Painting (ages 14-18)***

Instructor: Nancy Cooper

Students will work with acrylic paint and other materials to create masterpieces.

### ***Creative Exercising***

Instructor: Karen Litz.

This class consists of a combination of basic techniques in stretching, yoga, Pilates.

### ***Exercise***

Instructor: Stan Litz.

This class will focus on balance and coordination. Eastern stretching exercises such as Tai Chi will be used to develop eye hand and lower body coordination for playing traditional sports. Stan has used these techniques to coach amateur and professional athletes.

### ***Mixed Media Art***

Instructor: Stan Litz

Students will draw and paint, as well as use pictures in books, sculpt colored clay, and cut out paper to make pictures.

### ***Independent Living – Cooking with Catherine & Paul***

Instructors: Catherine & Paul Meisenhelder.

In this class, the students will work together to create delicious foods. Students will learn how to make foods that are healthy and fun, mostly fun. Our main emphasis of this class is to learn how to work together and communicate with the other students.

### ***Nature's Art***

Instructor: Rachel Meisenhelder.

Learn to use materials found in nature and about nature to infuse with different forms of art, including poetry, painting, drawing, photography, and sculpture. Our goal is to discover the importance of nature and taking care of our natural environment.

### ***Music***

Instructor: Meghan Watkins

Come have fun with music! We will play, we will sing, we will dance, and we will listen! All you have to do is show up with an open heart and be ready to have fun!

*Ms. Watkins is also available for private lessons at \$35 per session. Contact her by e-mail at [meghanwatkins@gmail.com](mailto:meghanwatkins@gmail.com) or by phone number at 513-235-1499.*