



HEALTH & WELLNESS (continued)

YOGA

Sept 15-Oct 8 OR Oct 13-Nov 5 OR Nov 10-Dec 8 (no 11/26)
8 sessions Tuesday & Thursday

Program #09FG100 9/15-10/8
Program #09FG101 10/13-11/5
Program #09FG102 11/10-12/8 (no class 11/26)

Join "Jo-ga", our Yoga guru, in traditional yoga class - a total mind/body workout that will strengthen and stretch you and leave you feeling relaxed and fit. Age: adult. Instructor: Yoga Joe

TIME: 7:30-8:30pm FEE: \$80

LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road

SUNRISE YOGA

Sept 2-Oct 28 OR Nov 4-Dec 30 8 sessions Wednesdays

Program #09FG103 9/2-10/28
Program #09FG104 11/4-12/30

Wake up with "Jo-ga", our Yoga guru - a total mind/body workout that will strengthen and stretch you and leave you feeling relaxed/fit and ready for your day. Age: adult. Instructor: Yoga Joe

TIME: 6-7am FEE: \$80

LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road



HOMESCHOOL

HOMESCHOOL GYM CLASS

Sept 1-Oct 23 OR Oct 27-Dec 15 8 sessions Tues OR Fridays

Program #09FG109 Tuesdays, 9/1-10/20
Program #09FG110 Fridays, 9/4-10/23
Program #09FG111 Tuesdays, 10/27-12/15
Program #09FG112 Fridays, 10/30-12/18

Come play some of your favorite sports along with 2 swim days per session! Age 6+. Instructor: 4Seasons staff

TIME: 1-2:30pm FEE: \$45

LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road

HOMESCHOOL - MIXED MEDIA

Sept 15-Oct 20 6 sessions Tuesdays

Program #09FG113

A course designed to expose students to various mediums in order to create some imaginative compilations. We'll start by drawing cartoon animals using pencil and pastels, use watercolor paint and ink to create an underwater scene, and even draw our own hands as practice for a reproduction of Michelangelo's "Creation of Adam." Our last project will include an "Egyptian" style carving painted in acrylics. Design principles are always discussed as all classes focus on tutoring techniques that students of all ages can easily learn. A \$20 materials fee is due to instructor at first class. Age 8-16. Instructor: Vivian Davis

TIME: 9:45-11am FEE: \$70

LOCATION: Robert Moton Center, 300 S. Center Street



HOMESCHOOL - PAINTING & DRAWING

Sept 29-Nov 3 6 sessions Tuesdays

Program #09FG114

Students age 5-16 will work on structured projects involving many mediums and techniques such as basic painting, color theory, water base media and acrylic painting techniques. Classes will be structured with age appropriate projects. A \$15 materials fee for brushes/pencils/etc. is due to instructor at first class. Instructor: Carla Gray

TIME: 11am-12pm FEE: \$60

LOCATION: Studio on the Hill, 2251 Pennview Drive, Manchester

HOMESCHOOL - INTRO TO POTTERY

Oct. 13-Nov 3 OR Nov 10-Dec 1 4 sessions Tuesdays

Program #09FG115 October 13-November 3

Program #09FG116 November 10-December 1

Fun for kids from 8 years old all the way up to adults! Come out and try the wheel! This is a great opportunity for adult and child/ren to take a class together! You will have access to the wheel during class. Each person will receive 20lbs of clay and use of studio tools and equipment. Complete 4 projects and learn the art of wheel pottery with hands-on, easy to learn instruction. A \$30 materials fee is due to instructor at the first class - firing/glazing included. Instructor: Abigail Dion

TIME: 10:30-11:30am FEE: \$60

LOCATION: Glazed to Perfection, 2030 Liberty Road, Eldersburg

HOMESCHOOL - ACRYLIC PUPPETS

Nov 3-Dec 15 (no 11/24) 6 sessions Tuesdays

Program #09FG117

Students will sketch and paint as we design puppet faces on paper and then build them one step at a time. Learn to blend colors with acrylics and practice painting features of the face. Construct PUPPET HEADS with paper mache using different techniques for building on the nose and ears. Finish by painting your puppet face using acrylic and tempera paints. Other materials may be used for hair and clothing such as cloth, yarn or ribbons which the students may bring in. A \$20 materials fee is due to instructor on the first day of class. Age 8-16. Instructor: Vivian Davis

TIME: 9:45-11am FEE: \$70

LOCATION: Robert Moton Center



HOME & GARDEN

STAIN IT? - PAINT IT? - FAUX FINISH IT?

Oct 8-Oct 22 3 sessions Thursdays

Program #09FG105

There is so much you can do with furniture, and you can learn all the tricks of the trade. Experts show you how to bring out the natural beauty of wood, or brighten it up with paint or a faux finish. Practice piece and all finishing supplies provided. Sign up early - spaces are sure to go fast! Instructors: Wendy & Mike Nusbaum

TIME: 6-8pm FEE: \$55

LOCATION: Bare Wood House, 2445 Baltimore Blvd.

WILD ABOUT LAVENDER

September 16 1 session Wednesday

Program #09FG106

Do you love lavender? Have fun creating a bath salts for a relaxing bath. Want really sweet dreams? Then a linen spritz is just the thing! Class will focus on using essential oil to make your own natural products, and you will receive handouts for designing projects incorporating lavender from the garden. We'll sample refreshing lavender limeade! A \$10 materials fee is due to instructor at beginning of class. Age 16+. Instructor: Sharon Birnie

TIME: 7-8:30pm FEE: \$20

LOCATION: Westminster High School, Room #E-125



SMALL ENGINE REPAIR (no 9/28, 10/5, 11/2)

September 21-November 30 8 sessions

Program #09FG107 Mondays

BASIC Small Engine Repair - Learn the basics of small engine theory and operation including 2 & 4 stroke cycle engines; carburetion and fuel, and ignition systems; valve jobs;

complete overhauls. Class time will be equally divided between lecture and hands-on experience. Students are encouraged to bring their own engine for the last 4 weeks. Instructor: Henry Hartman

TIME: 7-9pm FEE: \$80

LOCATION: Westminster High School - AG-3

THE WORLD OF TEA

Oct 9-Oct 23 3 sessions Fridays

Program #09FG108

Explore the fascinating world of tea - its geography, culture, history and production. Learn about the types of tea and taste over thirty varieties during our second session. Finish up with a full tea party on the third night to include scones, tea sandwiches, fresh fruit, and desserts. Gain a better understanding and appreciation for this wonderfully healthy beverage! Open to ages 15 and up. Instructor: Lora Andrews

TIME: 6-8pm FEE: \$60

LOCATION: Gypsy's Tearoom, 111 Stoner Avenue, Westminster

