

SUMMER 2009
WORKSHOPS
ADULTS
SENIORS
TEENS/KIDS

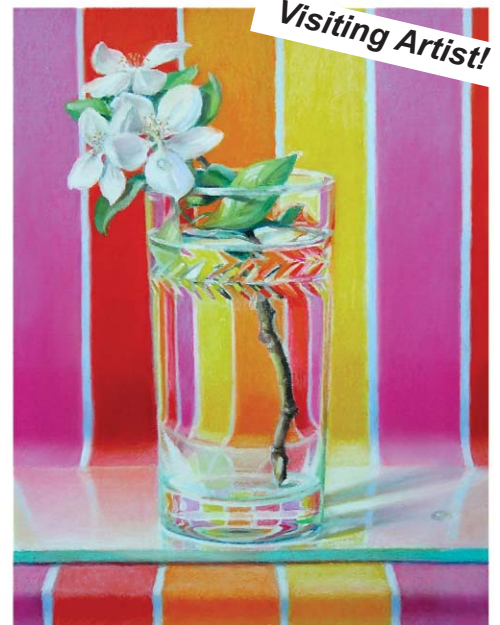
Design Expertise / Color Perfect with Robert K. Carsten

Often the difference between a good painting and a great painting lies in the inception and creation in design and the use of color. This exciting and explorative workshop will expand your knowledge, perception and concepts of color and design within your paintings. Color exercises coupled with ways to hone your design skills, demonstrations, critiques, and lots of painting time will make this an enjoyable, productive and inspirational day. As an added educational benefit and a rare opportunity, Robert will discuss the application of design principles within his own work in a tour of his two-person exhibition at the Lake Placid Center for the Arts! The instructor will demonstrate in pastel but all painting/drawing media and all levels from beginner to advanced are welcome.

Materials: Please bring either photos or sketches of any subject matter or objects to work from, pastels or other painting/drawing media, paper, a board to work on, and a bag lunch.

About the instructor:

An enthusiastic promoter of the pastel medium, Robert K. Carsten, is a signature member of the Pastel Society of America, the Connecticut Pastel Society, and an Honorary lifetime member of the Southwest Florida Pastel Society. He is a contributing writer for The Pastel Journal and the Artist's Magazine. He is a popular workshop instructor and has won many awards including the Best in Show at the Northeast National Pastel Exhibition, Joseph V. Giffuni Award, Best of Show at the Thorne Regional Juror's Choice Competition, Irene Hunter First Prize, Robb Sagendorph Award, Academic Artists Award. His paintings were featured on the cover of and in the December, 2004 issue of The Pastel Journal and in Pure Color/ The Best of Pastel by North Light Books, and also in American Art Review. He is a much sought-after arts workshop instructor, national art exhibition awards juror, demonstrator, and panellist. Robert will be exhibiting his work along with fellow painter, Gil Perry in the LPCA Fine Arts Gallery from August 21 through September 19. He will also be serving as one of our jurors for the Adirondack Juried Art Show 2009.



Sat: 9:30-5pm; 8/22

Location: Silkscreen Studio

Sign Up By: 8/14

Course Fee: \$60

Materials : see description above

ZUMBA: DANCING & EXERCISE

MOVEMENT & DANCE

Zumba is a fun, energetic, latin based dance exercise featuring salsa, flamenco, merengue, mambo, belly dancing, cumbia, and more. Zumba turns exercise into a dance party. This is a feel happy workout that is great for the body and the mind. The music is a fusion of Latin and International music and the routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. What is it: An hour filled with energizing, heart pumping, feel good rhythms, and easy to follow dance steps. FUN: it's the type of exercise you will want to do and feel good about doing it. Different: you probably never thought you would work out to this type of music. Effective: for both your mind and your body. Motivating, inspiring, challenging, and addictive are a few words used to describe Zumba. You can expect to smile the entire time in class and get in shape, fall in love with dance and see why Zumba has been described as the most engaging, captivating and awe-inspiring fitness routine you can experience.

Instructor: Marci Wenn

Location: Dance Studio

Course Fee: \$40

Drop In Rate: \$13 per class

Zumba Summer Session I:

Sat. 9-10am; 7/11, 7/18, 7/25, 8/1 Sign Up By: 7/7

Zumba Summer Session II:

Sat. 9-10am; 8/8, 8/15, 8/22, 8/29 Sign Up By: 8/4

Nia - Movement & Health

Experience the Joy of Movement thru the Nia Technique. The Nia Technique combines movements and concepts from Dance arts, Martial arts and the Healing Arts. Blending music, movement and self-expression into dynamic hour-long routines, this integrative class is fun, invigorating, and inspiring. With a philosophy rooted in the Joy of Movement, Nia bursts boundaries of age, gender and fitness levels teaching all people to choose pleasure as the path toward physical, mental and emotional health. Nia is unique in the way it allows energy to flow to joints and other areas of the body not worked by traditional exercise. The beautiful Nia music is both soothing and stimulating at the same time. Nia is not just about conditioning the human body, it is about conditioning the human being. It is a fusion of the body, mind, and spirit, creating a more toned, agile, stronger body with more confidence, joy, serenity, creativity, and mindfulness. Nia is for Every Body: No Experience Necessary

Instructor: Marci Wenn

Location: Dance Studio

Course Fee: \$40

Drop In Rate: \$13 per class

Nia Summer Session II:

Tues. 8:30-9:30am; 8/4, 8/11, 8/18, 8/25 Sign Up By: 7/30

Vinyasa Flow Yoga

Hosted by Harvey Roque founder of Know Bodies Perfect and Registered Yoga Teacher, this 1 ½ hour class is based on the Vinyasa style of Yoga. Vinyasa (to place in a special way with the breath) is a form of practice that enhances mental endurance and focus, builds physical strength and flexibility, and encourages a state of relaxation or energy through the use of various breathing techniques. With modifications offered for all levels, this class will leave you feeling invigorated yet grounded. A workout for the mind, body, and spirit. Bring a Yoga Mat & Comfortable Clothing

Instructor: Harvey Roque

Location: Dance Studio

Course Fee: \$45

Drop In Rate: \$15 per class

Vinyasa Flow Yoga Sat. Session II: Sat: 10:15-11:45am; 8/8, 8/15, 8/22, 8/29 Sign Up By: 8/3

Vinyasa Flow Yoga Sun. Session II: Sun: 9-10:30am; 8/9, 8/16, 8/23, 8/30 Sign Up By: 8/3

Restorative Yoga

Hosted by Harvey Roque founder of Know Bodies Perfect and Registered Yoga Teacher, this 1-hour class is based on the Vinyasa style of Yoga. Vinyasa (to place in a special way with the breath) is a form of practice that enhances mental endurance and focus, builds physical strength and flexibility, and encourages a state of relaxation or energy through the use of various breathing techniques. With modifications offered for all levels, this class has a more serene focus resulting in a great form of active recovery and a restorative workout for the mind, body, and spirit. Bring a Yoga Mat & Comfortable Clothing

Instructor: Harvey Roque

Location: Dance Studio

Course Fee: \$45

Drop In Rate: \$15 per class

Restorative Yoga Session II:

Sun: 8-9am; 8/9, 8/16, 8/23, 8/30 Sign Up By: 8/3

Yoga for Triathletes

Attention Triathletes! Have you heard of the benefits of Yoga but were too intimidated to give it a try? This class is tailored specifically for you. The early morning start and class intensity make this a perfect warm up for the Saturday morning ride... Hosted by Harvey Roque (TheTriYogi.com), an age grouper, USAT Certified Coach, Registered Yoga Teacher, and Personal Trainer, this 1-hour class is designed to introduce the triathlete to a form of practice that enhances mental endurance and focus, builds physical strength and flexibility, and encourages a state of relaxation or energy through the use of various breathing techniques. Bring a Yoga Mat & Comfortable Clothing

Instructor: Harvey Roque

Location: Dance Studio

Course Fee: \$45

Drop In Rate: \$15 per class

Yoga for Triathletes Session II:

Sat: 8-9am; 8/8, 8/15, 8/22, 8/29 Sign Up By: 8/3

Yoga for Kids

Ages 3-5 with adult companion: Taught by Alison Roque, (Founder of WonderCEC), a Certified Early Childhood Educator with training and certification from Next Generation Yoga, this 45-minute class is a fun and energetic way to introduce young children to Yoga. In this class children and their caregivers will stretch their bodies and imagination. Wear Comfortable Clothing; Mats will be provided Instructor: Alison Roque Course Fee: \$45 Drop In Rate: \$15 per class

Yoga for Kids Session II:

Sun: 10:45 - 11:30 8/9, 8/16, 8/23, 8/30 Sign Up By: 8/4

Beginning Wheel Throwing

If you just want to touch mud and get dirty, learn a new skill or revisit an experience from college days – beginners as well as students with some previous experiences in ceramics are welcome. This studio course will offer an introduction of basic throwing techniques, trimming and decorating on the potter's wheel. To finish the pieces we will glaze them with mid-fire stoneware glazes and fire them in the electric kiln. The focus lies on providing a basic insight in the ceramic process, having a creative and relaxed time together and further more sets you up to participate in our weekly Open Studio.

Instructor: Julie Gronski Location: Ceramics Studio Course Fee: \$140 Materials Fee: \$20 plus small toolkit
 Thurs. 6-9pm; 7/9, 7/16, 7/23, 7/30, 8/6 **Sign Up By: 6/30**

Throwing & Handbuilding for Teens (Ages 10 & UP)

Great for kids who have a love of ceramics and want to take it to the next step! Students will learn the basics of throwing techniques and will be able to create simple bowl (and/or cups) forms by the end of the course. Students will be encouraged to integrate textures and hand-building techniques as part of their throwing experience. Each student will leave the class with several thrown and altered artworks. Expect excitement, expect a challenge and most of all expect fun as you try the messy art of throwing. Course Fee: \$100 Materials Fee: \$20

Wed & Thurs. 7/15, 7/16, 7/22: 9am -12pm 7/29: 10 -12pm Instructor: Erik Wilson **Sign Up By: 7/9**

Lanterns of Light

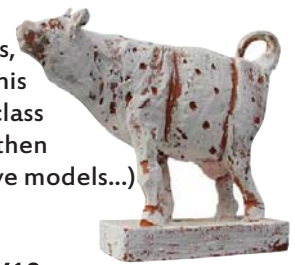
Learn the "art" of lantern making. This class will involve the creation of 1 to 2 lanterns. Techniques including coiling, slab building and throwing will be introduced as methods to create lanterns. Special attention will be paid to historical examples, functionality, surface texture and light. Students will be instructed on both candle lit and "electrically lit" lanterns and the various considerations involved in creating each. Bring your creative spirit and expect a challenge to incorporate light, function and clay. Course Fee: \$100 Materials Fee: \$20 Instructor: Erik Wilson

Wed & Thurs. 7/15, 7/16, 7/22: 1pm - 4pm 7/29: 1-3pm Location: Ceramics Studio **Sign Up By: 7/9**

Ceramic Animal Sculpture

For all animal lovers with artistic ambitions, 3D artists, who want to try a new medium and people, who wanna work in clay, but aren't so interested in function, this studio course provides an introduction in different ceramic sculpting and hand-building techniques. The class structure provides time to make clay-sketches, small sized marquette and one larger, final piece. We will then finish the work with brush-on oxides and fire it. Bring photo material of the animal that interests you (no live models...)

Instructor: Julie Gronski Location: Ceramics Studio
 Course Fee: \$155 Materials Fee: \$20 plus small toolkit
 Tues. & Thurs. 9-12am; 7/21, 7/23, 7/28, 7/30, 8/4, 8/6 & Glaze: 8/25, 9-12am **Sign Up By: 7/10**



Coil Patterned Bowls & Platters

Come with no experience and leave with an impressive centerpiece or serving dish. We will utilize the simple technique of rolling coils in order to make a large, intricately patterned bowl or platter. We will look at different examples of line patterns and design; bring some inspiration with you or come with an open-mind. The building technique is easy and proves to produce very successful projects. Get your hands dirty, explore your creativity and be amazed on what you can accomplish in 3 short weeks. Course Fee: \$65 Materials Fee: \$20

Wed: 5:30 - 7:30pm; 7/29, 8/5, 8/19 Instructor: Brooke Noble Location: Ceramics Studio **Sign Up By: 7/22**



Paint Your Own Tiles

Do you want to add a personal touch to your bathroom or your kitchen? This workshop is for people who enjoy brush painting and drawing. With the slab-roller you will make our own tiles out of red Earthenware and paint them with Majolica glazes Course Fee: \$140 Materials Fee: \$80 includes paints, red earthenware, glazes and firing

Instructor: Julie Gronski Location: Ceramics Studio
 Thurs. 6-9pm; 8/27, 9/3, 9/10, 9/17, 9/24 **Sign Up By: 8/18**

**CERAMICS STUDIO RENTAL!
 WORK AT YOUR OWN PACE**



Ceramics Open Studio

Weekly Studio is intended for students looking for time in the ceramics studio to explore their own ideas and work. Students should have some experience or have taken one of our introduction classes. It is a great place for students of different levels to get together and inspire each other. Julia Gronski will be on hand to help students and provide tips and advice as needed. She will be able to give quick technique demonstrations as requested by the students. Students wishing to learn more would have an opportunity to assist Julia mixing & testing our studio glazes and loading and firing the kiln. Bisque & Glaze firings will be ongoing so you can work at your own pace. Students may attend Monday evenings, Friday mornings or anytime the studio is not in use. Instructor: Julie Gronski Location: Ceramics Studio

July/Aug Open Studio: Course Fee: \$110 Materials Fee: \$20 for 25lbs clay **Sign Up By: 6/29**

Mon: 6-9pm/Fri: 9:30am-12pm; 7/6, 7/10, 7/13, 7/17, 7/20, 7/24, 7/27, 7/31, 8/3, 8/7

Aug./Sept. Open Studio: Course Fee: \$110 Materials Fee: \$20 for 25lbs clay **Sign Up By: 8/17**

Mon: 6-9pm/Fri: 9:30am-12pm; 8/24, 8/28, 8/31, 9/4, 9/7, 9/11, 9/14, 9/18, 9/21, 9/25

BEGINNING STAINED GLASS

In this intense two-day class, students will learn about many different types of glass, various tools used in the making of copper foil method stained glass hangings and all of the procedures necessary to complete such hangings. It will take every minute of two days' work to complete the two panels: one with straight lines, one with curved. The fee covers 16 hours of instruction as well as ALL materials needed to complete your pieces.

Instructor: Meredith Treska
Sat & Sun: 9am-5pm; 8/29, 8/30

Location: Silkscreen Studio Course Fee: \$220 ~ Materials Included
Sign Up By: 8/20

BASIC GLASS FUSING

In this two day class, students will learn about glass kilnwork and will create 7-8 small items perfect for personal use or for gift-giving; each project will incorporate a different principle needed for basic fusing knowledge – all of which can be followed up into larger pieces in a later workshop, if you choose.

Instructor: Meredith Treska
Sat: 11am -3pm; 8/1, 8/8
Sign Up By: 7/27

Location: Silkscreen Studio
Course Fee: \$110 ~ Materials Included



INTERMEDIATE FUSING

In this two day class, students will continue learning about glass in the kiln; the basic class focused on top decoration of a piece, while this class focuses on decorating inside and underneath the glass using many different materials. Also taught will be glass casting, patterns bars, and a pot melt. Once again, each project will be on a small scale (4"-6") so that we keep glass costs down, but each piece will be a functional item, worthy of enjoying yourself or giving as a gift. Once practiced, students may wish to take a follow-up in a workshop where they build their favorite piece or something they've seen into a larger form.

Instructor: Meredith Treska Location: Silkscreen Studio
Course Fee: \$110 ~ Materials Included
Sun: 11am -3pm; 8/9, 8/23 **Sign Up By: 8/4**

GENERAL INFORMATION
REGISTRATION Register for classes by mail using the form below or call 518-523-2512. Class placements reserved by phone are not guaranteed until payment has been received by LPCA.

Please adhere to the Registration Deadline to ensure that courses will be held and space will be available. Late registrations are sometimes possible; please call to inquire.

REFUND POLICY The LPCA reserves the right to cancel a class due to insufficient enrollment. If a class is cancelled, all fees will be returned. If a student withdraws after the registration deadline of a class, no refund will be made. Registration deadlines are approx. 7-10 days before class starting date. Fees cannot be pro-rated if a student is unable to attend all class sessions.

MAIL COMPLETED REGISTRATION FORM WITH PAYMENT TO:

LAKE PLACID CENTER FOR THE ARTS
17 ALGONQUIN DRIVE, LAKE PLACID, NY 12946

PHONE: (518)523-2512 · FAX: (518) 523-2521 EMAIL: info@LakePlacidArts.org
OFFICE HOURS: Mon. – Fri., 9-5

REGISTRATION FORM

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
EMAIL ADDRESS _____
HOME PHONE _____ BUSINESS PHONE _____
CLASS/WORKSHOP _____ FEE \$ _____
CLASS/WORKSHOP _____ FEE \$ _____

TOTAL ENCLOSED \$ _____
NOTE: Unless Noted Otherwise, Material fees should be paid directly to the instructor.

PLEASE CIRCLE METHOD OF PAYMENT: CASH CHECK CREDIT CARD

MAKE CHECKS PAYABLE TO: LAKE PLACID CENTER FOR THE ARTS

VISA/MASTER CARD # _____

EXP. DATE ____/____ V-CODE _____

SIGNATURE _____

