

Adult Arts Education

This is a six-week art education program for 16 years & up. Ages 13-15 may take a class with an Adult (registration must be done in person, not online). Classes run Saturday mornings, January 26 to March 9, skipping February 16 due to the Presidents Day weekend.

We will have a final showcase to let our artists show you what they have learned on Saturday, March 9, from 1 p.m. to 2 p.m. in the SFHS Auditorium.

Program Reminders

- ★ Enrollment opens December 21, 2018.
- ★ Enrollment ends on January 24, 2019.
- ★ Class sizes are limited and fill up quickly.
- ★ Waiting list available for some classes.
- ★ Classes run six Saturdays (skip Feb 16).
- ★ Classes are for Ages 16+, however Ages 13-15 may take a class with a paying Adult.



2019 Winter Workshop - Saturday Mornings

Saturday, January 26 - Saturday, March 9
(skip Feb 16) at Spanish Fork High School

Online registration available reonline.spanishfork.org

Anyone who has a family liability waiver on file with the Parks & Recreation Office with a current email address associated with it is eligible to register online. If you are not sure if your current email address is associated with your waiver, you may check with the Parks & Recreation Office at 801-804-4600. If you do not have a family liability waiver on file, download a form at www.spanishfork.org/dept/parkrec/, fill it out completely and submit it by email to rec@spanishfork.org, in person or by mail. This will ensure quick and easy registration, when the time comes to register for the activities you'd like to participate in.

Register online or in the Parks & Recreation Office starting December 21, 2019
(reonline.spanishfork.org, 775 N. Main Street, Spanish Fork, 801-804-4600)

Great opportunity to learn or develop new skills and talents, or improve on what you already know & enjoy from experienced teachers for \$5.00 or less per hour of instruction! (materials extra)

COURSE DESCRIPTION	CLASS INFORMATION	TEACHER BIO
★ ART ★		
<p>Beginner Chalkboard Design*</p> <p>Students will learn tricks and techniques to polish their chalkboard designs. From fonts to illustrated elements, students will work from start to finish to create several of their own unique designs.</p> <p><i>*This class will only be held for 5 weeks beginning February 2.</i></p>	<p>Class Time: 11:15 a.m.-12:45 p.m. Total Instruction: 7.5 hours Class Cost: \$37.50 Material Fee: \$10 Limit: 16 Art Room 27</p> <ul style="list-style-type: none"> ■ Please bring your own chalkboards. <p><i>*This class will begin February 2 and run through March 9 for five Saturdays (skipping February 16).</i></p>	<p>Instructor – Sherry Berrett</p> <p>Sherry Berrett has been doodling word art since she was a teen. She began lettering several years ago, and finds chalkboard art to be a relaxing and fun creative outlet</p>
<p>Design your own Quilt with Half Square Triangles</p> <p>Learn how to make a quilt from start to finish with half square triangles! Not only will we cover the beginning basics of quilting like measuring, cutting, and sewing but we will also get design creative with these versatile little shapes! You could choose a more traditional design or go modern. There are so many possibilities! All skill levels welcome.</p>	<p>Class Time: 9 a.m. -11 a.m. Total Instruction: 12 hours Class Cost: \$55 Material Fee: Students provide Limit: 12 students Sewing Room 4</p> <ul style="list-style-type: none"> ■ Sewing machine, rotary cutting set, scissors, fabric, etc. A full list of supplies needed will be provided at the Recreation Office or it can be emailed to you upon request. 	<p>Instructor – Shaylee Minchey-Raventos</p> <p>ShayLee has over 20 years of sewing experience and over 15 years of design experience. She has also been knitting for over 10 years. ShayLee loves to make and design her own clothes, quilts, and accessories. She is passionate about DIY and loves to teach and learn. ShayLee is a mother of four and loves to spend time in nature, play sports, and making things for her kids.</p>

COURSE DESCRIPTION	CLASS INFORMATION	TEACHER BIO
★ ART ★		
<p>Introduction to Ceramics – Hand Building</p> <p>Learn techniques such as pinch pot, coil pot, and soft/hard slab, as well as some sculpting techniques. This class can hold interest for both the beginner and experienced ceramicist. A benefit of taking this art class is that you will be able to eat and drink from your projects. It is an amazing experience to be able to hold in your hand and drink from a piece of your own crafted art work.</p>	<p>Class Time: 9 a.m. – 11 a.m. Total Instruction: 12 hours Class Cost: \$55 Material Fee: \$20 Limit: 25 students Art Room 28</p> <ul style="list-style-type: none"> ■ Please bring an apron or old shirt to use when working on your project. 	<p>Instructor – Brent Davison</p> <p>Brent Davison will teach you techniques that he has learned over a 25-year career in ceramics, studying with some of the best ceramicists from around the world. Ceramics is something that Brent is very passionate about and he loves to share his passion with others. He graduated from Utah State University with a B.S. in Art in 2013. He taught Ceramics at Sky View High School in Smithfield, Utah for three years. He currently teaches Ceramics at Timpvew High School. Brent loves working with high school students and watching them excel. Brent has had his own work entered into a national art show and he has had students win national and local awards for their work. Brent his wife Mary and their five children reside in Salem.</p>
<p>Painting Fundamentals & More</p> <p>Create a beautiful piece of art you can hang in your home! Nicole will use a photo reference to help you create a beautiful painting in a step by step process for you to follow. You will learn various artistic principals such as color mixing, values, shading, layering, washes, and more! This class can benefit both the beginner and experienced artist.</p>	<p>Class Time: 9 a.m.-11 a.m. Total Instruction: 12 hours Class Cost: \$55 Material Fee: \$10 Limit: 15 students Art Room 27</p> <ul style="list-style-type: none"> ■ Please bring an apron or old shirt to use when working on your project. 	<p>Instructor – Nicole Parish</p> <p>With a passion for art and teaching, Nicole has taught art to children, youth and adults for eight years. Her art has been displayed at HERE gallery and at the Springville Museum of Art. She is currently apprenticing with Casey Childs developing her skills in classical realism. Her work can be seen on Instagram. (https://www.instagram.com/nicoleparishart/)</p>
<p>Photography – Beyond the Point & Click</p> <p>If you have the desire to make your photos better match your vision and make an impact, then come and learn the basics of exposure and composition, basic editing (post-processing), and organizing your digital photo library. Anyone can learn to take good photos! So if you're interested in photography and want to increase your knowledge and skill, please join us as we explore this wonderful topic together.</p>	<p>Class Time: 10 a.m. – 11 a.m. Total Instruction: 6 hours Class Cost: \$30 Material Fee: Students provide Limit: 20 students Room 9</p> <ul style="list-style-type: none"> ■ Bring your own camera. ■ DSLR is highly recommended, but you can still learn with a point and shoot or smartphone camera. ■ Computer and photo editing software such as Adobe Lightroom is helpful but not required. 	<p>Instructor – Daniel Hopkins</p> <p>Daniel has always loved to make art with photography and specializes in portraying the ordinary in an inspiring way. There is unending visual beauty all around us, and he enjoys capturing and sharing his view of the world. Daniel and his wife Melissa have five amazing children. His work can be enjoyed at his website (http://photos.danielhopkins.com), on Facebook (@Daniel.Hopkins.Photography), and on Instagram (@danielhopkinsphotos).</p>
★ LITERATURE ★		
<p>Jane Austen*</p> <p>This is a survey course about the life and work of Jane Austen. We will read two of her six published novels together, Pride and Prejudice and Persuasion. We will also be discussing all of Austen's work (without spoiling it) as we look at her life and influences.</p> <p><i>*This class will only be held for 5 weeks beginning February 2.</i></p>	<p>Class Time: 11:15 a.m.-12:15 p.m. Total Instruction: 5 hours Class Cost: \$25 Material Fee: Students provide Limit: 25 students Room 9</p> <ul style="list-style-type: none"> ■ Students should bring their own copies of Pride and Prejudice and Persuasion. <p><i>*This class will begin February 2 and run through March 9 for five Saturdays (skipping February 16).</i></p>	<p>Instructor – Trevor Berrett</p> <p>Trevor Berrett received his M.A. in English from BYU. He taught writing and literature at BYU and BYU-Idaho. He has since gone on to review world literature and film on his website The Mookse and the Gripes.</p>

COURSE DESCRIPTION	CLASS INFORMATION	TEACHER BIO
★ MUSIC ★		
<p>Group Vocal Lessons</p> <p>Discover how to SING, we mean REALLY SING! If you've ever felt the desire to become a better singer, now is the time! In a fun group setting, you will have the opportunity to support each member of the class in the process of magnifying his/her own talent. You'll feel a real sense of community as you grow and find your own voices together. By the end of this group course you will have discovered:</p> <ul style="list-style-type: none"> ■ Your powerful singing voice! ■ Singing in all different styles (i.e. pop, rock, jazz, classical, Broadway, etc.) ■ Vocal anatomy and vocal health ■ How the chest voice, mixed voice and head voice feels in your body! ■ How to sing the right vowels to achieve the right sound ■ How to pick songs that are well suited for your voice ■ Your solo voice, and your choir voice! (Yes, there is a big difference) <p>Singing is FUN and liberating! Come join us in an unforgettable, life changing group vocal class.</p>	<p>Class Time: 11:15 a.m.-12:15 p.m. Total Instruction: 6 hours Class Cost: \$30 Material Fee: Students provide Limit: 25 ASL Room 8</p> <ul style="list-style-type: none"> ■ Notebook and a pen or pencil. 	<p>Instructor – Katie Higley</p> <p>Katie has a unique gift to help others find their powerful singing voices. She has taught voice for the past 10 years as the owner of Creative Music Lessons, and holds a Bachelor's Degree in Commercial Music from BYU. This past year she had the privilege of being on ABC's American Idol, making it to Hollywood week! She loves teaching the art of performing and helping you find your unique sound! She has taught numerous students over the years, and has watched others transform from having no voice to being powerful confident singers. Her students have gone on to sing for vocal competitions, talent shows, church services and much more. She is passionate with experience as a lead singer for two touring jazz orchestras, performer for multiple pop/rock groups, directing choirs, songwriting, scoring to film/TV, and plays several instruments. She believes singing is a gift, and one that can be taught. No one is ever too old or young to start the journey of becoming an amazing singer! She specializes in helping others find their powerful voices so they can become confident, happy individuals.</p>
★ PERFORMANCE & MOVEMENT ART ★		
<p>Audition!</p> <p>"To thine own self be true, there all honor lies". So said Polonius in Shakespeare's masterpiece Hamlet. This is the key to auditioning for any show: comedy, tragedy, musical, or classical Greek. In this course you will learn how to pick and prepare a repertoire of audition pieces that are tailored to your own strengths and abilities. You will also learn basic acting techniques that constitute 'the method'. A great course for beginners just getting their feet wet, or the seasoned professional seeking to fine tune their skills. Learn to take the stage on your own terms and come out on top</p>	<p>Class Time: 9:30 a.m.- 11 a.m. Total Instruction: 9 hours Class Cost: \$45 Material Fee: None Limit: 25 ASL Room 8</p>	<p>Instructor – Bob Bauer</p> <p>Bob Bauer has been teaching acting for over 13 years at Provo High School. In his career he has directed over 26 full length productions and has auditioned thousands of actors. He has also appeared on stage in multiple local productions as an actor most recently as Dr. Jeckyll and Mr. Hyde in Springville Playhouse's staging of Jeckyll and Hyde. He has developed a keen sense of what it takes to land a role and how take that role to the next level. He loves theatre and seeks to instill a love for that art in all people he meets. He holds a Bachelor's degree in Theatre Education and a Master's in Media Education. He currently lives in Springville with his wife and 5 children.</p>
<p>Beginner Yoga</p> <p>Yoga is for everyone, children, men, women, old, and young! Yoga is for beginners, more advanced athletes and anyone in between. You will learn how to:</p> <ul style="list-style-type: none"> • Steady and clear the mind • Stretch and move the body in movements that will help with pain and/or ailments • Flow the body for fitness and strength • Yoga practice, Sanskrit, arm balance, etc. 	<p>Class Time: 9 a.m.-10 a.m. Total Instruction: 6 hours Class Cost: \$30 Material Fee: Students provide Limit: 25 Dance Room (in C Building)</p> <ul style="list-style-type: none"> ■ Wear something comfortable that you can move in. ■ Yoga mats, blocks, and straps will be available to use. 	<p>Instructor – Amberlyn Hendricksen McDermeit</p> <p>Amberlyn is the owner of Starlyte Yoga on Main Street. She is a Personal Trainer and Yoga Instructor. She is a certified 200 RYT from My Vinyasa Practice, has a General Yoga Certification from NCCPT, and is registered with the Yoga Alliance. Amberlyn tells us, "I've always been a health & fitness junkie. But a few years ago I found yoga during some dark times in my life. Yoga helped pull me through those dark days. Not only have I come to LOVE the practice of yoga, it has completely changed my life! It has helped me to find self-love, self-acceptance, love for everyone and a desire for a simpler life. Yoga is seriously magical!"</p>

COURSE DESCRIPTION	CLASS INFORMATION	TEACHER BIO
★ PERFORMANCE & MOVEMENT ART ★		
<p>Functional Meditation</p> <p>In this course you will learn tools to help you reduce the harmful effects of stress and anxiety in the body, and live a calmer, happier, and healthier life. Functional Meditation is about adapting and integrating traditional meditative techniques and tools into YOUR life, and could be considered meditation in action. You will learn the important skills and principles of meditation including mindfulness, non-judgement, breathwork, mantra, and movement. Our goal is to help you develop more self-compassion and strengthen your intuition. You'll be able to build your own creative, customized meditation practice and eventually be a self-sufficient meditator.</p>	<p>Class Time: 10 a.m.- 11 a.m. Total Instruction: 6 hours Class Cost: \$30 Material Fee: \$8 Limit: 25 Dance Room (in C Building)</p> <ul style="list-style-type: none"> ■ Wear something comfortable. ■ Bring a pillow or cushion to sit on. 	<p>Instructors – Rochelle Taylor & Alicia Galbraith</p> <p>Rochelle has been a Registered Nurse for 10 years. She worked several years as a public health nurse in women's health and cancer screening. In that time, she realized that there was a great need for better and more resources to address all the chronic health issues related to stress. Her interest in how western medicine intersects with complementary and alternative therapies led her to begin studying and practicing meditation about 7 years ago. Rochelle is a mother of three active boys. She loves to go backpacking with her family, play the ukulele, and read all the books.</p> <p>Alicia has a Master's Degree (M.S.) in Neuroscience. She has a love for human biology and the connection between chemistry, anatomy, and behavior and has spent years researching various areas related to that connection. She has a passion for understanding the bridge between mind and body as she has experienced change through meditation and more mindful living. She considers meditation a powerful tool for self-love and mental health. Alicia is a talented pianist, and a yoga & outdoor enthusiast. She loves anything nerdy or quirky, and she is a mom of 5.</p>
<p>Musical Theater Dance Audition Prep*</p> <p>In this class you will learn basic steps and technique. We will be working on learning movement quickly and performing it with confidence.</p> <p><i>*This class will only be held in February.</i></p>	<p>Class Time: 1 p.m. - 2 p.m. Total Instruction: 3 hours Class Cost: \$20 Material Fee: Students provide Limit: 30 Students Dance Room (in C Building)</p> <ul style="list-style-type: none"> ■ Wear something comfortable that you can move in. ■ Any dance shoes or tennis shoes. <p><i>*This class will begin February 2 and run through February 23 for three Saturdays (skipping February 16).</i></p>	<p>Instructor – Ginger Leishman</p> <p>Ginger Leishman has been dancing since the age of three, she received her BFA in ballet from the University of Utah in 2013 with emphasis in Performing, Teaching, and Character Dance. While in college she trained and performed in Costa Rica, Ukraine, and Korea. She danced professionally for Disney Cruise Lines, performing as an Aladdin Harem dancer, a Cinderella waltz dancer, a Spanish Web dancer for Tarzan, and the Lion King Pas de Deux dancer. She has worked with SFCT as the choreographer for Tarzan and The Little Mermaid.</p>