

Knoxville Arts and Fine Crafts Center

Phone 865-523-1401
FAX 865-523-1615



Bill Haslam, Mayor

Sam Anderson, Senior Director
Operations and Efficiency

Joe Walsh, Director
Knoxville Parks and Recreation

Winter / Spring 2010

Monday 9:00-8:00

Tuesday 9:00-8:00

Wednesday 8:30-4:00

Thursday 9:00-8:00

Friday 8:30-4:00

(Call to confirm Friday hours, due to staff meetings and outreach programming).

Saturday 9:00-1:00

Happy New Year! New beginnings can be very exciting, especially when you decide to enhance your lifestyle with a new hobby or activity. Have you ever dreamed of learning to play the banjo, guitar or mandolin? If so, join Anna Denison, our very talented music instructor, and discover the joy of music. Anna has been teaching music classes for much of her adult life. I love watching her students beam with enthusiasm as they discover the joy of learning to play an instrument.

If you want to learn to paint or return

to the passion of painting you once loved, then we invite you to join us. The craft center offers a variety of classes in watercolor, oil and acrylics for all skill levels. These classes are available both day and evenings for your convenience.

If health issues are high on your list of priorities, join one of our many fitness classes offered by Sandy Larson. Sandy is a certified fitness instructor and teaches a variety of dance, yoga and fitness classes for all ages. Commit to a healthy lifestyle and sign up for one of her ten-

week sessions.

Looking for visual art classes, music, or a new challenge in fitness, we have something to jump-start your new year. City employees, remember Knoxville Arts and Fine Crafts Center has a special rate just for you! Show us your city I.D. and receive a 25% discount off your next fitness session.

Hope to See You,
Cathy

STAFF & INSTRUCTORS

Cathy Maples, Director
Elise Murphy, Art Specialist
Jackie Mirzadeh, Pottery
Anna Gundlach, Sculpture & Tile
Mark Smothers, Oil Painting
Susie Holt, Watercolor & Drawing
Betty Fortenberry, Acrylics
L'Jon Papillion, Stained Glass
Kathy King, Fused Glass / PMC
Tina Rosling, Knitting
Nancy Roberson, Fiber & Books
Sandy Larson, Dance and Yoga
Anna Denison, Music
Susan Bernard, Beading & Paper
Clay Thurston, Photography
Sari Gunderson, Printing
Kathy Bradley, Chainmaille Jewelry
Susan Watson, Stepping Stones
Mike Bensey, Creative Movement

TO REGISTER

Call the Knoxville Arts and Fine Crafts Center at 523-1401. Registration may be made by phone or in person at the center. Payments are due at the time of registration or within five working days if registering by phone. Please note that no student's space will be held without full payment. Cash or checks are accepted, no credit cards please. Due to the popularity of the classes, we will no longer prorate sessions. If you miss a class you will not be compensated. ***There will be a \$20 fee for switching from one class to another the week class begins, space permitting.***

VISIT US ONLINE

www.cityofknoxville.org/recreation/arts

CANCELLATIONS & REFUNDS

We reserve the right to cancel any class with insufficient enrollment. Fees are 100% refundable if the class is canceled by Knoxville Arts and Fine Crafts Center, or if a student drops a course ten days prior to the class beginning. No refunds are given after that time.

EXHIBITS

January-March

Sari Gunderson, Layered motifs and patterns, screen printed

April-June

Candy Findley Brooks,
Mixed Media



PRESCHOOL CLASSES

Ages 3 1/2 -6, Pre-Ballet *Two consecutive sessions*

Tuesday, January 5-March 9 (10 weeks) \$87.00

Tuesday, March 16-May 18 (10 weeks) \$87.00

4:30-5:15 p.m., Instructor: *Sandy Larson*



This ten-week class is designed to instill in preschoolers the joy of dance as an art form. Students will learn proper technique, dance terms, and enhance movement as well as develop rhythm, motor skills, attention development and coordination. Our pre-ballet classes are theme based with each class centered around popular ballets and children's favorites. All students should wear leotards and tights, long hair should be pulled back.

Ages 4-6 w/ Parent, Introduction to Art

Friday, January 15-29 11-25 (3 weeks) \$29.00

10:00-11:15 a.m., Instructor: *Elise Murphy*

Preschoolers will experiment with a variety of different art techniques during this three-day session. Our goal is to inspire the artist from within. Activities include painting, sculpture, and drawing. Elise will discuss primary colors and allow the students to make their own color wheel. Students will also learn basic drawing terms and experiment with shading and scale. Brown speckled clay will be used to create pinch pots with the student's original designs.

Ages 4-6, w/ Parent, Valentine Surprise

Saturday, February 13 (1 day) \$12.00

10:00-11:15 a.m., Instructor: *Elise Murphy*

Valentines and thoughts of love will be the subject for this fun and educational mixed media class. First, students will mix together the secret ingredients for a batch of salt dough. After the dough is mixed and formed into hearts, they will be baked in our toaster oven. After they cool we will paint them in a variety of fun glittery colors. Students will also make a cute Valentine Wreath to display in their home. Using unique embellishments such as feathers, ribbon and large sequins they will decorate their creations.

Ages 3-5 w/ Parent, Tumbleweeds (3 sessions)

Thurs., Feb. 4, 11 & 18 or Thurs., Mar. 4, 11 & 18 or

Thurs., April 1, 8 & 15 10:00-10:45 a.m., \$25.00

Instructor: *Mike Bensey*

Preschoolers will hop, leap, jump and dance to the sound of playful music. They will mimic the movements of creepy creatures. Learning patterns,

stretching and identifying colors will all be combined during this creative movement class. Bring your preschoolers and let their imaginations soar as they dance to the commands given by dance specialist and experienced ballet enthusiast, Mike Bensey. Mike has danced with The Appalachian Ballet Company and taught children for more than 20 years.

Ages 4-6, w/ Parent, Spring has Sprung

Friday, April 30 (1 day) \$12.00

10:00-11:15 a.m., Instructor: *Cathy Maples*

It's that magical time of year again when we celebrate the season of new life and growth. Join us at the craft center and design a beautiful Large Terra Cotta Pot. Students will apply paint sparingly with sponges in fun spring designs. Following the decorative process, students will plant beautiful petunias to display and enjoy throughout the summer.

YOUTH

Ages 6-10, Beg. Ballet, Tap & Jazz (Two sessions)

Thurs., January 7-March 11 (10 weeks) \$87.00

Thurs., March 18- May 20 (10 weeks) \$87.00

4:30-5:30 p.m. Instructor: *Sandy Larson*

This class focuses on the fundamentals of classical ballet and jazz complete with barre and floor work-out, stretching and combinations. Ballet will give the student grace and poise with tap and jazz allowing for creativity and freedom of movement. Sandy is a professional dancer and choreographer.

Ages 10-Older, Pottery for Home School

Students or Beginner Adults

Monday, January 25- March 1 (6 weeks) \$139.00

8:30-11:00 a.m., Instructor: *Cathy Maples*

In this six-week class students will experience throwing on the potter's wheel and hand building with clay. Learn the basics of how to wedge and center the clay. Students will make an assortment of different shaped vessels such as cups, vases, and bowls as well as a mask to use and enjoy. A variety of food safe glazes will be available to choose from. All pieces will be fired and ready for pick-up in approximately 10 days. (*Beginner adults also welcome without a child registered in class*).

Ages 10-14, Basic Screen Printing for Kids

In-Service Day Knox County

Monday, February 15 (1 day) \$45.00

9:00 a.m.-4:00 p.m.

Instructor: *Sari Gunderson*

Students will learn the basics of screen printing on fabric and paper in this class. Using stickers, contact paper, found objects, tape, paper cut-outs and other ideas, students will print on a variety of different materials. The class will be an introduction to the techniques and practice prior to the final masterpiece! Students are welcome to bring T-shirts, or other objects to print.

Ages 10-14, Acrylic Painting/ Spring Break

Monday, March 29 (1 day) \$35.00

9:00 a.m.-4:00 p.m., Instructor: *Betty Fortenberry*

You no longer need to be intimidated by a blank canvas. Discover how to take your favorite subject or scene and turn it into a work of art. Students will learn the basics of drawing and composition while using different painting techniques. Students will paint several nature related spring items, including a wooden decorative box and flower pot.

Ages 11-15, Drawing for Home School Students

Monday, March 1-22 (4 weeks) \$60.00

10:00 a.m.-12:00 noon., Instructor: *Elise Murphy*

Designed for the student with some prior drawing experience, this course is for those who wish to expand their observation and drawing skills. The first day we will create and bind our own sketchbooks. As the weeks go on we will explore composition, shading, perspective and textures. Students will study a variety of live objects and still life props, as well as create from their own imagination. We will have some fun with optical illusions and end the session by learning to build layers of colors.

ADULT CLASSES

Pottery : Intermediate Wheel Throwing, Session I

Monday, Jan. 4-February 22 (7 weeks) \$175.00

5:30 - 8:00 p.m., (No class Jan .18, holiday) or

Wednesday, January 6-Feb.24 (8 weeks) \$200.00

10:00 a.m.-12:30 p.m., or

Thursday, Jan. 7-February 25 (8 weeks) \$200.00

5:30-8:00 p.m., Instructor: *Jackie Mirzadeh*

Designed for the intermediate student only. This class will emphasize more advanced throwing skills on the potter's wheel. Functional forms such as pitchers, lidded pieces, and larger forms will be taught. Glazing, texture and decorating techniques will also be covered. Class includes up to 50 pounds of clay, use of tools, glazing and firing. (Students may purchase additional clay from the instructor, \$40.00 fee for 25 lb. bag of clay, glazes & firing).

Pottery: Beg. & Inter. Wheel Throwing Session I

Tuesday, January 5-February 23 (8 weeks) \$200.00

5:30-8:00 p.m., Instructor: *Jackie Mirzadeh*

Designed for the beginner or intermediate student, this class will emphasize throwing functional forms on the potter's wheel. Trimming, adding handles, decorative techniques and glazing will also be covered. Pieces are fired to cone 6 oxidation. Class fees include up to 50 lbs of clay, use of tools, glazes, firing and independent studio time. (For students who purchase additional clay from the instructor, there is a \$40.00 fee per 25 pound bag, which includes firing).

Pottery: Inter. Wheel Throwing, Session II

Mon., March 8–April 26 5:30 - 8:00 p.m., or

Wed., March 10– April 28 10:00 a.m.-12:30 p.m., or

Thursday, March 11-April 29 (8 weeks) \$200.00

5:30-8:00 p.m., Instructor: *Jackie Mirzadeh*

Designed for the intermediate student only. This class will emphasize more advanced throwing skills on the potter's wheel. Functional forms such as pitchers, lidded pieces, and larger forms will be taught. Glazing, texture and decorating techniques will also be covered. Class includes up to 50 pounds of clay, use of tools, glazing and firing. (For students who purchase additional clay from the instructor, there is a \$40.00 fee per 25 pound bag to cover materials and firing fees).

Pottery: Beg. & Inter. Wheel Throwing Session II

Tuesday, March 9-April 27 (8 weeks) \$200.00

5:30-8:00 p.m., Instructor: *Jackie Mirzadeh*

Designed for the beginner or intermediate student, this class will emphasize throwing functional forms on the potter's wheel. Trimming, adding handles, decorative techniques and glazing will also be covered. Pieces are fired to cone 6 oxidation. Class fees include up to 50 lbs of clay, use of tools, glazes, firing and independent studio time. (For students who purchase additional clay from the instructor, there is a \$40.00 fee per 25 pound bag, which includes firing).

Sculpture & Hand Building, Session I & II

Thurs., January 14– Feb. 25 (7 weeks) &

Thurs., March 4-April 15 (7 weeks) \$150.00

11:00 a.m.-1:30 Instructor: *Anna Gundlach*

Learn sculpture technique while making a variety of objects such as handmade tiles, masks, pots, boxes, vases and more. Demonstration and personalized instruction allow all skill levels to work at their own

pace and develop their own style. All pieces will be fired to 06. Surface enrichment techniques will be taught. Class includes 25 lbs. of clay, instruction, use of tools and firing fees.

Precious Metal Clay (Silver Jewelry)

Saturday, March 13 (1 day) \$90.00

8:30 a.m. -12:30 p.m., Instructor: *Kathy King*

Precious metal clay (PMC), is a putty-like mix of silver powder, water, and binder that makes it possible for students to make real metal jewelry in a matter of hours. It can be molded and worked to make all kinds of jewelry, then dried and fired. When the water and binder are driven off you are left with a 99.9% pure silver piece. A variety of techniques will be demonstrated to include how to make pendants, earrings etc. You will only be limited by your imagination.

Sterling Silver, Chainmaille Jewelry

Necklace and Earring Set

Saturday, February 6 (1 day) \$75.00

8:45 a.m.-1:00 p.m., Instructor: *Kathy Bradley*

Using sterling silver jump rings, students will complete a beautiful Byzantine chain bracelet and a Japanese snowflake earring set. All materials and use of tools are included in the workshop. (Due to the hours of the class students may wish to bring in a snack if needed).

Glass Jewelry Fusing Workshop (Two classes)

Saturday, April 3 (1 day) \$90.00

8:30 a.m.-12:30 p.m. or Tuesday, April 6 (1 day)

4:00-8:00 p.m., Instructor: *Kathy King*

During this workshop, students will learn the basics of glass fusing. Students will make pendants and earrings using dichroic glass. They will learn how to cut, stack and glue their designs prior to firing. Following the firing, pieces will be mailed to the students within the week. The materials fee includes supplies to produce three or four pieces. Additional glass may be purchased from the instructor.

Adult Stained Glass Sampler

Saturday, February 20 and 27 (2 weeks) \$79.00

8:30 a.m.-12:30 p.m., Instructor: *L'Jon Papillion*

Designed around your busy lifestyle, this class offers a quick way to learn the fundamental techniques needed to create stained glass panels. Pattern selection, preparation, cutting, grinding, foiling, leading, and soldering techniques are

taught, **with all materials and tools supplied.** In eight hours you can have a completed "sampler" panel guaranteed to impress your family and friends! It's a perfect solution for those wishing to explore the art of stained glass without a large commitment of time and money.

Advanced Stained Glass

Saturday, April 17-May 8 (4 weeks) \$125.00

8:30 a.m.-12:30 p.m., Instructor: *L'Jon Papillion*

Explore the wonders of plating, complex cutting techniques, and decorative soldering in this stained glass class for advanced students. Prior experience in stained glass is required. Plating adds incredible depth to any panel and decorative soldering increases interest! Learn how to make those difficult cuts without destroying that "special" piece of glass. (A "pattern selection" meeting is scheduled for those who do not have a pattern in mind on Tuesday, evening prior to the class 6:00-7:00 p.m.) **All tools are supplied.** Metal purchases are available at cost from the instructor. Students are responsible for providing a work board and glass. If you are seeking to increase the level of expertise in your stained glass, this class is for you.

Introduction to Seed Beading

Monday, April 12-May 3 (4 weeks) \$65.00

5:30-7:00 p.m., Instructor: *Susan Bernard*

This class is for those who learn best hands-on. If you've tried to learn to work with these little beads from a book or magazine and just got frustrated- these classes are for you. Students can choose to make unique sample pieces such as bracelets, necklaces, and brooches or combine your small treasures into wearable art. We'll work together to learn one new stitch or technique each week. Students are encouraged to practice these stitches at home. All beads and materials are provided. Good eyesight or magnification glasses are necessary.

Bronze Powder Stenciling

Saturday, May 1 (1 day) \$75.00

9:00 a.m.-1:00 p.m., Instructor: *Kathy Bradley*

Students will learn the traditional art form of using bronze powders to stencil. Students will learn to cut their own stencils using traditional elements then design and complete a 14" wooden platter. All materials will be furnished, the platter will be pre-prepped prior to class. (*Sample on display at the Craft Center the month prior to the class beginning.*)

Acrylic Painting *Three classes*

Tuesday, January 5-February 2 (5-weeks)

Tuesday, February 9-March 9 (5-weeks)

Monday, March 29-April 26 (5-weeks) \$85.00

10:00 a.m.-12:00 noon, Instructor: *Betty Fortenberry*

You no longer need to be intimidated by a blank canvas! Discover how to take your favorite photo of a subject or scene and turn it into a work of art. Beginning and intermediate students will learn everything from the basics of drawing and composition to painting technique style. Expect not only to finish a complete painting, but to have fun in the learning process. A 16" X 20" canvas, and acrylic paints are included in the class fee. Students should purchase their own brushes.

Adult Watercolor

Tuesday, April 27-June 1 (6 weeks) \$85.00

10:00 a.m. - 12:00 noon, Instructor: *Susie Holt*

An adult approach to basic glazing with color, modeling form with color, and creatively learning basic design composition will be covered. Primary colors will be used to learn principles of mixing colors. A painting should be completed by the end of this six-week session. Students should purchase their own brushes. Basic watercolor pallets and 9" X 12" watercolor paper provided. If students desire a larger painting or better quality paints feel free to bring your own.

Adult Oil Painting *Three consecutive sessions*

Monday, January 11-February 22 (No class Jan. 18)

Monday, March 1-April 5

Monday, April 12-May 17 (6 weeks) \$110.00

6:00-8:00 p.m., Instructor: *Mark Smothers*

This six-week course will be an introduction to oil painting, using traditional and contemporary styles. Students will learn to layer and create new colors. A 12" x 16" painting should be completed by the end of the session. All materials and use of brushes and canvas are included. Students should bring a magazine picture or photo to the first class for their subject.

Adult Drawing

Tuesday, March 16-April 20 (6 weeks) \$85.00

10:00 a.m.-12:00 noon, Instructor: *Susie Holt*

Students will focus on mark making by using line. With pencil and charcoal, students will do thumbnail sketches, contour drawing, gesture drawing, value, scale and shadowing. This six-week class is both for

the beginner and intermediate student who has had some drawing experience. All materials are provided.

Tapestry Weaving

Saturday, February 20-March 13 (4-weeks) \$125.00

10:00 a.m.-12:30 p.m., Instructor: *Nancy Roberson*

Using a 12" X 12" frame, cotton warp and embroidery floss, students will create and individually design hand woven tapestry. Tapestry techniques covered will include: pick and pick, slit tapestry, twining, weft interlocks, making cartoons plus other skills. Students must bring an assembled 12" X 12" wood frame to weave their design.

Digital or (35 mm.) Photography

Tuesday, February 16-March 23 (6 weeks)

5:30-7:00 p.m., \$100.00

Instructor: *Clay Thurston*

This fun and educational session is for beginner and intermediate students. The basics of how to use your camera more efficiently will be covered as well as how to improve the images that you are taking. You will learn about those **numbers** that are intimidating to some people, and make those numbers work for you. Students will also learn about composing photographs...how to put a photograph together. Clay is a wildlife photographer, who has been teaching classes and workshops for over twenty years. Students need to provide their own cameras.

Matte Cutting

Tuesday, April 13- May 4

5:30-7:00 p.m., \$100.00

Instructor: *Clay Thurston*

During this four-week session students will learn the process of how to cut single mats, double mats and multiple opening mats. This class is perfect for the photographer, watercolor or drawing student. A complimentary mat adds so much to showcase a wonderful piece of artwork. The instructor, Clay Thurston, has been matting for himself and others for over thirty years. All materials and use of mat cutters are provided.

Introduction to Screen Printing on Fabric

Saturday, January 16-30 (3 weeks) \$100.00

9:00 a.m.-12:00 noon, Instructor: *Sari Gunderson*

This class serves as a general introduction to screen printing, great for beginners or students who simply need a refresher or reminder. Students can choose to print T-shirts, dish towels, tote bags, or other fabric items brought from home, either new or used. This is a great way to add flair to something you already own! All

other necessary materials will be provided. Students will learn a variety of hand developed methods for creating their own imagery for printing.

Intermediate Screen Printing

Saturday, January 16-30 (3 weeks) \$100.00

1:00-4:00 p.m., Instructor: *Sari Gunderson*

This class is for students who already have some basic experience with screen printing. Students will use photo emulsion process to develop imagery on their screens, allowing for more intricate designs and text, either computer generated or hand drawn, including photographs! Students will provide their own materials for printing such as T-shirts, posters, fine arts prints, fabric for sewing projects...the possibilities are endless. All other materials are provided.

Screen Print Accent Pillows

Saturday, March 6 and 13 (2 weeks) \$100.00

9:00 a.m.-12:00 noon Instructor: *Sari Gunderson*

In this class, students will design and print a sophisticated pair of accent pillows for their home, or perfect to give as a gift! Using a combination of hand developed processes and photo emulsion, students will create a series of abstract motifs and print them in a collaged, layered format for a chic pair of pillows. The instructor will sew the printed fabric into pillows after the class if desired. Pillows will be ready to pick up from the center the following week. Students will provide 2 yards of the fabric of their choice, all other materials are provided, including pillow forms.

Knit and Purl

Monday, January 25-February 15 (4 weeks)

6:00-8:00 p.m., \$60.00

Instructor: *Tina Rosling*

Join us to learn the simple stitches needed to create any knitted garment. It all begins with knit and purl. Cast on your favorite color of yarn, loop it through the needles and before long you have your first potholder, then scarf, then sweater or mittens. You will be introduced to casting on and off, learning the knit and purl stitches, ribbing, increasing and decreasing, creating textured patterns and changing colors. All levels encouraged. Bring size 8 (US size) bamboo knitting needles, a skein or two of Lamb's Pride 100% wool yarn, (preferably from Loopville in Homberg), a notebook, a patience and a mug for your

Basketry Series (Choose one or all four)

Muffin Basket

Saturday, January 16 10:00 a.m.-12:30 p.m., \$35.00

Instructor: *Nancy Roberson*

Students will make a woven rectangular basket (7 X 10 X 4 inches) with a decorative handle out of rattan reed. Learned techniques will include twining, start and stop plain weave, lashing and more.

Plaited Heart Basket

Saturday, January 30 10:00-12:30 p.m., \$35.00

Using rattan reed, students will plait a heart shaped basket just in time for Valentines Day. Two baskets will be made during this class.

Easter Basket

Saturday, March 20 10:00 a.m.-12:30 p.m. \$35.00

Students will learn to make a colorful round staked basket ("6 1/2" X "5 1/2") with a decorative handle out of rattan reed. Students will learn to lay out a radial base, twine, chase weave and more.

Shaker Cat Head Basket

Saturday, April 3 10:00a.m.-12:30 p.m. \$35.00

Students will learn to make a traditional Shaker design basket bowl using a continuous 2-1 twill weave and a sawtooth finishing rim out of rattan reed. Finished size 10" X 10" X 6".

Mosaic Stained Glass Stepping Stone Workshop

Saturday, March 20 9:00 a.m.-12:00 noon (1 day) or

Tuesday, March 30 4:30-7:30 p.m., (1 day) \$25.00

Instructor: *Susan Watson*

Create a beautiful 12" round mosaic stepping stone out of glass and cement. In this three hour workshop you will learn to cut glass, apply to stone and finish cement. These garden accents create unique points of interest for any outdoor area.



MUSIC

Ages 16-Adult, Mandolin Lessons

Thursday, January 7-February 11 (6 weeks)

6:00-7:30 p.m. \$89.00

Instructor: *Anna Denison*

Everyone loves the sound of the mandolin! Students will start by learning to read a quick and logical form of

playing called tablature and move on to basic chord charts. In no time you'll be picking! You will go home playing favorites like "Will the Circle be Unbroken" after the first class. Students will also learn some of the "signature" techniques that make the mandolin sound so familiar....the tremolo and double stops. You'll be pickin' before you know it! New mandolin rental available; \$45.00 a session or purchase \$85.00 including gigbag and straps.

Ages 16-Adult, Guitar Lessons

Thursday, February 18- March 25 (6 weeks)

6:00-7:30 p.m., \$89.00

Instructor: *Anna Denison*

Dust off those guitars and let's make some music. During beginning guitar class we will start from scratch and learn some basic chords and strums that will allow us to play some of our favorite songs! You will go home strumming a well known tune the first lesson. We will also be learning some new ways of reading and playing music which is quick and easy. No musical experience is necessary, just a willing spirit to have a great time! (book/materials included). New guitar rental available \$45.00 a session or purchase \$100.00 including gig-bags and straps.

Ages 16-Adult, Banjo Lessons

Thursday, April 1-May 6 (6 weeks)

6:00-7:30 p.m. \$89.00

Instructor: *Anna Denison*

During this time together students will learn an old style playing called up-picking. During this class we will familiarize ourselves with cords, reading tablature and rhythm! You will be up and picking the first night of class and never look back. We will play gospel songs, as well as learning many old standards like "Wildwood Flower". No musical experience necessary. New banjo rental available \$85.00 a session or purchase \$185.00 including gigbags and straps.

modifications are shown to take medical and physical conditions into consideration. Everyone welcome! Mats and props are provided. Sandy is a certified yoga and pilates fitness instructor.

Yogalates

Tuesday, January 5-March 9 (10 weeks) &

Tuesday, March 16-May 18 (10 weeks)

5:30-6:30 p.m., \$87.00

Morning Cup of Yoga

Wednesday, January 6-March 10 (10 weeks) &

Wednesday, March 17-May 19 (10 weeks)

8:45-9:45 a.m., \$87.00

Saturday, January 9-March 13 (10 weeks) &

Saturday, March 20- May 22 (10 weeks)

9:00-10:00 a.m., \$87.00

Yoga Flow

Thursday, January 7-March 11 (10 weeks) &

Thursday, March 18-May 20 (10 weeks)

5:45-6:45 p.m., \$87.00

Orientele Dance (aka Belly Dance) Classes

Instructor: *Sandy Larson*

Get fit and feel fabulous with the ancient art of belly dance that provides a total workout for the body, mind and spirit. This class is a thorough non impact, fat burning workout and provides a positive attitude toward self and life. Hip scarves are provided to borrow or to purchase. Group parties and family friendly performance opportunities are available. Sandy is a certified dance and fitness instructor.

Belly Dance Technique

Tuesday, January 5-March 9 (10 weeks) &

Tuesday, March 16-May 18 (10 weeks)

6:30-7:30 p.m., \$87.00

Belly Dance Choreography

Thursday, January 7-March 11 (10 weeks) &

Thursday, March 18- May 20 (10 weeks)

6:45-7:45 p.m., \$87.00

YOGA & DANCE

Yoga Classes

Instructor: *Sandy Larson*

Hatha yoga is a physical class that provides flexibility and strength with a calm mind, free of tension and stress. Yoga reverses the aging process: enhances balance and revitalizes life through poses, stretches and breathing exercises. Options and



BIRTHDAY PARTIES AGES 5-105

Basic party \$50.00 hour plus \$6.00 per person. Two hour minimum. For youngsters and those young at heart! For a special birthday party, invite your friends to join you at the craft center. We provide the artist/instructor and materials for a project of your choice. We decorate, clean up and make the day a special event for you and your friends to enjoy. You provide the refreshments and paper products. Please call the center several weeks in advance. Weekends and weekdays are available. For more information call 523-1401 and request a birthday flier.

CALL TO REQUEST A PARTY

BROCHURE



DANCE AND FITNESS PARTIES

For a fun and uniquely different party join us at the craft center. We offer private parties in ballet, jazz, creative movement, belly dancing, yoga or adult dance classes. Gentle yoga is also available complete with aromatherapy candles and soothing sounds. Following the class of your choice join us in the general studio for refreshments and social time. Call several weeks in advance to book your group party.

865-523-1401

Knoxville Arts and Fine Crafts Center
1127 Broadway, Suite B
Knoxville , TN 37917

