

# CLASS SCHEDULE

# FALL 2024

September 23 - December 7

Dance | Digital Arts | Drama | Music | Visual Arts | Creative Writing



**SITAR**  
ARTS CENTER

# Early Childhood Arts Ages 0 - 6

## WEDNESDAY

**5:00 - 6:00 PM**

**Bilingual Drama**

**3 - 6 yrs**

**Karen Morales-Chacana**

Where are we going? A journey from words to places. Through role play, we study emotions in imaginary scenarios proposed and invented by the children.

## THURSDAY

**11:00 AM - 12:00 PM**

**Maternal Music**

**6 mon - 3 yrs**

**Dietrich Paredes**

In this program parents and their children will be the main protagonists of musical immersion through percussion instruments, sensory elements, and different materials such as paper, and fabrics with different textures connecting synesthesia of music through sounds and colors to emotions.\*

\*This class requires parent/caregiver participation.

**4:00 - 4:45 PM**

**Family Dance Time**

**1.5 - 3 yrs**

**Sylvana Christopher**

Family Dance Time is designed for a caregiver and child (age 1.5 - 3) to move, sing and play together. From classical, world music and joyful sing-alongs we use themes appropriate to healthy social development of the child in community. Physicalizing the natural world and the animals within it helps families imagine and tell stories with their bodies. As a community, we ground, rise, dance and soothe.

**5:00 - 5:45 PM**

**Creative Movement**

**3 - 5 yrs**

**Sylvana Christopher**

Creative Movement is a class for children (ages 4-5) to safely explore their body's movement, expression and spatial awareness. Creative movers will receive a taste of different types of dance as well as dramatic play with characters and folk tales. In this class, children will explore beauty, comedy and tragedy with musical moves underlining each exercise. Young movers are encouraged to go at their own pace.

# Early Childhood Arts Ages 0 - 6

## SATURDAY

**10:00 - 11:00 AM**

**Music Initiation**

**3 - 6 yrs**

**Loidmary Perenguez**

In this program, children will be able to explore various percussion instruments and connect them to basic musical figures and elements. The predominant instruments in this workshop are Boomwhackers, colorful bells, maracas, drums, and xylophones as well as other materials such as colored ribbons and musical figures on paper to begin to recognize the elements of music visually. Kodaly will be used as a method to enter the name of the musical notes.

**10:30 - 11:30 AM**

**Hip Hop**

**3 - 6 yrs**

**Jessica Denson**

Students will build confidence while experiencing the joy and freedom of hip hop dance fundamentals, in an encouraging and fun environment, with the freshest (and kid-appropriate) music and moves! The goal of this class is to help students further their developmental agility by learning movement phrases that emphasize dynamics, musicality, isolations of body parts, and locomotion. The class structure emphasizes building stamina, coordination, and teamwork through practice and play.

# Arts Afterschool Grades K - 12 and Adult

## MONDAY

**4:00 - 5:00 PM**

**Sitar Rocks**

**6th - 12th**

**Parker Schaffel**

This is an invitation-only “rock band” class where students will play rock songs as a group. Band members/instruments include guitar (up to three), bass guitar, drums, vocals (up to three), keyboard/piano, and another percussionist (depending on need, availability, and appropriateness to the music). The group will determine what songs to play and perform live, either at the showcase or other venues, pending invitations and availability. Students will be offered a spot in the class based on their instrument proficiency, past performance, and an assessment of skill, as determined by Sitar staff. This is an opportunity for Sitar students who are proficient in their instruments to branch into other types of music, including rock, hard rock, metal, indie, soft rock, ska, punk, alternative, and more.

**4:00 - 5:00 PM**

**Beginner Group  
Guitar Class**

**2nd - 4th**

**Justin Howell**

Beginner guitar class introducing basic technique, theory and will explore the major scale and its harmonization towards performing at least one song in an ensemble.

**4:30 - 5:30 PM**

**Motion Graphics Mondays**

**7th - 12th**

**Tim Fabega**

If you're new to Adobe After Effects, or ready to create production-quality motion graphics and effects, we've got you covered. Animating 2D and 3D elements, editing using single-point and multipoint tracking, and rendering with Adobe Media Encoder, we'll help you take your still images and turn them into next level video projects.

**5:00 - 6:00 PM**

**Open Rehearsal**

**6th - 12th**

**Parker Schaffel**

Held in Sitar's deLaski Theater, this is an opportunity for students to rehearse their music and performances throughout the semester rather than just for a single event at the end of the semester. This class will help students increase their confidence and preparedness for a showcase performance. They will develop their own custom sound, lighting, and stage design, setting them apart. Students interested in music and stage production, whether as performers or non-performers, can manage the soundboard and lightboard and gain experience in stage setup and placement. Students will develop comfort playing on stage while getting a say in how they sound, look, and position themselves.

# Arts Afterschool Grades K - 12 and Adult

## MONDAY

**5:00 - 6:00 PM**

**Upcycling Fashion**

**4th - 8th**

**Aszana Lopez-Bell**

In this class we will use recycled materials to create a new piece every two or three weeks. Along the way we will go over how we can consume fashion more sustainably and what we should look at when buying new clothes and refashioning some of our old items. The culminating project will include one garment to present at a fashion show at the end of the semester.

**5:00 - 6:00 PM**

**Saints Band Jr.**

**6th - 12th**

**Joe Link**

Students will dive into the rhythms and melodies of rock, jazz, R&B, and Latin music, learning to perform a wide range of styles that will broaden their musical horizons in a band. By the end of the semester, students will showcase their talents in a live performance, demonstrating their growth as versatile, confident musicians! This class is for students enrolled in a private lesson: drums, bass, guitar, piano, vocals, violin, woodwinds, or brass.

**6:00 - 7:00 PM**

**Face Painting**

**4th - 8th**

**Sofia Doroshenko**

This course will introduce students to face painting, starting with the basics of using professional face paints, brushes, sponges, and stencils. They will combine simple techniques and eventually gain the skills to create full-face designs like animal masks, floral patterns, holiday-themed art, and more! Using FDA-approved facepaints, the students will have the chance to practice on themselves, and each other. By the end of the course they will have the skills to imagine and create their own facepaint designs.

**6:00 - 7:00 PM**

**Introduction to  
Fashion Design**

**9th - Adult**

**Aszana Lopez-Bell**

Students will get an introduction to fashion design, starting from research and development, up to designing a final garment. In the beginning, we will focus on developing a sense of design, looking at – of art, the environment, and clothes we already have, to gather inspiration. We will also practice drawing, including figure drawing and sketching, so as to prepare us for drawing out designs. We will also experiment with textile creation, – over how we can create different textiles through manipulation, dyeing, washing, melting, etc. We will practice draping textiles on the body, to simulate our designs. There will be a sewing demo, but sewing is not required. The culminating project will include one final garment to show at a fashion show at the end of the semester.

# Arts Afterschool Grades K - 12 and Adult

## TUESDAY

**4:15 - 5:15 PM**

**TWB: Ballet Group A**

**K - 2nd**

**Kittie Morris**

Students will learn pre-ballet by way of creative movement and will gradually progress to beginner ballet technique introducing them to the foundation of classical ballet at a developmentally appropriate level. Students will exercise creativity, imagination, rhythm, and motion while developing body awareness, increased strength, agility, and motor coordination.

**4:30 - 5:15 PM**

**Broadway Bound:  
Beginning Musical Theatre**

**3rd - 6th**

**Kristina Friedgen**

Calling all Broadway Babies! Get ready to sing and dance as we work on performing group songs from a range of Broadway musicals. Students will work on healthy singing habits, projection, basic acting techniques, and introductory musical theatre dance techniques.

**4:30 - 5:30 PM**

**Eco Art Explorers**

**K - 2nd**

**Hope Glastris**

In this class, we will use a mix of art supplies and objects we can find in our indoor and outdoor environments, to create artwork inspired by the natural world. We will use our imagination and our senses to explore how we can use different kinds of materials when we create. Activities will include both 2D and 3D, and there will also be some collaborative projects to encourage sharing and interaction.

**4:30 - 5:30 PM**

**DCJF: Jazzin' Afterschool**

**4th - 12th**

**Herman Burney**

Jazzin' Afterschool is a partnership class with the DC Jazz Festival where students can learn from professional jazz musicians! This class will focus on ensemble playing, jazz rhythms, and experimenting with different instruments. All levels are welcome!

**4:30-6:00 PM**

**Digital Photography**

**5th - 8th**

**Gregg Adams**

The class will cover the basic camera operations and basic editing techniques through Photoshop and similar editing programs. Street Photography or the capturing the moments of everyday life in the public will be the theme of the Fall Semester Class. Students will learn about the work of Sergio Larrain, Graciela Iturbide, Daniel Hernandez-Salazar and others.

**5:30 - 6:30 PM**

**Art Journey Studio**

**1st - 3rd**

**Kelsey Bachenberg &  
Alejandra Giraldo**

Each week we'll explore and combine different mediums and techniques to create both 2D and 3D art pieces. Projects will combine elements of craft (using fiber, paper, recycled materials, and more) and art, allowing students to maximize their creativity to produce unique works of art.

# Arts Afterschool Grades K - 12 and Adult

## TUESDAY

**5:30 - 6:30 PM**      **Rising Stars:  
Intermediate Musical Theater**      **7th - Adult**      **Kristina Friedgen**

Enhance your singing and acting skills in this musical theatre performance class. Students will create epic character performances by working on solos or duets and group songs.

**5:30 - 7:00 PM**      **Painting Exploration**      **7th - Adult**      **Deborah Wallace**

Create both abstract and representational works of art. In this class we will use acrylic paints to experiment with color, composition, and technique. New painters and more experienced painters are welcome.

**6:00 - 7:00 PM**      **Move & Rest:  
Restorative Yoga**      **7th - Adult**      **Hope Glastris**

This is a gentle class for students to explore light movement and calming breath. We will begin each practice with a few moments of breathing to get us grounded, then transition into some light asanas (postures and movements). We will finish each class with several minutes of quiet rest. No previous knowledge or experience in yoga is needed to join, and our practices will be adaptive to accommodate different bodies and mobility. Please arrive in clothing that is soft, loose and/or comfortable to move and relax in.

## WEDNESDAY

**4:00 - 5:00 PM**      **Beginner Group  
Guitar Class**      **5th - 7th**      **Justin Howell**

Beginner guitar class introducing basic technique, theory and will explore the major scale and its harmonization towards performing at least one song in an ensemble.

**4:30 - 5:30 PM**      **Familiar and New!**      **1st - 3rd**      **Genesis Johnson**

Join us as we explore various art projects using many mediums, both familiar and new, including drawing and painting. Express your creativity ... we can't wait to make art with you!

**4:30 - 5:30 PM**      **The World of Mixed Media**      **2nd - 5th**      **Aneeka Johnston**

In this fun, creative class, young artists will explore materials like paint, clay, and collage, while learning key art techniques. Each session fosters imagination and self-expression, offering endless opportunities to create and discover new favorite mediums. Perfect for budding artists who love to experiment!

# Arts Afterschool Grades K - 12 and Adult

## WEDNESDAY

**4:30 - 5:30 PM      Percussion Ensemble      3rd - 7th      Rob Smith**

Drums are fun! Come and explore the wild world of drums and percussion while learning fun rhythms and patterns while learning to play together with others to produce amazing moments in sound!

**5:00 - 6:00 PM      Collage      6th - 8th      Mallory Lewis**

In this collage class, students will get to unleash their creativity and explore the power of art for activism. Students will experiment with various materials and techniques to create thought-provoking collages that raise awareness and inspire action.

**5:30 - 6:30 PM      Bilingual Choir      4th - 12th      Liz Meredith & María del Mar Rodríguez**

This class is designed for students who want to develop their vocal technique, singing skills, and learn how to sing with others. And the best part of it, it will be taught in English and Spanish!

**5:00 - 6:00 PM      Movement, Meditation & Self-defense      7th - Adult      Justin Howell**

This class combines breath, relaxation and posture to heal and protect ourselves. Classes will begin with breath work from a lying down position developing awareness by utilizing relaxation and tension. We will come to standing and walking emphasizing fluid movements, practical techniques and psychological training to deal with potential and real threats. We will work alone, with partners, and as a group to cultivate our health and strength. Learning how to find relaxation in any situation will help all participants as individuals and community members to effectively handle the challenges life will present.

**5:30 - 6:30 PM      My Voice, My Movie      4th - 7th      Daniela Delgado**

Cinematography is the art of storytelling through images. Using iPads and iMovie software, students will develop basic skills to write, direct, film, and edit a one-minute movie. In this class, students will learn the importance of lighting, sound, camera movement and framing to find your creative voice and tell your story.



# Arts Afterschool Grades K - 12 and Adult

## THURSDAY

**4:00 - 5:00 PM**

**String Ensemble**

**2nd - 6th**

**Dietrich Paredes**

Welcome to the String Ensemble, where you'll learn how to play beautiful music, work with friends, strengthen and streamline your fingers, and develop superpowers of concentration, all while having a blast! Imagine being part of a team where everyone works together as one big musical family. Just as superheroes combine their powers, in the String Ensemble each musician will play a special instrument, such as the violin, viola, cello or double bass, to create music that will fill your heart with joy and your ears with melodies that will stay with you forever.

**4:15 - 5:15 PM**

**TWB: Ballet Group B**

**3rd - 5th**

**Kittie Morris**

Students will learn beginner ballet techniques introducing them to the foundation of classical ballet that will prepare them for more rigorous dance training. Students will work to master foundational ballet postures, positions and movements at center and across the room and at a barre, if available. Students will develop and strengthen gross-motor skills, coordination, balance, muscle strength and confidence.

**4:30 - 6:00 PM**

**Intro to Wheel &  
Hand Building**

**3rd - 5th**

**Amy West**

Learn the basics of wheel throwing and hand-building techniques. This class will cover skills such as shaping, trimming, and glazing, providing a solid foundation for further exploration in ceramics/pottery. Ideal for beginners and those looking to refine their craft.

**4:30 - 5:30 PM**

**Mr. B's Builders**

**4th - 7th**

**Benton Bishop**

In this class, students will explore STEM disciplines through hands-on creative projects. They'll use raw materials and graphic design software to design and build bridges and contraptions, then test their creations under weight. Along the way, students will learn the basics of Photoshop and apply these skills not only in their structural designs but also in themed activities, creating their own album, book, and magazine covers. They will also discuss how different types of music and media are visually represented in their work. This class blends technical skills with artistic expression, offering an introduction to both STEM and design.

# Arts Afterschool Grades K - 12 and Adult

## THURSDAY

**5:00 - 6:30 PM**      **Theatre Club**      **5th - 8th**      **Maria del Mar Rodriguez**

The Theatre Club is designed for students with a love of acting. The main goal of this class is to prepare students to perform in front of an audience (short scenes/plays). Through theatrical games, improvisations and stage work, students will develop their acting skills, confidence, creativity, communication skills, creative thinking, teamwork and responsibility. Beginner acting students and more experienced students are welcome to join the class.

**5:15 - 6:15 PM**      **Jazz/Tap**      **2nd - 5th**      **Sarah Hicks**

Jazz/Tap class provides the basics of tap dance adding in the full movement of jazz dance (jumps, turns, etc) for a very fun dance experience- with lots of attitude! Dancers will start the class with stretches and jazz warm-ups, work on full body exercises and then move into tap for the second half of the class.

**5:30 - 6:30 PM**      **The Art of Baking**      **4th - 8th**      **Hailey Aardema**

This is a hands-on class where students will work together to bake and create many fun snacks and treats (and eat them too). From cookies to pizza dough to bran muffins, students will learn basic cooking and baking skills as they bring each recipe to life. By the end of this class they'll be chefs with a book full of recipes to recreate at home. So grab your apron and join us for a fun filled and delicious semester!

## SATURDAY

**10:00 - 11:00 AM**      **Creative Scrapbooking:  
Exploring Color, Art,  
and Imagination**      **3rd - 6th**      **Dahbia Bensaada**

Immerse yourself in the vibrant world of scrapbookings with our exciting class designed just for 10-14 year olds! In this class, young artists will embark on a colorful journey to discover the magic of multimedia, color theory, and artistic themes. Throughout this course, students will learn how to combine various materials such as colored papers, stickers, stamps, and more to create visually stunning scrapbook pages.

**10:00 - 11:00 AM**      **Digital Photography**      **K - 3rd**      **Gregg Adams**

This class is geared to younger students who wish to learn basic photography, and computer skills to tell their own story. The students will learn famous sources such as National Geographic, New York Times and the Washington Post.

# Arts Afterschool Grades K - 12 and Adult

## SATURDAY

**10:00 - 11:00 AM**

**Geometric Art**

**K - 3rd**

**Justin Howell**

What is geometric art? Well, have you ever looked inside a kaleidoscope? Our art will look a little like that. Each class will be an interactive learning experience through drawing and painting colorful shapes. By the end of this class, students will have learned basic fundamental art skills, better understand colors and shapes, and can show off many different fun sensory art pieces.

**11:00 AM - 12:00 PM**

**Graphic Novel Design**

**4th - 7th**

**Hannah Cisternelli**

In this course we will tell stories using the art of the graphic novel! We will practice drawing skills, character design, storyboarding, and creating a mini original graphic novel.

**11:00 AM - 12:00 PM**

**Group Piano Class**

**1st - 3rd**

**Loidmary Perenguez**

In piano group lessons, students will explore the keyboard, learn to identify the location of sounds, and differentiate between high and low tones. Fine motor skills and coordination will be key components of our workshop as we create beautiful melodies. These sessions foster empathy through collaborative music-making and emphasize the importance of listening and harmonizing as a musical community.

# Teen & Adult Programming

Grades 9-12  
and Adult

## MONDAY

**6:30 - 8:30 PM**

**Adobe Photoshop  
for Professional Certification**

**10th - Adult**

**Tim Fabr ga**

Calling all teens and young adults interested in digital art, graphic design, marketing, and creative content development! In this course, you will gain expert-level skills with Photoshop. Learn how to edit and retouch, remove backgrounds, and color correct images. Students will generate multiple portfolio style projects while preparing their skills to pass the Adobe Photoshop Professional Certification Exam. The cost of the exam is included in the tuition for this class.

*\*Students should attend on Mondays & Wednesdays. This is a 2-day class.*

## WEDNESDAY

**5:30 - 7:00 PM**

**S.E.A.L.  
Community Leaders**

**9th - 12th**

**Nickole Best &  
Nia Calhoun**

Sitar's Emerging Arts Leaders Program is open to teens looking to channel their artistic and leadership skills while earning community service hours. This year, members of S.E.A.L. will work together to produce the 2nd Annual Set in DC Youth Film Festival, as well as participate in other Sitar events to support the DC community. Teens will have access to workshops led by professionals in film, public art, and more. Additionally, S.E.A.L. members attend artistic field trips including trips to museums, films, and the theatre. SEAL students are also invited to take advantage of Open Studio time on Fridays and use Sitar's facilities to work on their art form free of charge.

**6:30 - 8:30 PM**

**Adobe Photoshop  
for Professional Certification**

**10th - Adult**

**Tim Fabr ga**

Calling all teens and young adults interested in digital art, graphic design, marketing, and creative content development! In this course, you will gain expert-level skills with Photoshop. Learn how to edit and retouch, remove backgrounds, and color correct images. Students will generate multiple portfolio style projects while preparing their skills to pass the Adobe Photoshop Professional Certification Exam. The cost of the exam is included in the tuition for this class.

*\*Students should attend on Mondays & Wednesdays. This is a 2-day class.*

# Teen & Adult Programming

Grades 9-12  
and Adult

## FRIDAY

**3:30 - 7:00 PM**

**Open Studio**

**14 - 24 years**

**Nia Calhoun  
Dylan Krinberg/  
Jared Semich/  
Korina Isler**

Sitar's teens and young adults should join us every first and third Friday of the month starting in October for Open Studio. Students have access to the ensemble room, practice rooms, digital art lab, and flex art spaces to explore their own creativity. Come jam with other musicians, work on your own art projects, or participate in a daily arts prompt. Select First Fridays will also feature a community art workshop or masterclass.