

Adult Arts Education

This is a six-week art education program for 16 years & up. Classes run Saturday mornings – January 27th – March 10th, skipping February 17th due to the Presidents Day weekend. These classes are open to people in our community as well as surrounding areas. We will have a final showcase to let our artists show what they have learned on Saturday, March 10th from 6:00 to 7:00 p.m. in the SFHS Little Theater.

Program Reminders

- ★ Enroll early! Enrollment opens January 4th
- ★ Classes run six Saturdays (Skip Feb. 17).
- ★ Classes fill on first come, first serve basis.
- ★ Class sizes are limited and fill up quickly.
- ★ Classes held at Spanish Fork High School.
- ★ Waiting list available for some classes.
- ★ Classes open to age 16 and older.
- ★ For more information, contact the SF Parks & Recreation Office at 801-804-4600.



2018 Winter Workshop – Saturday Mornings

Saturday, January 27 - Saturday, March 10
(skip Feb 17) 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 on January 4th, 2018
(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>Brush Calligraphy - *Weeks 2-6 only</p> <p>Brush Calligraphy is a great class to learn the foundations of calligraphy. We'll start with a focus on strokes, then move to letter formation and variations, and finish with flourishes. While we'll use Copperplate as the main letter basis, we will also experiment with modern calligraphy styles.</p> <p>* Sherry is unavailable to teach the 1st week on January 27.</p>	<p>Class Time: 11a-12:30p Total Instruction: 7.5 hours Class Cost: \$37 Material Fee: \$13 Limit: 25 students Room 27</p> <ul style="list-style-type: none"> ■ Materials include a set of three brushes and a workbook to practice in. <p>*This class will begin February 3 and run through March 10 for five Saturdays (skipping February 17).</p>	<p>Instructor – Sherry Berrett</p> <p>Sherry began her calligraphy journey in middle school art classes. She's always loved the beauty of letter forms, but fell in love with the art when she learned Copperplate Calligraphy. Most recently she attended the Modern Calligraphy Summit 2.0 to further her skill in modern calligraphy. She teaches private and group calligraphy lessons year-round. She's the mom to four boys, who she drives crazy with her constant efforts to improve their handwriting (it isn't working!)</p>
<p>Ceramics Intro – Hand Building</p> <p>This class is an introduction to ceramics. In this class we learn techniques such as pinch pot, coil pot and soft/hard slab, as well as some sculpting techniques. You will learn an art form that is older than written language. This class can hold interest for both the beginner and experienced ceramicist. You will be taught techniques that the instructor has learned over a 25-year career in ceramics, studying with some of the best ceramicists from around the world. 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: 9a-11a Total Instruction: 12 hours Class Cost: \$55 Material Fee: \$20 Limit: 25 students 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 has been doing ceramics since he was in junior high. 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 Timpview High School. He 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 and his wife Mary, along with their four children reside in Salem.</p>

COURSE DESCRIPTION	CLASS INFORMATION	TEACHER BIO
★ ART ★		
<p>Crochet Basics</p> <p>In this course, you will learn all the essential basics of the art of crochet – from the basics about yarn and its selection, the basic stitches of crochet, how to control the yarn's tension and stitch size, and most essentially, how to read a pattern! Once these basics are mastered, you will be able to crochet anything your heart desires. With your diligent efforts, you will come away from this class, having made your first crocheted project!</p>	<p>Class Time: 9a-10a Total Instruction: 6 hours Class Cost: \$30 Material Fee: students provide Limit: 12 students Room 6</p> <ul style="list-style-type: none"> ■ Students provide: Size G crochet hook, skein of yarn (your color choice) and scissors. 	<p>Instructor – Cheryl Levi</p> <p>Cheryl has been crocheting since she learned how – in Primary, almost 50 years ago! Since that time, she has made many beautiful full-sized and baby afghans, scarves, baby clothing and booties. She considers each project a "work of art" and Cheryl's husband says that Cheryl's crocheted gifts that she has given away to many family and friends over the years are "her legacy!" Cheryl LOVES that crochet has become so popular in recent years, and she LOVES to teach this versatile craft!</p>
<p>Crochet, Intermediate / Advanced</p> <p>Six-week overview: 1) Assessment, review basic stitches: chain, single, double & slip stitch. Fun ways to use the basics. 2) Read a pattern, tension, color changes. New stitch corner to corner. 3) Start scarf, pillow or headband. New stitch post or cables. 4) In the round: for hats, flowers, etc. New stitch star. 5) Amigurumi and joining. New stitch shell types. 6) Finishing a project. Tips and tricks. New stitch we choose in class.</p>	<p>Class Time: 9a-10:30a Total Instruction: 9 hours Class Cost: \$45 Material Fee: students provide Limit: 12 students Room 8</p> <ul style="list-style-type: none"> ■ Students provide: Size G crochet hook, skein of yarn (your color choice) and scissors. 	<p>Instructor – Amanda Larson</p> <p>Amanda learned to crochet at the age of twelve from her mom. What started as a fun pastime, turned in to a serious hobby for Amanda when she picked her crochet hook back up ten years ago. Since then she has made dozens of afghans and all sorts of other things like hats, bags, scarves and her remarkable, original unicorn / mermaid.</p>
<p>Graphic Design Fundamentals</p> <p>Design is far more than having the latest software; it is about visual communication. In this hands-on class, students will learn the principles and elements of design, color theory, typography, layout, composition and the design process. This knowledge will provide a foundation and confidence that will benefit any project you create (poster, invitations, logo, etc.) and can apply to whatever software you are using.</p>	<p>Class Time: 11a-12:30p Total Instruction: 9 hours Class Cost: \$45 Material Fee: \$10 Limit: 25 students Room 9</p>	<p>Instructor – Ashley Mickelson</p> <p>A former elementary and high school art teacher, Ashley has her BA in Art Education from Brigham Young University. She keeps busy with her four children, photography business, teaching community art classes and designing products for clients. http://ashleymickelson.com Ashley Mickelson Photography Colorado Portrait Photographer based near Glenwood Springs, CO.</p>
<p>Needle Felting</p> <p>Come create whimsical pieces of sculpture. Colorful wool roving is used to create unique and one of a kind pieces of art. If you are a fiber artist or would like to learn a new art form, come join us. You will love the feeling of wool turning into art. You will be creating several projects</p>	<p>Class Time: 9a-11a Total Instruction: 12 hours Class Cost: \$55 Material Fee: \$30 Limit: 20 students Room 4</p> <ul style="list-style-type: none"> ■ Materials Provided: Tool Set (\$15) & Wool (\$15) 	<p>Instructor – Jeanne Taylor</p> <p>Whether she is needle felting, sewing or knitting, Jeanne is always keeping her creative juices flowing. She has spent many years teaching in the Youth Arts Festival. Come let her share her knowledge and have some fun felting.</p>
<p>Origami Crafts</p> <p>Origami isn't just for paper anymore. Come learn how to fold any square into something amazing! We will learn basic folds and create many items like birds, balloons, gift bags, boxes and much more. We'll even dabble in using origami folds to create impressive folded napkins for your dining table.</p>	<p>Class Time: 11:30a-12:30p Total Instruction: 6 hours Class Cost: \$30 Material Fee: \$10 Limit: 15 Room 6</p>	<p>Instructor – Traci Law</p> <p>Traci is a native of Spanish Fork. She attended Utah State University where she met her husband. Go Aggies! They have five children. After living in five different states and once overseas in South Korea, they now reside in Spanish Fork. Her passion for paper (and Asian food) started the summer her family hosted a Japanese exchange student who brought beautiful rice paper and origami books as a gift for the family. After a summer of folding paper Traci was hooked. She now uses her origami skills in an attempt to keep her children quiet during church.</p>

COURSE DESCRIPTION	CLASS INFORMATION	TEACHER BIO
★ ART ★		
<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: 9a-11a Total Instruction: 12 hours Class Cost: \$55 Material Fee: \$10 Limit: 15 students 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 at http://nickiparish3.wixsite.com/nicoleparishfineart3 and on Instagram at https://www.instragram.com/nicoleparishart</p>
<p>Photography – Beyond the Point & Click</p> <p>Go beyond just pointing and clicking, and learn how to get more out of your camera and take photos that make an impact! Come learn the basics of exposure and composition, complete with hands-on practice. We'll also explore various genres of photography and you'll leave with the knowledge you need to begin capturing the world around you in a beautiful way. Anyone can learn to take good photos ... so if you're interested in photography and want to increase your knowledge and skills, please join us as we explore this fascinating topic together.</p> <p>Daniel's work can be seen at http://danielhopkins.com and on Facebook (@Daniel.Hopkins.Photography), Instagram (@danielhopkinsphotos) and other social media platforms.</p>	<p>Class Time: 9:30a-11a Total Instruction: 9 hours Class Cost: \$45 Material Fee: Students provide their own camera Limit: 20 students Room 9</p> <ul style="list-style-type: none"> ■ Students bring own camera. ■ DSLR is recommended, but you can still learn with a point and shoot or smartphone camera. 	<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. He sees unending visual beauty in this world, in so many forms: the power of light and line, the drama of life frozen in time, the colors of each season, the grandeur of nature and the amazing detail in all creation – and he loves to capture and share what he sees around him.</p> <p>For the past few years, he has focused on photographing the LDS Temples, and works to showcase these significant buildings in a way that communicates his love for what they represent. Daniel is married to Melissa, who is very supportive of his often time-consuming passion for photography, and they have five beautiful children.</p>
<p>Quilt Block Techniques</p> <p>In this course you will be introduced to the fun art of paper piecing and a variety of appliqué techniques. If you can sew straight lines, you can paper piece.</p> <p>In addition to paper piecing, you will get to try a few different appliqué techniques. Come discover for yourself what your favorite way is to appliqué. You will love it!</p>	<p>Class Time: 11a-12noon Class Cost: \$30 Material Fee: students provide Limit: 15 students Room 4</p> <ul style="list-style-type: none"> ■ Students provide: 6-8 fat quarters of coordinating fabrics and matching thread (available at Wal-Mart or JoAnn's) 	<p>Instructor – Michaun Torgersen</p> <p>At the early age of eight, Michaun discovered that she had a passion for sewing. She has been sewing professionally for over 25 years and still loves it. Besides her day job – working with her husband in a machine shop – she has been teaching beginning sewing classes for four years. Her motto that she repeats a lot to her students is, "The more mistakes you make, the more you will learn." A life lesson, not just for sewing.</p>
★ FAMILY ART ★		
<p>Easy Plant Based Family Meals</p> <p>This course will teach the health benefits of eating a Whole Food Plant Based diet. In each class Melody will share the science of how this way of eating is conducive to achieving and maintaining good health. She will give you recipes and show you how preparing food can be done economically and simply. There will be food samples, too, so come prepared to try something new.</p>	<p>Class Time: 11a-12:00noon Class Cost: \$30 Material Fee: \$20 Limit: 25 Room 1</p>	<p>Instructor – Melody Barber</p> <p>Melody lives in Spanish Fork. She is a wife and a mother of eight children. She has studied the subject of health and nutrition for over 25 years. She loves learning new things. Her main hobby is family history and she currently plays on a city league volleyball team.</p>
<p>Family Hair</p> <p>This course will cover:</p> <ul style="list-style-type: none"> ■ Easy up-styles for casual or formal wear ■ Boys / Men simple haircutting & styling ■ Daddy-Daughter hairstyling ■ Girls / Women haircutting basics ■ Braids, buns and twists ■ Tips, tricks and hair myths 	<p>Class Time: 10a-11a Class Cost: \$30 Material Fee: \$10 Limit: 15 Room 6</p>	<p>Instructor – Rebecca Haughey</p> <p>Rebecca Harward Haughey grew up in the Spanish Fork / Salem area. She has been in the beauty industry for the past 21 years as a hairstylist and salon owner. She recently expanded her salon, Stewart Palmer Salon Spa, from 1200 to 4800 sq. ft., creating a team of highly professional and qualified stylists and adding a new list of services including Spa, Aesthetics and Wellness. Rebecca enjoys speaking and enlightening women on the topic of Embrace, Enlighten, Empower. Rebecca resides in Provo with her husband, four kids & two dogs.</p>

COURSE DESCRIPTION	CLASS INFORMATION	TEACHER BIO
★ MUSIC ★		
<p>Group Guitar Lessons</p> <p>By the end of this six-week class, you should be able to:</p> <ul style="list-style-type: none"> ■ Read & play notes of all six strings ■ Understand and use basic note reading skills ■ Be able to play many “open chords” ■ Accompany songs with chords ■ Understand and use basic relationships of basic chords (major, minor, sevenths) ■ Understand and use rhythms both in strumming and in single notes ■ Play in ensembles 	<p>Class Time: 9a-10a Total Instruction: 6 hours Class Cost: \$30 Material Fee: students provide for class Limit: 20 students Band Room</p> <p>You will need to bring:</p> <ul style="list-style-type: none"> ■ A guitar (acoustic, not electric) ■ Several stiff picks ■ Essential Elements for Guitar, Book 1 (available at Boothe Brothers, about \$10 or \$18 with an audio file) ■ Foot rest & guitar stand (not required, but nice to have) 	<p>Instructor – Sherrie Dunford</p> <p>Born into a musical family, Sherrie learned to play the piano and sing at a very early age. Her great love of classical music began to develop when she became involved in ballet and although she loved to dance, the music that inspired the dance soon took center stage with her. She has loved playing the guitar since her youth and has enjoyed teaching many people how to play as well.</p> <p>Sherrie plays the harp, violin and viola; and has taught orchestra and folk band in the public schools for 32 years. Since retiring at the end of May 2016, she has enjoyed teaching children in her private studio, playing harp and viola with the Utah Valley Symphony, and conducting the Nebo Philharmonic Orchestra.</p>
<p>Group Vocal Lessons – *Weeks 2-6 only</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: 10a-11:15a Total Instruction: 6 hours 15 min. Class Cost: \$30 Material Fee: students provide Limit: 25 Band Room</p> <ul style="list-style-type: none"> ■ Students provide: a notebook and a pen or pencil. <p>*Katie is unavailable to teach the 1st week on January 27.</p> <p>*This class will begin February 3 and run through March 10 for five Saturdays (skipping February 17).</p>	<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 nine years as the owner of Creative Music Lessons, and holds a bachelors Degree in Commercial Music from BYU. She knows how to help 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>Act Up – Take your acting to the next stage!</p> <p>Do you love community theater? Are you passionate about performing? Were you in theater in high school, but your skills have gotten a little rusty? This class is designed for people who love theater, but need to know how to take their acting to the next stage. We will focus on creating compelling scenes through fighting for your character’s objective, using strong tactics and overcoming obstacles with immediacy. Learn how to become a dynamic actor with massive stage presence. Get noticed at auditions and be remembered by audiences and directors!</p>	<p>Class Time: 10a-11:30 Total Instruction: 9 hours Class Cost: \$45 Material Fee: None Limit: 20 Little Theater</p>	<p>Instructor – Larisa Hicken</p> <p>Larisa Hicken graduated from Brigham Young University in Theater Education with a minor in Music. She has been on the board for Spanish Fork Community Theater for seven years and currently serves as the Vice President and Publicity Head. Larisa is passionate about developing the arts in Spanish Fork and is grateful to be surrounded by so many talented and generous neighbors and friends. She believes that theater brings communities together and she is excited to be a part of the Adult Arts Education program in Spanish Fork.</p>

COURSE DESCRIPTION	CLASS INFORMATION	TEACHER BIO
★ PERFORMANCE & MOVEMENT ART ★		
<p>Dance</p> <p>Adult Dance is a class for all skill levels. Come and have fun, whether this is your first-time dancing, or you have been dancing your whole life. Each session will start by learning proper stretching, then we will move on to technique. We will finish each class with a dance combo based in jazz, lyrical or contemporary.</p>	<p>Class Time: 10a-11a Total Instruction: 6 hours Class Cost: \$30 Material Fee: None Limit: 30 Dance Room</p> <ul style="list-style-type: none"> ■ Wear something comfortable that you can move in. ■ No special dance shoes required. Bare feet or socks work great. 	<p>Instructor – Taylor Christiansen</p> <p>Taylor has been dancing since the age of three. She has loved performing and competing in jazz, lyrical and contemporary. Her favorite dance opportunity was being a member of the Spanish Fork High School's drill team, where she was captain her senior year. She has been a coach for five years at a local studio and has loved every second of it. After returning home from an LDS mission, she married her high school sweetheart. She is currently attending BYU and is studying Family and Consumer Sciences Education.</p>
<p>Yoga</p> <p>You will learn how to:</p> <ul style="list-style-type: none"> • Steady and clear the mind • Strengthen the spine • Stretch and move the body in movements that will help with pain and/or ailments • Flow the body for fitness and strength <p>Yoga is for everyone! Children, men, women, old and young! Yoga is for beginners, more advanced athletes and anyone in between.</p>	<p>Class Time: 9a-10a Class Cost: \$30 Material Fee: None Limit: 30 Dance Room</p> <ul style="list-style-type: none"> ■ Wear something comfortable that you can move in. 	<p>Instructor – Amberlyn McDermeit</p> <p>Amberlyn is the owner of Bellatrix Star Fitness. She is a Personal Trainer and Yoga Instructor. She began her passion for health and fitness about 12 years ago as a new mother and wanting to get back into shape. In 2016 she attended a Yoga class with her neighbor and friend. She had tried Yoga in the past, but thought it was weak and pointless. But, boy did she decide she was wrong. She could hardly get through the class, even as a personal trainer. This fueled a new interest for her. She began going several times a week and fell in love with it, eventually getting certified. She has found that the physical practice of Yoga is extremely beneficial for many body pains, ailments, emotional struggles and overall fitness. Her favorite quote is "You're only as young as your spine is flexible."</p>