

Spring 2010 Schedule of Classes - To register go to vtymca.org or call 540-961-9622

Category	Class Name	Class Description	Location	Instructor	Notes	Member	NM	Start	End	Day	Time	Length
Gardening	Organic Raised Bed Gardening - to join the class in progress, please call 961-9622	This new class will discuss organic gardening using raised beds. We'll discuss basic organic gardening principles, and how to design, build and maintain a small food garden. This class is a must for anyone interested in joining the new Hale-YMCA Community Garden this season, as it will utilize raised beds, in addition to anyone wanting to garden at home organically. Instructor Jay Boggess is the Y's new Community Garden Co-Coordinator, and holds a Master of Landscape Architecture.	Y Center Conference Room	Jay Boggess	No class 3/11	\$45.00	\$50.00	2/18	4/1	Th	05:30 PM	1.5 hrs.
Fitness and Dance	Belly Dance Fundamentals Session II	Introduction into the theory, style, and fundamental moves used in belly dance. Participants will learn slow, smooth moves, as well as fast, rhythmic isolations that will help improve flexibility, strength, coordination, body awareness and confidence -- all while dancing and having fun. Students should bring a bright hip scarf, if possible. Come dressed in comfortable clothes (including floor stretches). Taught by Jennifer Speiden.	Y Center - Stuart Event Room	Jennifer Speiden	Bring bright hip scarf, if possible	\$45.00	\$50.00	3/15	4/19	M	05:30 PM	1 hr.
Music	Acoustic Guitar - Beginners	This class will cover the very basics of playing and enjoying guitar. Topics covered will include: tuning your guitar, basic chord shapes and patterns, basic right-hand technique, care and feeding of your guitar, and practice tips. Knowledge of guitar tablature is helpful, but not required. Students are encouraged to bring recording devices to class. Sabra Guzman is a full-time guitar player/stand-up bass player for old-time string bands and has been playing professionally since 2004.	Northside Presbyterian Church	Sabra Guzman	No class 4/6, supplies required	\$54.00	\$60.00	3/16	4/13	T	05:45 PM	1 hr.
Music	Old-Time Guitar	For those who have a knowledge of chords already under their belt, we will learn basic back-up for traditional songs and old-time fiddle tunes: controlling a flatpick, tuning, finding the key, chords and changing from one to another, the basic strum and boom-chuck rhythm, keeping time, learning to listen, bass notes and runs, using a capo, and playing guitar with singing. We'll be learning by ear and learning how to use some tablature.	Northside Presbyterian Church	Sabra Guzman	No class 4/6, supplies required	\$54.00	\$60.00	3/16	4/13	T	07:00 PM	1 hr.
Fitness and Dance	Women's Body Toning Session II	This class is specifically designed to tone, shape and strengthen various body parts. Care will be taken to work on the tummy, thighs, butt, arms and more. Muscles are defined without adding bulk. Join certified aerobics instructor Hila Gur-Yaary for this fun, energetic class.	Northside Presbyterian Church	Hila Gur-Yaary		\$31.50	\$35.00	3/16	4/20	T	05:30 PM	1 hr.
Fitness and Dance	Belly Dance Core	Students will learn how to build on moves introduced in Belly Dance Fundamentals using them in combinations, adding layers (including zills) and learning how to dance with others. Each class of the session builds on the previous week's class. Prerequisite: A strong understanding of belly dance fundamentals is required for this class. Please contact Jennifer prior to enrolling at mandaradance@yahoo.com or 540.552.2596. \$80 for each 8-week session payable to the instructor.	Y Center - Stuart Event Room	Jennifer Speiden	Please register with and pay instructor 552-2596	\$80.00	\$80.00	3/16	5/4	T	05:30 PM	1 hr.
Arts	Contemporary Indian Art	This course is an introductory survey to the visual and cultural arts of contemporary India. By looking at major artists and their works of art, we will discuss the disparate artistic styles, forms, and aesthetics. In addition, we will briefly explore the historical and current sociopolitical events that inspire the artists and their respective movements. Instructor Martha Allison holds a Masters Degree in Museum Studies and Art History from VCU and has taught Contemporary South Asian Art.	Y Center Conference Room	Martha Allison	No class 2/23	\$31.50	\$35.00	3/16	4/6	Ts	07:00 PM	2 hrs.

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Writing and Languages	Creative Writing Workshop	This six-week creative writing workshop is a fun, fast-paced immersion to awaken your powers of imagination and language. Using a balance of lecture, exercise, and feedback on work, you'll leave with a firmer understanding of the basics of fiction writing. Bring a notebook, pen, and a desire to learn. Renee Ryan has published short stories and magazine articles. She is finishing her MFA at Hollins University and is the winner of the Shirley Henn award for outstanding new fiction.	Y Center Conference Room	Renee Ryan		\$40.50	\$45.00	3/16	4/20	T	07:00 PM	1.5 hrs.
Fitness and Dance	Zumba Session II	Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The name Zumba is derived from a Colombian word meaning to move fast and have fun. Join Steven, a certified fitness instructor as he leads you in this fun, enjoyable class that will have you moving to the music until you're sweating off the pounds.	Y Center - Stuart Event Room	Steven Trotter	no class 2/10	\$31.50	\$35.00	3/17	4/14	W	05:30 PM	1 hr.
Arts	You Can Sew!	Always wanted to learn to sew? Learn all the basics while completing a simple clothing item. Karen Brown will help you with pattern selection and provide step-by-step guidance throughout your project. After this class, you can let your skills take you in any direction that interests you: fashion, quilting, home decor, alterations. The possibilities are endless when YOU CAN SEW! Get acquainted with your own sewing machine or use one of ours. First class meets at JoAnn Fabrics in Christiansburg.	TBA - moved from Blacksburg High School	Karen Brown	First class meets at JoAnn Fabrics, no class 3/31	\$54.00	\$60.00	3/17	4/28	W	06:30 PM	2 hrs.
Fitness and Dance	Vinyasa Flow Yoga	This all-level class is a dynamic blend of sun salutations, standing poses, gentle backbends, inversions, and unwinding postures, pranayama and deep relaxation. The instructor will offer modifications for asana to allow students to adjust the intensity of the practice. Jade Arditti received her Yoga Teacher Training certification from the White Lotus Foundation in Santa Barbara, California. While suitable for all levels, students should have some exposure and practice in yoga for this class.	Y Center - Stuart Event Room	Jade Arditti	Students should bring a yoga mat, towel and water	\$45.00	\$50.00	3/17	4/21	W	04:00 PM	1.25 hrs.
Fitness and Dance	Step Aerobics	This is a low impact workout that delivers an overall leaner body while targeting a healthier heart. Cardiovascular intervals on and off the step are incorporated into routines. This is a fun and effective workout for all fitness levels! Instructor Melanie Frizzell is certified as an ACE Group Fitness Instructor and also enjoys cycling, kickboxing, and strengthening classes.	Y Center - Stuart Event Room	Melani Frizzell	No class 4/1	\$31.50	\$35.00	3/18	4/29	Th	04:00 PM	1 hr.
Fitness and Dance	Hoop Dance I Session II	Hoop Dance Level I is an introductory class series designed to teach the basics of hoop dance. Instructor Becca Imbur will guide students to focus on strengthening the core as well as mastering moves on the waist, chest, hips and hands. Participants will learn dance combos that will allow for further exploration of this unique dance. The small class size allows ample time for one-on-one instruction. Becca is a Certified Hoop Dance Instructor - visit www.wildearthhoops.com for more info.	Y Center - Stuart Event Room	Becca Imbur	Bring a hoop if you have one - hoops provided	\$54.00	\$60.00	3/18	4/22	Th	6:45 PM	1 hr.
Writing and Languages	Modern Journalism	This new class will cover the techniques of journalism from conception to publication. From making contact with sources, to conducting an interview, to describing events and settings and objects with flow and accuracy; we will put together articles fit for print. We will discuss submitting queries to publications and the process of freelancing. We will also go over how to deliver stories on the web. Instructor Hart Fowler is the Current Publisher and Editor in Chief of 16 Blocks Magazine.	Y Center Conference Room	Hart Fowler	Bring laptop or notebook/pen, email access at home	\$40.50	\$45.00	3/18	4/22	Th	07:30 PM	1.5 hrs.

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Arts	Glassblowing: Suncatchers 101* *class rescheduled from 3/6 to 3/20	Learn the basics of the ancient art of glassblowing in a supportive and fun environment. We'll cover safety and color application as well as the techniques to produce a suncatcher or ornament. There will be a demonstration and participants will be able to make their piece using the team method which will enable the student to work with the teacher to complete their piece. There is a wide color palette that students will be able to select from for an endless array of possibilities.	Instructor's Studio - Newport	Parker Stafford	All supplies included	\$28.80	\$32.00	3/20	3/20	Sat	12:00 PM	2 hrs.
Special Interest	What Everyone Should Know About Divorce	Divorce information workshop covering the divorce process and Virginia Law as it applies custody, property division, child and spousal support. We will also discuss how you and your family can minimize and cope with stress. Finally, we will provide information about how to avoid going to court by using mediation or collaborative law. Instructor Catherine Fae is a Family Law attorney, Collaborative Law attorney and Mediator with Albright and Bongard, PLC.	Y Center Conference Room	Catherine Fae	New date	\$9.00	\$10.00	3/20	3/20	Sat	02:30 PM	2 hrs.
Arts	Decorate a Straw Hat for Spring	Celebrate the first day of Spring by decorating straw hats with flowers, ribbons, trinkets and more. Your hat can be for your head, your door, your wall &€" anywhere you'd like to see your beautiful hat! Hats will be displayed at Garden Day on April 24th and then returned to the decorator. All supplies are included, but please bring any special items you wish to incorporate.	Waldron Family Y (Shawsville)	Karen Cronin	Supplies included	\$9.00	\$10.00	3/20	3/20	Sat	10:00 AM	2 hrs.
Special Interest	Introduction to Windows Vista and Word/Excel 2007	This course is designed for the novice to moderately experienced PC user with no prior exposure to Vista (the new operating system from Microsoft) and the new 2007 versions of Word and Excel. This informational session will review basic computer terminology and concepts, and then demonstrate the new features in Vista, Word and Excel. Lecture handouts provided. Instructor Josh McNair oversees technical training and professional development for an administrative office at Virginia Tech.	Y Center Conference Room	Josh McNair		\$9.00	\$10.00	3/20	3/20	Sat	09:00 AM	2 hrs.
Fitness and Dance	Beginner Poi Spinning	Poi is a performance art employing a ball or balls suspended from a length of flexible material held in the hand and swung in circular patterns. Poi originates from the traditional performing arts of the Maori people of New Zealand, and has since developed many forms as a hobby, exercise, or performance art alongside juggling and other forms of object manipulation. Spinning poi is fun and relaxing. For a video of Poi Spinning, visit http://www.youtube.com/watch?v=ehDAI_mWHYc	Y Center - Stuart Event Room	Richard Hammer	New class!	\$45.00	\$50.00	3/21	4/25	Sun	1:00 AM	1.5 hrs.
Arts	Stone Carving	This workshop will cover the entire process of creating a sculpture, from stone selection, to carving and refining, to the finish stage. Design is your option; you may have something in mind or you can see what develops as you work. If you have a favorite pair of work gloves, bring them. Tools are covered by the supply fee which is payable to the instructor. Stone used will be either alabaster or soapstone your choice and costs \$2 - \$4 a pound. \$30 supply fee payable to instructor.	Stone Witch Studio	Sue Brozovsky	Class location is 30 min. drive from VT	\$67.50	\$75.00	3/22	4/19	Ms	06:00 PM	3 hrs.
Writing and Languages	Spanish Conversation - Beginner - Session II	This beginning Spanish course emphasizes oral communication and vocabulary on a variety of topics. It covers the grammar and structure necessary for speaking. The course is intended for students with no previous knowledge of the Spanish language. Taught by Alexandra Shourds, a Spanish major who has recently studied in Ecuador.	VT Campus	Alexandra Shourds		\$45.00	\$50.00	3/22	4/26	M	06:00 PM	1.5 hrs.

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Gardening	Introduction to Permaculture	Permaculture can transform an urban yard into an forest garden or an apartment deck into dinner! Join instructor Sarah Gibbs for this one evening workshop. Permaculture is a system of designing ecological outdoor spaces for food, fodder and fun. Often called edible landscaping because we create landscapes that include an abundance of perennial plants: fruit, herbs, veggies and flowers. Sarah holds a degree in biology and has completed an apprenticeship with a master herbalist.	Y Center Conference Room	Sarah Gibbs		\$13.50	\$15.00	3/22	3/22	M	07:00 PM	2 hrs.
Arts	Glassblowing: Intro. to Glassblowing Workshop	This class will cover a wide range of forms and will acquaint you with hot glass and how it is manipulated on the pipe to make suncatchers, paperweights, and flowers. Each student will make at least one of these items during class. There will be an emphasis on shop safety, proper moves and use of tools. A wide range of color effects will be covered. Students will be introduced to the team approach in the making of pieces and how each participant can assist one another while making their work.	Instructor's Studio - Newport	Parker Stafford	bring a bag lunch, all supplies included	\$135.00	\$150.00	3/27	3/27	Sat	10:00 AM	7 hrs.
Fitness and Dance	Pilates Express Session II	This 45-minute lunchtime class will teach you the fundamentals of Pilates and concentrate on building core strength and flexibility. You'll lengthen and strengthen the body with an emphasis on building core muscles and improving flexibility. Sarah Burnett is a certified Pilates instructor and has taught Pilates for over 6 years. Bring your yoga or exercise mat. Level: Beginner to Intermediate	Y Center - Stuart Event Room	Sarah Burnett		\$27.00	\$30.00	3/29	5/3	M	12:00 PM	45 mins.
Arts	Comic Book Art	An introduction to basic art practices in comic books including drawing, layout, character design and more. Also includes comic history and modern approaches to the medium. Please bring a sketchpad, 1 pad of 14"x17" Bristol board, pencils and erasers. Instructor Justin Wood is an artist who is currently working on an independent comic project to be published next year.	Y Center Conference Room	Justin Wood		\$36.00	\$40.00	3/29	4/19	M	07:00 PM	2 hrs.
Fitness and Dance	Kickboxing for Fitness Session II	This 55-minute fitness class combines boxing, kickboxing and basic body conditioning moves to music. This is a challenging cardio workout with added strengthening exercises that will help tone muscles and burn body fat. This is designed as an aerobics workout rather than a martial arts workout. Taught by Sarah Burnett	Y Center - Stuart Event Room	Sarah Burnett		\$31.50	\$35.00	4/1	5/6	Th	05:30 PM	1 hr.
Special Interest	Circle Towards Wholeness - Brown Bag Lunch Series	Join us for this introductory wellness series packed with practical tools for health, wholeness and happiness! A variety of our best local awareness facilitators will share their favorite experiential tools for balancing mind (communication), body (physical health) and spirit (breathwork). We'll focus on the connection between inner reflection and happiness as well as the connection between creative process and manifesting change in our lives.	Y Center	Sandy Jahmi Burg	Bring a bag lunch, hot tea and water provided.	\$27.00	\$30.00	4/1	4/22	Th	12:00 PM	1 hr.
Special Interest	Introduction to Windows Vista and Word/Excel 2007	This course is designed for the novice to moderately experienced PC user with no prior exposure to Vista (the new operating system from Microsoft) and the new 2007 versions of Word and Excel. This informational session will review basic computer terminology and concepts, and then demonstrate the new features in Vista, Word and Excel. Lecture handouts provided. Instructor Josh McNair oversees technical training and professional development for an administrative office at Virginia Tech.	Y Center Conference Room	Josh McNair		\$9.00	\$10.00	4/3	4/3	Sat	01:00 PM	2 hrs.

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Arts	Wood Carving - Sculpture	Create your own carved sculpture from wood and learn the basics of the craft of wood carving. Instructor Matthew McCormick will cover carving tool techniques, safety, how to choose wood for projects and finishing. Choose to carve an animal or an abstract object during class. Supplies can be purchased from the instructor in class and include a carving knife, thumb guards, wood blanks and sandpaper. Supply fee is \$25. The instructor will have additional tools available in class for you to use.	Y Center Swing Space	Matthew McCormick	\$25 supply fee to instructor	\$31.50	\$35.00	4/6	4/27	Ts	07:00 PM	1.5 hrs.
Arts	Photography Basics	Learn to use your camera to take better pictures. We will discuss features of the camera that affect the outcome of the final photograph including ISO, shutter speed, and aperture. There will be hands-on work in class as well as at home assignments. You'll need a camera with some manual control options (Tv, Av, and M setting options). Paula Johansen is a freelance photographer who works with portraits, team sports, landscapes and still life photography. http://www.paulajohansenphotography.com/	Y Center Conference Room	Paula Johansen		\$54.00	\$60.00	4/8	4/29	Th	06:30 PM	2 hrs.
Arts	Mosaic Art for your Garden, Patio or Porch	Get ready for summer by creating a mosaic accent for your Garden. Using stepping stone molds, a terra cotta pot, a piece of 3/4 inch exterior ply wood or an object you bring with you. You will create a colorful mosaic item using stained glass and colored glass suggest and/or broken pottery or tile or other objects of your choice.	Y Center Conference Room	Nancy Norton	\$10 Supply fee to instructor	\$40.00	\$45.00	4/10	4/17	Sat	4/10 9am-4pm; 4/17 9am-12pm	1 full day and 1 half day
Fitness and Dance	Your Healthy Lifestyle	This interactive group class will teach you a new way to manage your health and weight through healthy eating, behavior modification and exercise. You'll learn how to eat for life, step by step, at your own pace. You won't go hungry, feel deprived or quit from boredom. You'll create your own exercise program, and develop more lean muscle mass to burn more fat. This class will be co-taught by Judy Yan, M.S. in Nutrition and Jocy Graham Surface, ACSM certified personal trainer.	Y Center Conference Room	Judy Yan and Jocy Graham Surface	No class 5/9	\$45.00	\$50.00	4/11	5/23	Sun	02:30 PM	1 hr.
Arts	Beginning Quilting	No experience required! Learn the basics or update your skills in marking, cutting, hand or machine piecing, hand appliqué, hand quilting and finishing a quilted project. The class will make two blocks, one pieced and one appliqué that can be made into a wall hanging. A list of supplies will be handed out the first night of class and purchased by the participant.	Waldron Family Y (Shawsville)	Grace Karnes		\$40.50	\$45.00	4/13	5/4	Tues	7:00 PM	2 hrs.
Outdoor and Environment	GPSing for the Technically Challenged	Did Santa bring you a GPS and you're not sure how to use it effectively? Or have you heard of geocaching and would like to play? Whether you are unsure of the benefits of a GPS or are interested in learning more about your receiver, this class will point you in the right direction. Due to the variety of products available, please bring your GPS and its user manual. Instructor Rob Speiden is a search and rescue instructor for the Virginia Department of Emergency Management.	Instructor's Home - Christiansburg	Rob Speiden	Under 18 must register with parent	\$18.00	\$20.00	4/17	4/17	Sat	09:00 AM	3 hrs.
Special Interest	Self Empowerment through Feng Shui	In this 2-day intensive workshop, you'll learn Feng Shui principles to work with the energy in your home to create a more nurturing environment and manifest desired changes in your life, such as finding a mate, changing careers/money issues, and improving health. We'll cover principles and energy systems to analyze the energy, functionality and comfort of your home. Instructor Peggy Cross has been a professional Feng Shui teacher, writer and consultant since 1998.	Y Center Conference Room	Peggy Joy Cross	Bring floorplans (blueprints or sketches) to class	\$171.00	\$190.00	4/17	4/18	Sat and Sun	10:00 AM	6 hrs.

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Outdoor and Environment	Navigating with Map and Compass	Learn how to navigate in the woods! We will cover map reading, compass use, route planning, land navigation, declination and put these skills to use outside. A classroom session will be followed by a 3-hour moderate hike through the woods on trails and a great opportunity to become comfortable with your compass and a USGS topographical map. Rob Speiden teaches navigational skills to search and rescue personnel throughout the US. Please bring lunch, notepad/pencil and compass if available.	Instructor's Home - Christiansburg	Rob Speiden	bring lunch, pad/pencil & compass if available	\$36.00	\$40.00	4/18	4/18	Sun	09:00 AM	7 hrs.
Arts	Digital Photography Workshop - Close-up/Macro Photography	This workshop will teach you how to take great close-up/macro shots using the camera you currently own whether it be an inexpensive point-and-shoot or a top of the line SLR. The workshop includes a classroom portion covering shooting techniques and learning your camera-specific settings as well as a supervised walk-about shooting session where participants will practice what they've learned while being able to ask questions and get help from the instructor.	Waldron Family Y (Shawsville)	Jon Beard, www.jonbeard.com		\$22.50	\$25.00	5/1	5/1	Sat	09:00AM	3 hrs.
Outdoor and Environment	Introduction to Animal Tracking	Discover the many mysteries of the creatures that inhabit nature. This class will increase your awareness of and ability to find and interpret tracks, scats and disturbances left behind by mammals and birds. This day-long course including fieldtrip will help you better understand and appreciate the environment by learning how to identify animal families by their prints and signs. Rob Speiden is a tracking instructor and is certified by Cybertracker as an animal track and sign interpreter.	Instructor's Home - Christiansburg	Rob Speiden	Bring notepad/pencil, bag lunch, camera if available	\$36.00	\$40.00	5/8	5/8	Sat	09:00 AM	7 hrs.
Gardening	Morning on an Organic Farm	Meet at the Waldron Family Y to begin a tour of Alec and Sarah Bradford's organic farm in Alleghany Spring. On Leaping Waters Farm they raise grass-fed Ancient White Park cattle that is sold to some of the finest restaurants from Roanoke to New York. Learn about their organic farm that also features pigs, chickens, turkeys and produce. You can find their produce on sale throughout the New River Valley.	Waldron Family Y (Shawsville)			\$15.00	\$20.00	5/8	5/8	Sat	09:00 AM	3 hrs.
Outdoor and Environment	Really Natural Foods and Medicine	The world of tasty, edible plants includes more than what you can find in the grocery store – some of them are growing right outside your door! Rob Speiden will guide this exploration of the wild edible and medicinal plants you can pick to eat, or use to treat the symptoms of common illnesses like colds, sore throats or bee stings. Poisonous look-alike plants will also be identified. Rob teaches survival and tracking skills to Search and Rescue volunteers and the public nationwide.	Instructor's Home - Christiansburg	Rob Speiden	short hike outside, please dress appropriately	\$18.00	\$20.00	5/9	5/9	Sun	09:00 AM	3 hrs.
Gardening	Container Gardening	Gardening in small spaces can be very rewarding. The first 2 hour class will cover plant material, containers, location, and care of your containers. For the second class, bring your containers and we will plant them up! Bedding plants (annuals) will be available for purchase. The instructor will bring a selection of sun and shade annuals. Plan to bring payment to instructor for plants (about \$15, depending on the plants you choose).	VT Greenhouse Classroom	Erica Jones	Supply fee to instructor	\$18.00	\$20.00	5/11	5/18	T	06:00 PM	2 hrs.
Special Interest	Wine Basics	Spend the morning learning the basics of wine-making from Montgomery County vintners Allison and David Dunkenberger. Meet at the Waldron Family Y for a one hour presentation followed by a tour of their Ironto vineyard, Firefly Hill. Among the 2,400 plants, they grow cabernet, viognet, merlot, chardonnay and others.	Waldron Family Y (Shawsville)			\$20.00	\$25.00	5/19	5/19	W	09:00 AM	3 hrs.