



TO REGISTER

Online at www.vtymca.org click on Open University

By Phone with a Visa or Master Card—call 961-9622

In Person Cash, check, Visa or Master Card; 1000 N. Main St. Blacksburg, M-F 9 AM—4 PM.

STUDIO ART

Glassblowing: Sun Catchers 101

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 sun catcher 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. **\$32**

2/20/2010 Sa 10:00 AM

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 sun catchers, paperweights, and flowers. 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. **\$150**

3/27/2010 Sa 10:00 AM

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. Supply fee is \$25. The instructor will have additional tools available in class for you to use. **\$35**

4/6/2010 - 4/27/2010 T 7:00 PM

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. **\$75**

3/22/2010 - 4/19/2010 M 6:00 PM

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). **\$60**

4/8/2010 - 4/29/2010 H 6:30 PM

ART HISTORY

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. **\$35**

3/16/2010 - 4/12/2010 T 7:00 PM

DRAWING

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" x 17" 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. **\$40**

3/29/2010 - 4/19/2010 M 7:00 PM

Drawing Realistic Faces

If you've always wanted to draw realistic drawings of people, this class will guide you step-by-step through the process. You will learn how to use a grid to achieve an accurate line drawing, learn placement of tones to add the illusion of three dimensional and blending techniques using a variety of tools. **\$75**

2/17/2010 - 3/31/2010 W 7:00 PM

CRAFTS

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. First class meets at JoAnn Fabrics in Christiansburg. **\$60**

3/17/2010 - 4/28/2010 W 6:30 PM

Mosaic Art for your Garden or 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 nuggets and/or broken pottery or tile or other objects of your choice. **\$45**

4/10/2010 - 4/17/2010 Sa 9:00 AM

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. **\$10**

3/20/2010 3/20/2010 Sa 10:00 AM

Make Your Own Batik Wall Hanging

Students will make a batik wall hanging in the traditional manner by applying layers of hot wax onto fabric then submerging it into successive dye baths to create a multi-colored work of art. The resulting cracks in the wax resist produce the characteristic 'crackle' effect that makes batik so fascinating and intricate. **\$60**

2/24/2010 - 3/17/2010 W 6:00 PM

Polymer Clay

Polymer clay can be layered, twisted, mixed, stamped, painted, extruded and manipulated to look like natural materials such as wood, metal, or jade. Come learn the basic fundamentals of polymer clay and work on your own line of beads or jewelry pieces. **\$25 plus \$14 supply fee.**

Date and Time TBA

FITNESS AND DANCE

Pilates Express

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. **\$30**

Session I 2/15/2010 - 3/22/2010 M 12:00 PM

Session II 3/29/2010 - 5/3/2010 M 12:00 PM

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. While suitable for all levels, students should have some exposure and practice in yoga for this class. **\$50**

3/17/2010 - 4/21/2010 W 4:00 PM

Foundations of Yoga

Come experience this mindful Kripalu Yoga series & enjoy improved posture, flexibility, keener body & breath awareness, deep relaxation, a sense of well being, & greater self-acceptance & compassion with benefits felt on & off the mat. Modifications will be offered, however this class is best suited to those for whom movement does not cause undue discomfort or pain. **\$60**

2/16/2010 - 3/23/2010 T 6:30 PM

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'll create your own exercise program, and develop more lean muscle mass to burn more fat. **\$50**

4/11/2010 - 5/23/2010 Su 2:30 PM

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. **\$35**

3/18/2010 - 4/29/2010 H 4:00 PM

Hoop Dance for Moms

In this mid-day class, you'll learn 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. For more information about hoop dance, please visit www.wildearthhoops.com. **\$60**

3/3/2010 - 4/21/2010 W 11:00 AM

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=ehDAL_mWHYc. **\$50**

Time and Date TBA

Zumba

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. No class 4/7 or 4/24. **\$35**

3/17/2010 - 5/5/2010 W 5:30 PM

Y Not Be a Loser

An eight week challenge at the Waldron Family Y. Participants will be placed on teams and partnered with a personal trainer. Trainers will meet with the teams once a week for 8 weeks. Meetings will last about 45 minutes. At the meetings, trainers will discuss workout plans and nutrition tips for the coming week, as well as workout with their teams. The focus of this challenge is to gain a higher level of wellness and to achieve a healthier body. **\$60**

2/19/2010 - 4/22/2010 H 6:00 PM

Belly Dance

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 stretchers). Taught by Jennifer Speiden. **\$50**

3/15/2010 - 4/19/2010 M 5:30 PM

Belly Dance Core

This class reviews and refines the foundation moves of Belly Dance Fundamentals. Using the basic movements, students will learn how to build on these moves using them in combinations, adding layers (including playing finger cymbals). A strong understanding of basic belly dance fundamentals is required for this class. Please contact Jennifer to enroll at mandaradance@yahoo.com or 540.552.2596. \$80 for each 8-weeks, (\$45 for 4-weeks) payable to Jennifer Speiden.

3/16/2010 - 5/4/2010 T 5:45 PM

Kickboxing for Fitness

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. **\$35**

Session I 2/18/2010 - 3/25/2010 H 5:30 PM

Session II 4/1/2010 - 5/6/2010 H 5:30 PM

WALDRON FAMILY Y

540.268.1623

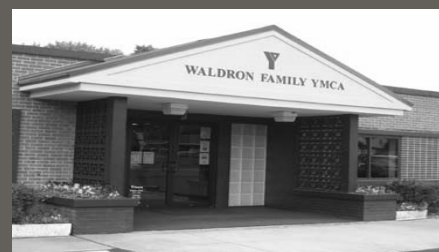
267 Alleghany Spring Road, Shawsville, VA

www.vtymca.org

Weekly Fitness Class Schedule

Monday	9:15 am - Power Pump 10:15 - Moderate Fit 6:15 pm - Strength
Tuesday	6:15 am - Spin Cycle 9:15 am - Pilates Mix 10:15 am - Chair Express 3:15 pm - Strength Express 4:15 pm - Strength Express 6 pm - Cardio Express
Wednesday	9:15 am - Strength class 10:15 am - Moderate Fit 6:15 pm - Power Pump
Thursday	9:15 am - Fusion 10:15 am - Chair Express 3:15 pm - Strength Express 4:15 pm - Strength Express 5:30 pm - Spin Cycle
Friday	9:15 am - Strength class 10:15 am - Moderate Fit
Saturday	7:45 am - Spin Cycle 9 am - Power Pump

\$7/class for non-members. Stop by and take a class today!



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. **\$60**

3/16/2010 - 4/13/2010 T 5:45 PM

Beginning Three-Finger (Bluegrass) Style Banjo

Learn the basics of tuning, chord formations, reading music tablature and general knowledge of the instrument. Four-week group lessons, one hour each. **\$40**

2/21/2010 - 3/14/2010 Su 1:30 PM

Beginning Fiddle

For those of you who've always wanted to play the fiddle but have never gotten around to it, here's your chance! This class is for the beginner of all ages. We'll go through the basics of holding your fiddle and bow, and teach you your first tunes! Students should bring a fiddle, bow, strings, and rosin. Tape recorders are optional. **\$60**

2/23/2010 - 3/23/2010 T 6:30 PM

Banjo for Beginners

This class is for beginning banjo students who wish to learn clawhammer (old time banjo) styles). You'll learn the basics of the technique, fiddle tunes on the banjo, how to learn tunes by ear, and how to play chords and sing with the instrument. **\$60**

2/23/2010 - 3/23/2010 T 7:30 PM

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. **\$60**

3/16/2010 - 4/13/2010 T 7:00 PM

COMMUNITY TOURS

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 Irono vineyard, Firefly Hill. Among the 2,400 plants, they grow cabernet, viognier, merlot, chardonnay and others. **\$25**

5/19/2010 W 9:00 AM

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. **\$20**

5/8/2010 Sa 9:00 AM

LANGUAGE AND WRITING

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. Instructor Hart Fowler is the Current Publisher and Editor in Chief of 16 Blocks Magazine. **\$45**

3/18/2010 H 7:30 PM

Introduction to Storytelling

This class will provide an introduction to the art of storytelling. Through demonstration and discussion, you will learn what makes a story work and how characters can be brought to life by crafting stories effectively. Join instructor Josh Gambrel who is a native Appalachian with years of storytelling experience. **\$35**

2/11/2010 - 2/25/2010 H 6:00 PM

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. **\$40**

4/18/2010 Su 9:00 AM

Beginner/Intermediate Cross Country Skiing

This will be a fun introduction to cross-country skiing for ages 10+, along with some intermediate level instruction and free ski time for those who already know the basics. We'll devote an hour at the beginning of class for beginner instruction while intermediates can review with us or go ski, and then intermediate instruction while the beginners practice, have fun, and socialize. Hot chocolate will be provided! Baron Roller has taught skiing, backpacking, and wilderness survival. **\$40**

2/13/2010 Sa 11:00 AM

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. **\$20**

4/17/2010 Sa 9:00 AM

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. **\$40**

5/8/2010 Sa 9:00 AM

Boating Skills and Seamanship

The U.S. Coast Guard Auxiliary BS&S course is a comprehensive course designed for both the experienced and novice boater. The classes provide up-to-date knowledge for handling boats in all conditions. The topics include: Equipment for Your Boat; Trailering Your Boat; Handling Your Boat; Your Highway Signs; The Rules You Must Follow; Inland Boating; Introduction to Navigation; Powering Your Boat; Lines & Knots for Your Boat; Weather & Boating; and much more. **\$85**

3/3/2010 - 5/19/2010 W 7:00 PM

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. **\$20**

5/9/2010 - 5/9/2010 Su 9:00 AM

Spanish Conversation - Beginner

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. **\$50**

3/22/2010 - 4/26/2010 M 6:00 PM

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. **\$45**

3/16/2010 - 4/20/2010 T 7:00 PM

GARDENING

Introduction to Permaculture

Permaculture can transform an urban yard into an forest garden or an apartment deck into dinner! Permaculture is a system of designing ecological outdoor spaces for food, fodder and fun. \$15

3/22/2010 M 7:00 PM

Organic Raised Bed Gardening

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. \$50

2/18/2010 - 4/1/2010 H 5:30 PM

Growing Small Fruits in the Garden

Grow your own favorite fruits! This 2 evening class will be a crash course in growing blueberries, strawberries, elderberry, rhubarb, gooseberries and the various bramble fruits. Will discuss growing conditions, soil, diseases, insect problems, maintenance, ideas for dealing with the fruit and when and where to purchase. \$20

2/15/2010 - 2/22/2010 M 6:00 PM

Easy Spring Flower Gardening

Want to grow easy, gorgeous flowers this season? In this fun 2 evening class, you'll learn about easy annual and perennial flowers to grow in your garden. We'll cover varieties, growing plants from seed, care and maintenance, deer, design, tools, soil and how to select a garden site. \$20

3/1/2010 - 3/8/2010 M 6:00 PM

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). \$20

5/11/2010 - 5/18/2010 T 6:00 PM

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. \$20

5/8/2010 Sa 9:00 AM



Hale—YMCA Community Gardens

The vision of the Gardens is to foster a social atmosphere that helps develop an inclusive community, encourages interaction of diverse groups, and encourages the sustainable use and preservation of the property. The Gardens will encourage the use of innovative, green building materials for permanent and semi-permanent structures. All gardening activities will be undertaken using organic guidelines and using permaculture as a model for planting. For more information please call 961-9622.

WORKSHOP

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. \$190

4/17/2010 - 4/18/2010 Sa & Su 10:00 AM

WELL BEING AND FAMILY

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. \$10

3/13/2010 Sa 2:30 PM

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. \$30

4/1/2010 - 4/22/2010 H 12:00 PM

Principles of Compassionate Communication

Violence can be verbal as well as physical. When we judge or punish, blame others for our feelings and actions, and demand that things be done our way we are communicating violently. This class will offer another way to communicate listening and speaking with honesty and compassion. Participants of the Fall '09 class can register again. More complex exercises will be available for them to experience new challenges. Pat Bevan has extensive experience teaching compassionate communication. \$42

2/25/2010 - 4/8/2010 H 7:00 PM

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'll create your own exercise program, and develop more lean muscle mass to burn more fat. \$50

4/11/2010 - 5/23/2010 Su 2:30 PM

COMPUTERS

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. \$10

Session I 3/20/2010 Sa 9:00 AM

Session II 4/3/2010 Sa 1:00 PM

YMCA at Virginia Tech

Building community through learning, leadership and service.